

Mountain Bounty Farm News

Dear Farm Members,

Welcome to the new winter share season!

Thank you for supporting us to keep on farming. I'm happy to report that due to the incredibly warm October, for the first three weeks likely all the veggies in your shares will be coming from our farm. After that, Mountain Bounty's produce will gradually taper down to a couple of items per week. As we enter the colder wetter season here in the foothills, plants that are still in the field have begun to slow down to the point where they are just barely making new growth. So, as winter takes hold, more of the produce will start to come from our partner farms in the Capay Valley and Santa Cruz. Some of you have asked me, why the Capay Valley and Santa Cruz? Partially due to their very favorable mild climates and rich farm soils, there are hotbeds of organic farming concentrated in these areas. The organic farming community is small enough that most of us who have been around for a while know each other or at least know about each other. The main farms we work with are Riverdog, Full Belly, Terra Firma, and Pinnacle. Closer to home, farms are limited by climate in the same way we are, but in the past we have been able to gather some produce from Johansen Ranch and Super Tuber. Jake, who is in charge of designing and gathering the winter share, has been checking in with all the farms and things are looking good for a solid season. Each week, when you check the newsletter for the list of what's in the boxes, every item will be identified by which farm it comes from. Come spring, our produce will once again begin to taper up and become a bigger and bigger part of the shares.

Here's to a cozy winter, full of hearty meals with friends and family!

Thanks for joining us once again in our good food pursuits,

John Tecklin

Important Dates:

- **Nov. 22:** Thanksgiving week delivery is on **Wednesday**.
- **Dec. 22 - Jan. 5:** Closed, no holiday deliveries.
- We deliver as usual every other week of this season, through May 17.

Helpful Member Links

These links will always be at the bottom of your newsletters this season:

- **[Winter Welcome Letter](#)**
(policies & instructions)
- **[Pickup Sites Information](#)**
(please check your confirmation email to confirm which site you selected)
- **[Current Members](#)**
(link to our website page for all your membership needs)
- **[Partner Calendar](#)**
(for shared accounts to organize alternating pickups)

This week's CSA contents:

Please help yourself to some of the brochures at your pickup site to share with friends, family, neighbors, favorite cafes, etc. We appreciate your support to spread the word about our small-farm CSA.

REGULAR BOX:

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

- Potatoes
- Baby Bok Choy
- Onions
- Dill
- Broccoli
- Red Beets
- Collard greens
- Radishes
- Carrots— carrots (*along with most greens*) are at their very best at this time of year. *Cold and wet weather makes them sweeter! Many more to come.*
- Lettuce

SMALL BOX:

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

- Potatoes
- Baby Bok Choy
- Onions
- Dill
- Broccoli
- Red Beets
- Collard greens

FRUIT SHARE NEWS:

Your fruit shares are always padded with an extra half-pound or so of fruit to make up for damage or spoilage.

Here we go with week 1 of winter fruit CSA. To open up the season we have:

- Pomegranates-- *Sunset Ridge Fine Fruits, Newcastle, CA*
- Granny Smith and Gala apples-- *G Bar G Ranch, Half Moon Bay, CA*
- Fuyu persimmons-- *Lee Family Farms, Reedley, CA*
- Alison red grapes-- *Lee Family Farms, Reedley, CA*

The first of the mandarins will start to appear next week, then we plan to send out a full bag of mandarins for Thanksgiving, week 3.

Enjoy the fruits of the season!

Greg and Sherry Lewis, along with the entire farm crew.

Sunset Ridge Fine Fruits

[Facebook](#)

www.gotmandarins.com

sunsetridge@gotmandarins.com

RECIPES

Note: recipes may sometimes call for more or less of a certain item in your boxes, or a fresh herb or other 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 ([\(530\) 292-3776](tel:(530)292-3776))

COLLARD GREENS

Collards are a star of the winter greens, boasting the most calcium of all the dark leafy greens (18 percent more calcium per serving of kale and double the amount of protein and iron!!). This Saveur collection has some great recipe photos to get your mouth watering for greens:

- [**11 Dishes to get you excited about Collards**](#)

...such as "creamed" collards with peanut butter and chile; Brazilian beans with smoked pork, rice and collards (Feijoada); collards, cornmeal and sausage soup (Sopa de Fuba); and Ethiopian collards (Ye'abesha Gomen), cooked with an Ethiopian-style spiced butter flavored with cardamom, fenugreek, and nigella seeds.

BABY BOK CHOY

This specialty variety of bok choi is called Li Ren Choi-- it's tender and easy to prepare. Try one of these recipes to familiarize yourself with it:

- [**Garlicky Baby Bok Choy**](#)

- [**12 Crazy-Good Ways to Cook Bok Choy**](#)

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