



# FARM NEWS

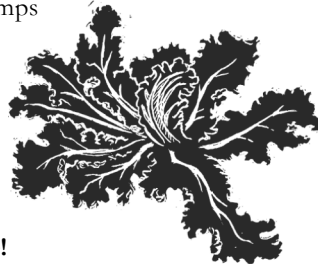
September 1 - 4, 2008

## Around The Farm

The time of the pepper has arrived. We love sweet peppers and this year we've grown lots of them. They come in many shapes and sizes from round red pimentos to long skinny yellow Corno di Toro's. Sweet peppers and hot peppers belong to the same species which both originated from wild hot chilies growing in the tropical forests of southern Mexico. Some wild species still exist from southern Arizona south through Mexico and Central America but these wild relatives are very different from the cultivars which have emerged from hundreds of years of plant manipulation by us humans. Now we are blessed with such an abundance of types of these awesome plants sharing the name *Capsicum annuum*.

All peppers turn color with maturity, and thus green peppers are unripe. I'm not surprised that merchants started selling green peppers since the red and yellow ones take so much time to develop their colors in the field and during this long field time they often sunburn. Thus there is the insipid green pepper plaguing our lives. Lucky for us, for the next few months we will be enjoying sweet peppers of all sorts. Our most favored variety of sweet pepper is the Gypsy, an orangey-reddish medium sized pepper which pumps out the fruits and tastes great. Peppers are best lightly sautéed or roasted--cooking brings out their flavors. Enjoy!

**Don't forget our Harvest Festival coming up September 13 at 3 pm! Look on our website for directions to the farm. See you there!**



## Cooking the Harvest

### RATATOUILLE

from *The Art of Simple Food* by Alice Waters

Cut into cubes **1 medium eggplant** and toss with **salt**. Set the cubes in a colander to drain for about 20 minutes. Heat a heavy bottomed pot with **2 tablespoons olive oil**. Pat the eggplant dry and add to the pan, and cook over medium heat, stirring frequently until golden. Add a bit more oil if necessary. Remove the eggplant when done and set aside.

Pour in **2 more tablespoons olive oil** and add **2 medium onions**, cut into 1/2 inch dice. Cook for about 7 minutes or until soft and translucent. Add: **4 to 6 garlic cloves**, chopped, **1/2 a bunch of basil** tied in a bouquet with kitchen twine, **Salt**, a **pinch of dried chili flakes**. Cook for 2 or 3 minutes, then stir in **2 sweet peppers**, cut into 1/2-inch dice, cook for a few minutes then add: **3 medium summer squash**, cut into 1/2 inch dice. Cook for a few more minutes then add **3 ripe medium tomatoes**, cut into 1/2 inch dice. Cook for 10 minutes longer then stir in the eggplant and cook for 15 minutes more, until all the vegetables are soft. Remove

the bouquet of basil, pressing on it to extract all its flavors and adjust the seasoning with salt. Stir in **6 Basil leaves**, chopped and **Extra virgin olive oil**. Serve warm or cold.

## ZUCCHINI & TOMATO GRATIN

from *Chez Panisse Vegetables* by Alice Waters

- 1 Yellow onion
- Olive oil
- Salt and pepper
- 1 small branch of thyme
- 1 bunch fresh basil
- 6 to 8 slicing tomatoes
- 5 small green or yellow zucchinis
- Balsamic vinegar



Peel and slice thin the onion and sauté it in olive oil until soft and translucent. Season with salt and pepper; add the leaves of the thyme and basil, stripped from their stems and chopped. Cut out their stem ends and cut the tomatoes into 1/4 inch slices. Trim the zucchini and cut them into 1/4 inch-thick slices on the diagonal.

Spread the onion and herbs on the bottom of a 9 by 12 gratin dish or glass baking dish. Make a row of partially overlapping tomato slices. Season lightly with salt and pepper and balsamic vinegar. Overlap the first row of tomato slices with zucchini slices, season with salt and pepper and drizzle with a little olive oil. Continue making alternate rows of zucchini and tomatoes until they are used up. Press down on the vegetables slightly, drizzle a little more olive oil over, and bake, uncovered, for 30 to 40 minutes, until the vegetables are fully cooked and the gratin has started to turn brown. If the top appears to be drying out while it bakes, tip the dish slightly and with a spoon, collect some of the pan juices to drizzle over the top.

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



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