



FARM NEWS

September 22-25, 2008

Around The Farm

Last week marked the end of our potato harvest- thank goodness! We harvested over 5,000 pounds of potatoes!!!! It also marked the beginning of our winter squash harvest as well as the beginning of our fall Brassica harvest as well. Our cauliflower snuck up on us and was ready way before we thought it would be--normally it matures after our broccoli. Most of our winter squashes we left to finish up in the field but the Buttercups (the ones in your boxes this week) were starting to sunburn and crack so we got them out before more damage could happen. You may notice some of this cracking and burning on the squashes in your boxes but don't worry, they're still amazingly sweet--they just wouldn't hold up for months like most other winter squash.

We're really happy with how the farm is doing right now. Thankfully, it looks like we're going to have an abundance of good food through the end of the CSA. Though this is always our goal, sometimes we have crop failures and things don't work out just right; however, this fall everything has worked out as planned--so far at least! Enjoy your first winter squash of the season!

Cooking the Harvest

BAKED BUTTERCUP SQUASH

(for soup or by itself)

These buttercup squashes are amazing for soups or curries because of their crumbly, smooth texture when cooked. They're also great eaten as is.

Preheat the oven to 375. Cut the squash in halves or quarters and scrape the seeds out. Gently rub them with oil and sprinkle the flesh with sea salt. Place skin side up on a baking sheet and bake for about 40 minutes or until the flesh is soft.

Killer Soup: In a deep sauté pan or heavy bottom pot, saute **onions** in butter or coconut oil until they begin to caramelize, pound some **cumin seeds** in a mortar and pestle and add to the cooking onions. Chop **carrots** and add them to the sauté. Slice a few **red peppers and a hot pepper** and add them to the sauté. Add **salt**. Cook til they turn limp. Add more oil or butter if need be to keep all the vegetables well coated. Now add a can of **coconut milk** and one or two cans of water to the sauté. Mix well. Now add the **baked squash**, scraping the flesh out of the skin. Mash into the soup with a potato masher. Add salt to taste and other seasonings of choice. Cook til the flavors have mingled but try not to boil the soup too vigorously. Top with fresh **cilantro**.

Variations: Skip the cumin and add lemongrass and lime leaves for a Thai soup. Replace the coconut milk with chicken or vegetable broth.

ROASTED CARROTS AND SHALLOTS WITH OIL-CURED OLIVES AND GREMOLATA

From Fine Cooking

Gremolata is a mixture of lemon zest, garlic and parsley

½ cup finely chopped parsley
Zest of 1 medium lemon, finely chopped
1 tsp. minced garlic
A bunch of carrots
1 cup ¼ inch thick sliced shallot rounds
1 Tbs. fresh thyme leaves
1/3 cup olive oil
¼ cup pitted and thinly sliced olives

Position rack in the center of the oven and heat to 425. Toss the parsley, lemon zest and garlic in a bowl and set aside. Peel the carrots and slice in half lengthwise. If they're really big, slice each half lengthwise again into long quarters. Put the carrots on a large rimmed baking sheet and toss with the shallots, thyme, olive oil, 1 tsp salt, and several grinds of pepper. Arrange the carrots in a single layer and roast, tossing occasionally, until they're tender and ever so slightly browning~ 20-30 minutes. Remove from the oven and toss in the olives and the gremolata. Season to taste with salt and pepper.



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

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



MOUNTAIN BOUNTY FARM

14579 Blind Shady Road
Nevada City, CA 95959
(530) 292-3776

info@MountainBountyFarm.com
www.MountainBountyFarm.com