



FARM NEWS

Sept. 29 to Oct. 2

Around The Farm

Happy Fall Equinox! I hope you're enjoying the cooler nights, shorter days and the shifting sunlight. The farm is enjoying the cooler weather (at least the fall crops are) though I can't say that for the tomatoes--the poor things are looking so tired and pathetic. But that's just how it goes, things come and go, sometimes a lot faster than you'd like. Oh, tomatoes we love you so, please don't go!

Last week we started pulling out drip lines from our fields which are not bearing any more. Soon we'll be spreading our cover crops over those fields so that we'll have them seeded come the first rains--this will give them a chance to get established before it gets too cold. All of our fields not in over-wintering veggies will be seeded with a blend of cover crops like oats, bell beans, vetch and field peas. This mixture of legumes and grasses protect the soil from erosion during the heavy winter rains and they also add lots of needed organic matter and nitrogen to the soils.

The fall crops are starting to come in like broccoli, napa cabbage, scallions, beets, kale and turnips. Soon your boxes will look more like they did in the spring with the addition of the potatoes and the winter squash. Enjoy the changes and savor the last few tastes of summer.



Cooking the Harvest

Summer Corn Chowder with Scallions, Bacon and Potatoes

From Fine Cooking

- 4-5 ears of fresh corn
- 1 bunch of scallions
- 3 slices of bacon, cut into 1/2 inch pieces
- 1 Tbs butter
- 1 fresh Jalapeno, diced
- Salt and pepper
- 3 1/2 cups chicken broth
- 1 large potato or 2 smaller, peeled and diced (1.5 cups)
- 1 1/2 tsp. chopped fresh thyme
- 2 Tbs heavy cream

Husk the corn and cut off the kernels. Reserve two of the corn cobs and discard the others. Trim and thinly slice the scallions, keeping the dark-green parts separate from the white-light green parts. Cook the bacon until browned and crisp. Reserve 1 Tbs of the bacon fat and add the butter. Heat the fats over medium heat. When the butter melts, add the white scallions along with the jalapeno, 1 tsp salt, and a few grinds of black pepper. Cook, stirring, until the scallions are very soft,

about 3 minutes. Add the broth, corn, corn cobs, potatoes and thyme and bring to a boil over medium heat. Reduce the heat to medium-low and simmer until the potatoes are tender, about 15 minutes. Discard the corn cobs. Transfer 1 cup of the broth and vegetables to a blender and puree. Return the puree to the pot and stir in the cream and all but 1/3 cup of the scallion greens. Simmer, stirring occasionally, for a couple of minutes to wilt the scallions and blend the flavors. Season to taste with salt and pepper and serve sprinkled with the bacon and the remaining scallions.

Red Pepper Soup

From *The Art of Simple Food* by Alice Waters

Heat, in a heavy-bottomed soup pot: **1 tablespoon olive oil.** Add and cook, stirring often, over medium heat: **1 large onion, sliced fine, 3 red or yellow peppers, sliced fine, salt.**

When very soft but not browned, add: **2 garlic cloves, peeled and chopped, 6 sprigs of fresh thyme.** Cook for 4 minutes more then add: **1/4 cup short grain rice, 4 cups of chicken broth, 2 cups water, 1 tsp red wine vinegar.**

Raise the heat and bring to a boil, stirring occasionally. Reduce the heat to a simmer and cook until the rice is tender, about 20 minutes. Allow to cool slightly, and then puree in a blender until very smooth and velvety. Thin the soup with broth or water if it is too thick. Taste for seasoning.

Variations: Add some fresh or dried hot chiles, Garnish bowls of the soup with crème fraiche (or sour cream) and chopped herbs such as basil or parsley



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.



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