

# MOUNTAIN BOUNTY FARM NEWS

Dear Farm Members,

Our summer groove here at the farm means weekly tasks like trellising tomatoes, extensive irrigation work, seeding and transplanting, weeding, and of course harvest. To complicate matters, summer on the farm actually includes much of the farming for fall and winter. In the same way that summer farming begins with greenhouse work in January, fall farming began in May with seeding and caring for baby transplants. A couple weeks ago, fall and winter transplanting began (along with ongoing summer planting) and will now continue for about another month. This layering of the seasons adds a rich complexity that makes farm planning fun. And as the cycles keep turning onward, we all get to keep eating!

Thanks for your support,

John Tecklin

## **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.*

- Sweet corn
- Lettuce
- Tomatoes
- Green beans
- Cucumbers
- Red onions
- Melon
- Basil
- Carrots
- Chocolate Mint – This is a fun new herb that we are adding for the first time. It grows semi-wild along a seasonal creek that curves through the center of our fields. For recipe ideas please see below.

### **SMALL BOX:**

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

- Sweet Corn
- Lettuce
- Tomatoes
- Rainbow Chard
- Red onions
- Melons
- Carrots

### **FRUIT SHARE CONTENTS:**

- Valley Pearl grapes-- Lee Family Farms, Reedley CA
- Glacier white peaches-- Lee Family Farms, Reedley, CA
- Elegant Lady yellow peaches-- Lee Family Farms, Reedley, CA
- Grand Sweet yellow nectarines-- Lee Family Farms, Reedley, CA

- Mariposa plums-- Sunset Ridge Fine Fruits, Newcastle, CA

### **FLOWER SHARE CONTENTS:**

- Zinnias
- Queen Anne's lace
- Amaranth or Statice
- Dahlias
- Phlox
- Scabiosa

### **SALE ON MEDIUM ROASTED CHILI SALSA -- ADD-ON OPTION:**

Last fall, in a crazy labor of love, we made 1,000 jars of our legendary salsa. We are now running low so get yours while you still can!

- Case of 12 (was \$120): now \$100
- Case of 6 (was \$65): now \$55

To order or ask questions contact Kali: [kali.feiereisel@gmail.com](mailto:kali.feiereisel@gmail.com)



Looking for a tasty summer treat to bring to a picnic or dinner party? This thick, flavorful salsa is made from all organic ingredients straight from the farm plus classy, non-BPA Weck jars which are reusable and make wonderful, stackable cups. The 10 oz. jar of salsa is shelf stable (before opening) and will store in a pantry or cupboard until 2018. Orders must be confirmed by Friday for delivery at your normal CSA pick up site the following week. To order or ask questions contact Kali at [kali.feiereisel@gmail.com](mailto:kali.feiereisel@gmail.com).

## **SUNSET RIDGE FARM - FRUIT SHARE NEWS**

Hi Fruit Share members!

Week 8 finds us right in the middle of all the stone fruit staples that we hope you can't get enough of! This week, we harvested some of our very own Mariposa plums from here at Sunset Ridge. These red fleshed plums are juicy and mild, with a good balance between sweet and tart. Check out the recipe below for a simple every day cake that would be good with any combo of fruits from this week's box!

Enjoy!

Avery, CSA Manager

Sunset Ridge Fine Fruits

*Organic mandarins, oranges, lemons, grapefruits, apricots, apples, plums, Asian pears, pomegranates, and more.*

[Facebook](#)

[www.gotmandarins.com](http://www.gotmandarins.com)

[sunsetridge@gotmandarins.com](mailto:sunsetridge@gotmandarins.com)

# LITTLE BOY FLOWERS - FLOWER SHARE NEWS

It's been a super busy last few weeks for us in the flower world, as we try to get all of our plantings in before the summer rolls on much longer. Timing is critical this time of year as the days start getting shorter and the plants that get in the ground too late won't have time to develop properly.

Our fields are filling out nicely and we have lots of flowers that are coming into their peak right now. The zinnias are the big show stoppers right now. We grow over 10 different varieties with some of my favorites being Queen red-lime and salmon rose. The cosmos are also starting to get going and hopefully this week we'll have some nice, delicate cosmos in your bouquets. I want to talk briefly about the dahlias since I've had some feedback that your big dinnerplate dahlias (mostly the cafe au lait variety) have not been holding up for you. That seems to be a consistent issue with the big dahlias- they're so beautiful for a day or two and then they wilt and die. I've actually stopped using them in my bridal bouquet work for this reason but I can't seem to forego them completely. Most all of the dahlias are fairly short lived but I still think they are worth it. The tighter ball types are much more forgiving and I've started growing more of these and you will start seeing more of them as our main season dahlia patch comes into production. For now I'll still put some cafe au laits in your bouquets while we have them but I'll make sure to fill it out with other long-lived flowers so you won't be left with a huge vacancy in your arrangements when you have to pull them out.

Enjoy your flowers and thank you!!  
Enjoy!

Angie Tomey

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## 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)*

### CHOCOLATE MINT

Did you know there are many varieties of culinary mint? This fun one makes the most refreshing iced tea, with a hint of chocolate flavor. It's also a nice addition to brownies, mint-chocolate chip ice cream, and the chocolate flavor especially stands out in mojitos:

- [Chocolate Mint Mojito](#)

### CARROTS

Use your red onions for the shallots, and if you like, you can choose to use your mint or basil for the parsley!

- [French Grated Carrot Salad](#)

### PLUMS

This recipe for a simple every day cake would be great with any combo of fruits from this week's box:

- [Dimply Plum Cake](#)

### CARROTS, CORN, GREEN BEANS, LETTUCE, TOMATOES, RED ONIONS

This salad is just a starting point to inspire you from your box this week. It's beautiful and the dressing will be great with all the summer glory coming your way!

- [Summer Carrot Ribbon Salad](#)

~

Mountain Bounty Farm

[\(530\)292-3776](tel:530-292-3776)

[www.mountainbountyfarm.com](http://www.mountainbountyfarm.com)