

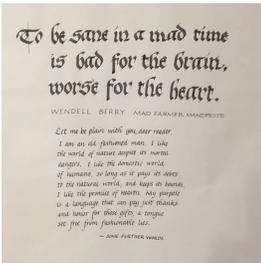
Mountain Bounty Farm News

Dear Farm Members,

Another smoking hot week is here, and our farming challenge is to figure out how to keep caring for the farm and ourselves. On the extra hot days, we start earlier, and use plenty of water on crops and people. Normal summer irrigation requires us to run water almost continuously, so during these heat spikes it can really push the system. In these conditions, and even with plenty of moisture, heat loving crops like tomatoes, eggplant, peppers, and melons can drop their flowers or temporarily stop growing. I can relate to that! I take solace in the word “temporary,” and in cool mornings, glorious tomatoes, and bountiful melons.



How Jude beats the heat: a garden hose and a melon



A dear old friend visited last weekend and left his phantom calligraphy hidden in a back corner of our barn.

Thanks for supporting Mountain Bounty,

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
- Lettuces
- Tomatoes
- Onions
- Melons – *they are going crazy so we decided to load you up!*
- Cherry tomatoes
- Basil
- Shishito frying peppers – *enjoy these mild peppers like Padrons but without the risk of running into a hot one. Just sauté with olive oil and salt for a great snack.*

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
- Lettuces
- Tomatoes
- Melon
- Green Beans
- Basil
- Cucumber

FRUIT SHARE CONTENTS:

- Valley Pearl grapes-- Lee Family Farms, Reedley CA
- Mango yellow nectarines-- Lee Family Farms, Reedley, CA
- Laroda plums-- Sunset Ridge Fine Fruits, Newcastle, CA

FLOWER SHARE CONTENTS:

- Dahlias
- Deep dark zinnias
- Cupcake zinnias
- Purple basil
- Setaria grass
- Summer berries yarrow
- Rudbeckias
- Aztec burgundy zinnias

SALSA ADD-ON OPTION-- We're sold out!

Thank you to everyone who purchased salsa. We hope you're enjoying it!

SUNSET RIDGE FARM - FRUIT SHARE NEWS

Hi Fruit Share members!

This week we've got more tasty green grapes and nectarines for you from Lee Family Farms, as well as some purple Laroda plums grown here at Sunset Ridge. The Laroda plum was developed in Winters, CA and according to Slow Food USA, it is considered one of the tastiest Asian plum varieties. We hope you like them!

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

sunsetridge@gotmandarins.com

LITTLE BOY FLOWERS - FLOWER SHARE NEWS

I can't believe it's already August! This summer season has seemed so compressed by the late spring that we had. My main planting of dahlias haven't even come into production yet which is unheard of this time of year!

That said, we still have some incredible blooms coming out of our fields right now. This morning, wading through the shoulder high zinnias, cosmos, celosia and grasses, I felt a tremendous wave of gratitude for my work. Even in this crazy hot weather, I love how varied and stimulating the work on the farm is. Today as we picked your blooms, I thought of all of you who get to enjoy our flowers each week and how cool it would be to have you out to the farm sometime to see the flowers growing. I'm really hoping to have some sort of flower tour and workshop this fall, so I'll keep you posted!

In your bouquets this week you'll see some pretty new dahlias, deep dark zinnias, cupcake zinnias, purple basil, setaria grass, summer berries yarrow, rudbeckias, aztec burgundy zinnias, etc....

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Angie Tomey

Web: littleboyflowers.com | [530-277-5877](tel:530-277-5877) | info@littleboyflowers.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)

SHISHITO PEPPERS

These are an awesome snack or appetizer- check out this link if you're not familiar with these mild peppers:

- [Sauteed Shishito Peppers- Summer's Best New Bite](#)

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Mountain Bounty Farm