

Summer 2018, Week 7 of 25

Mountain Bounty Farm News

Good morning fellow eaters!

Buying a farm share from your local farmer is a great first step to culinary adventures and eating healthier, but now you need to take that beautiful, farm-fresh produce out of the box and put it to good use in your kitchen!

Cooking delicious, nutritious meals does not have to be about intimidating recipes and elaborate meals. Our obsessions with food TV like “Iron Chef” and “Chopped” can make us feel like only the professionals are able to make food taste good. Wrong! You can do this. Any chef knows that the ingredients make the dish- the quality of ingredients matter more than the number of ingredients and you have the best ingredients in your CSA boxes from us!

Each week we provide recipes or cooking suggestions in your newsletter (below), based on what your farmers grew and harvested for you this week, but even more important is getting in the right mindset.

Here is our cooking philosophy:

Fresh, high-quality ingredients from your local farmer is a great start for a simple and healthy meal. Every great meal, no matter how simple or complex, starts with high-quality ingredients. I find the joy of cooking is turning simple foods into something incredible. A simple omelette using farm-fresh eggs, summer zucchini and local goat cheese isn't out of your reach: it's exactly the way nature intended us to eat.

Back to Basics: Food does not need to be complicated!

- We've put so much thought and care into choosing the most wonderful and delicious varieties of each item we grow, so the quality of produce in your CSA box stands on its own. Take a minimalist approach to preparing your meals to save time and sanity. It allows the taste of the food to shine through! Don't worry about making an Indian curry with 9 different spices (unless you want to!).

Be Flexible

- Learning how to substitute different vegetables or make variations of the same recipes to achieve different results is a way to keep your taste buds happy and your food waste low. For example, stir-fries are flexible, easy meals which can put almost any of the veggies in your box to use, year-round. Swap out rice noodles for cauliflower rice, cooked brown rice or quinoa, or soba noodles.

Learn techniques over recipes

- As you start cooking more, you'll become more comfortable with going off the script of a recipe. Learn some simple preparations and techniques like how to make a salad dressing or how to make vegetable soup, then these techniques can be applied to anything you have in your refrigerator. Be creative, it's OK to fail.

Embrace leftovers, cook ahead

- Cook, wash, and prepare in bulk when you have time and put the leftovers in the refrigerator. For example, when I get my lettuce home from my CSA share, I immediately wash it in a big bowl and put that in my refrigerator. Every time I need it for a meal, I have lettuce ready to eat. This means *I eat a lot more lettuce* because it is convenient and ready to go. Same goes for kale (sometimes I even pre-chop it) and a lot of other veggies-- it's worth a little effort on the day of pickup to set yourself up for easy cooking and snacking the rest of the week.
- Check out this handy "[How to Store Your Farm Share](#)" PDF printout to help you out to help you organize and store your share.

Enjoy the process of cooking

- Slow down and enjoy the physical act of cooking. So many of us work in front of computers all day moving around 1s and 0s in digital space, but with cooking we have an opportunity to feel the food, to hear the sizzle of an onion, and the percussive pleasure of chopping a carrot. Take a little time to reflect on that carrot: it was grown in a field nearby, weeded, watered, harvested, and washed by a person and delivered to you. Each carrot ties us to the land and the farm and our community and the earth. Cooking is a moment to slow down and enjoy these connections and the timeless art of nourishing our bodies. It's not a chore, it is one of life's pleasures!

So, get out there and cook!

Are you having trouble with a particular item in your share? Send me an email back and I'll try to help!

Did you cook something delicious with your Mountain Bounty Farm share? Post your photo or recipe on social media tagged with [@mountainbountyfarm!](#)

[Facebook](#)
[Instagram](#)

Thanks for all your support,
~Mielle, CSA Manager
(530) 292-3776

Don't Forget~ Farm Tour this weekend!

We're hosting a farm tour this Sunday, July 8 as part of the [Nevada County Farm Trail Weekend](#)~

One of our crew lead two tours at 11am and 2pm. Meet at our main fields on Birchville Road and bring water, sturdy shoes and a picnic if you'd like to stay and eat under the big oak tree. The farm will be open the rest of the day so you can also come anytime for a self-tour.

Directions to the farm from Nevada City: head north on Hwy 49 for 12 miles, turn left at Birchville Road. After 1.5 miles look for parking signs on the left.



NEVADA COUNTY GROWN PRESENTS

1ST ANNUAL
NEVADA COUNTY
FARM TRAIL WEEKEND
TOUR TASTE DISCOVER

THANK YOU TO OUR SPONSOR
Nevada County Resource Conservation District
www.ncrcd.org

TOUR 12 UNIQUE FARMS AND RANCHES

JULY 7th - 8th 2018
10AM - 4PM EACH DAY

Come experience the inaugural launch of agritourism in Nevada County! Meet your farmer, tour their scenic farms, make new friends, and gain a better appreciation of farm life and local food. Explore farms and ranches at your own pace with each venue offering something unique and interesting from guided tours, u-pick produce, handmade gifts, and an ideal setting for a family picnic. This is a perfect event for foodies, families, and weekend adventurers.

AM RANCH BLUE OAKS RANCH COSMIC ROOTS RANCH
CHAPMAN FAMILY FARM LAUGHING OAK FARM
LOVE CREEK ANIMAL SANCTUARY MOUNTAIN BOUNTY FARM*
NIGHTINGALE FARMS NEVADA COUNTY FOOD BANK FOOD GARDEN
STARBRIGHT ACRES FAMILY FARM THE FOOD LOVE FARM
TRES JOLIE LAVENDAR FARM

* Sunday Only

NEVADA COUNTY GROWN
Nevada County Grown is dedicated to supporting and celebrating our local food culture and culinary arts by promoting, empowering and connecting our membership to our greater community and beyond. Thank you for supporting the agritourism movement of Nevada County.

TICKETS AVAILABLE AT NEVADACOUNTYFARMTRAIL.COM

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.*

- Lettuce
- Broccoli
- Basil
- Scallions
- Cucumbers
- Beets
- Red Russian Kale
- Zucchini
- Dill
- Cauliflower
- Walla Walla sweet onions

SMALL BOX:

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

- Lettuce
- Broccoli
- Basil
- Scallions
- Cucumbers
- Beets
- Red Russian Kale

FRUIT SHARE:

Provided by [Sunset Ridge Fine Fruits](#). Your fruit shares are always padded with an extra half-pound or so of fruit to make up for damage or spoilage.

- Ray Sweet White Nectarines
- Ivory Princess White Peaches
- Ebony Rose Pluots
- Burgundy Plums

...all from Lee Farm's Tree Ripe Fruits

FLOWER SHARES BEGIN NEXT WEEK!

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

If you're not signed up for flowers yet you can join anytime at <https://mountainbountyfarm.com/flower-share/>

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:5302923776)

CAULIFLOWER

Cauliflower is a notoriously difficult veggie to grow in our area so we're lucky to have it in our CSA boxes again this summer! This cruciferous veggie is so adaptable to many uses, especially for folks avoiding gluten or grains. Here's a few of these types of recipes to show you what I mean:

- Cauliflower Rice (<https://www.loveandlemons.com/how-to-make-cauliflower-rice/>)
- Cauliflower Bread (with coconut flour, for those of you missing your gluten): <https://divaliciousrecipes.com/cauliflower-bread-coconut-flour/>
- Cauliflower Tortillas: <https://paleoleap.com/cauliflower-tortillas/>
- Cauliflower Pizza Crust: <https://www.theironyou.com/2013/03/paleo-cheese-pizza.html> or non dairy: <http://www.theluckypennyblog.com/2013/05/the-best-dairy-free-cauliflower-pizza.html>
- and, this one just looks so yummy: [Paleo Crack Cauliflower](http://eatdrinkpaleo.com.au/crack-cauliflower-paleo-gluten-free/): <http://eatdrinkpaleo.com.au/crack-cauliflower-paleo-gluten-free/>

Helpful Member Links:

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

- [**Summer Welcome Letter**](#)
https://s3.amazonaws.com/sfc-dynamic-content/uploadfiles/1579/Welcome_Letter_S18.pdf
(policies & instructions)
- [**Current Members**](#)
<https://mountainbountyfarm.com/current-member/>
(link to our website page for all your membership needs)

- **Partner Calendar**

https://s3.amazonaws.com/sfc-dynamic-content/uploadfiles/1579/PARTNER_CALENDAR_S18.pdf

(for shared accounts to organize alternating pickups)

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Mountain Bounty Farm

(530)292-3776

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