



# FARM NEWS

October 6 - 9, 2008

## Around The Farm

As I sit down to write this newsletter, the clouds have filled the sky and the air is thick with moisture. Ahhh! Finally the rains are here. We've been busy getting the farm tightened up and ready for the storm: tarping all the boxes, gathering the drying beans and putting them in the barn, and gathering seeds from our flower beds for next year. We harvested the remainder of all of our winter squash last week and it's a beautiful pile of different colors and shapes. The cover crop seed is here and we'll be spreading it as soon as the rains moisten the soils a bit. We're also getting ready to plant our garlic for next year.

**Please return your boxes, we're running out and really don't want to buy more this season- they're very expensive. Thank you!!!**

In your boxes this week you'll find a carnival squash, chard, turnips, carrots and probably the last of the red peppers. These turnips are succulent and sweet and if you think you don't like turnips try these. You can eat them raw, pickle slices of them in rice vinegar like radishes, roast them in the oven or even sauté them.

The squash is easily prepared and so rich and satisfying: just cut it in half, scrape out the seeds and brush the inside cavity with olive oil and salt. Place it skin side up on a baking sheet and put it in a 375 degree oven for about 30 minutes or until you can easily pierce it with a knife. Eat it as is or you can try stuffing it with some kind of seasoned rice (like raisins, red peppers, nuts, thyme and parmesan) and baking it that way. If you stuff it, cover the squash with foil and then remove from foil for the last 10 minutes or so till the cheese starts to brown. Just note that it may take a bit longer to cook with stuffing in it. Enjoy!



## Cooking the Harvest

### Braised Chard

from *Chez Panisse Vegetables* by Alice Waters

Separate the leaves and ribs of a large fresh bunch of chard. Wash, drain and cut the leaves into a rough chiffonade. Slice a large sweet onion and start it stewing in some olive oil or

butter in a pot large enough to hold all the chard leaves. After the onion softens, add the chard leaves, season with salt and pepper, cover and stew for 20 to 30 minutes, stirring every so often.

Although additions such as garlic, pancetta, or lemon can be made, the chief virtues of chard cooked this way are its own sweet flavor and a meltingly tender texture.

## Caramelized Turnips

from *Chez Panisse Vegetables* by Alice Waters

Preheat the oven to 425. Turnips that are sufficiently young and tender need only be rinsed and dried before cooking; older purple-topped turnips will need to be peeled. Cut the turnips into halves, or quarters if they are small. Big ones should be cut in half lengthwise and the halves sliced into wedges.

Toss the turnips in a bowl with a generous splash of olive oil and salt and pepper. Spread them out in an even layer on a baking sheet and roast them for about 10 minutes, then toss them once. Roast for another 5 minutes more and check for doneness- depending on the water content of the turnips, they can take from 15-30 minutes. They are done when they are fork tender and nicely caramelized.



## Reminders

Please return empty veggie boxes, (squeeze at the "hinges" to flatten) to a neat pile at your pickup location. Do not flatten fruit boxes...stack neatly, please.

Certain items are distributed as "Free Choice" almost every week to give Vegetable Share Members more variety. Feel free to help yourself to *as much as your family will use*.

Find all this year's issues of the newsletter with all the recipes on our website! Navigate to "Weekly Newsletters".

## Pick up Times

<b>Mondays:</b>	Grass Valley San Juan Ridge	5-9 p.m. 5 pm till late
<b>Thursdays:</b>	Nevada City Truckee-Downtown Truckee-Glenshire	5-9 p.m. 5:30 - 9 p.m. 5:30 - 8 p.m.



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