

# MOUNTAIN BOUNTY FARM NEWS

Winter 2018-19, Week 22 of 25

Dear Farm Members,

What a week we've had, with more than 50 beds transplanted, our first round of melons seeded, thousands of peppers carefully nestled into larger cell-trays, weeding, and ongoing field work. The farm looks and feels great, and the crew's excitement for all of our glorious future harvests is tangible.

This week in your boxes you'll find a beautiful bunch of chard from our fall planting, which was looking unexpectedly luscious after its winter spent hiding in a patch of clover. Being able to offer this item to the CSA feels like such a treat, and we're looking forward to more and more Mountain Bounty produce as the season continues. Have a great week!

~ Farmer Kale

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## *Farm Tour*

*Please join us on Saturday, May 11 for a guided walk with John as our fields begin to burst. Meet at 10am at our fields on Birchville Road, 1.5 miles from Hwy 49. Bring sturdy shoes, a sunhat, water, and a picnic if you want to stay and eat your lunch under the big oak.*

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*Fruit shares have ended, and veggie shares end May 15.*

*[Don't forget to renew for summer!](#) Deliveries begin May 21.*

## **THIS WEEK'S CSA CONTENTS**

*Disclaimer: These lists are what you will \*likely\* receive in your boxes. The contents can always change according to the actual harvest.*

### **REGULAR BOX:**

- Rainbow Chard- [Mountain Bounty Farm](#), Nevada City, CA
- Potatoes- [Pinnacle Organic](#), San Juan Bautista CA
- Red Leaf Lettuce- [Pinnacle Organic](#), San Juan Bautista CA
- Snap Peas- [Coke Farm](#), San Juan Bautista CA
- Artichokes- [Coke Farm](#), San Juan Bautista CA
- Baby Bok Choy- [Coke Farm](#), San Juan Bautista CA
- Spring onions-[Full Belly Farm](#), Capay Valley CA
- Green Leaf Lettuce-[Full Belly Farm](#), Capay Valley CA
- Arugula- [Terra Firma Farm](#), Winters CA

### **SMALL BOX:**

- Rainbow Chard- [Mountain Bounty Farm](#), Nevada City, CA
- Potatoes- [Pinnacle Organic](#), San Juan Bautista CA
- Red Leaf Lettuce- [Pinnacle Organic](#), San Juan Bautista CA
- Snap Peas- [Coke Farm](#), San Juan Bautista CA
- Artichokes- [Coke Farm](#), San Juan Bautista CA

- Baby Bok Choy- [Coke Farm](#), San Juan Bautista CA
- Arugula- [Terra Firma Farm](#), Winters CA

## **THE WINTER FRUIT SHARE HAS ENDED**

*Summer fruit shares begin June 4, don't forget to renew!*

### **FLOWER SHARE:**

*Provided by Angie Tomey at [Little Boy Flowers](#) • [info@littleboyflowers.com](mailto:info@littleboyflowers.com)*

Wow, it finally feels like spring!! The weather is just glorious and things are growing very quickly with all this warmth and sunshine. We're busy as bees on the flower farm right now trying to make up for lost time and get a bunch of our plantings in. The anemones, ranunculus and poppies are still going strong and so for the next few weeks you'll continue to have bunches of these beautiful, cheery spring flowers. I hope they brighten your day as much as they do mine!!

~Angie

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## **RECIPES**

*Note: recipes may sometimes call for more or less of a certain item in your boxes, or an ingredient you might not have on hand. The key to enjoy eating locally and seasonally is in learning to adapt recipes and make delicious food with what you have on hand... if you get stuck, give me a call and I'll help you figure it out! ~Mielle*

### **SALADS**

In honor of spring greens, I want to talk about dressings. They're so easy to make, and such a great way to take care of your health and budget. Commercial dressings usually have so many unwholesome ingredients and cost much more than they're worth! Make one or two big batches of delicious dressing at the beginning of the week so they're always ready for a quick meal. Here are a couple recipes from my cookbook, Piece of My Heart:

#### **Basic Vinaigrette**

Combine in a blender:

- 1 tsp salt
- ¼ cup vinegar or citrus juice

Turn on blender and add SLOWLY to emulsify:

- ¾ cup olive oil (*use 1 cup oil if you chose balsamic vinegar*)

Continue blending up to 30 seconds until emulsified.

#### **Sesame Citrus Dressing**

Combine in blender:

- 2 Tbl rice vinegar
- Grated zest of 1 lime & ½ orange
- Juices of ½ lemon, ½ lime, and ½ orange
- ¼ tsp salt

- ½ tsp ginger, grated
- 3 tsp honey
- 1 tsp tamari or shoyu
- 2 tsp toasted (dark) sesame oil

Turn on blender and add SLOWLY to emulsify:

- ¼ cup light sesame oil

Continue blending up to 30 seconds to emulsify.

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## **HOW TO PICKUP:**

1. Check the delivery list for what's been delivered.
2. Take (only) what is listed there.
3. Initial next to your account's order to indicate you've taken what's listed.
4. Return empty boxes every week in a neat, unfolded stack.

**If there's a problem**, please take only what we've delivered and contact us ASAP by email or phone, we'll help you sort it out.

**If you share your subscription**, please use [this handy partner calendar](#) to organize pickups. If this isn't helpful, you must check in every week about who will pick up so one of you does not accidentally take someone else's order.

**If you send someone else to pickup for you**, please make sure they know the pickup procedure so they do not accidentally take someone else's order.

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