



FARM NEWS

September 8-11, 2008

Around The Farm

As our summer crops are peaking in their production, our fields of fall greens and brassicas are filling out. The long beds of spinach are just setting out their true leaves and the radishes are already in need of thinning. The broccoli, cauliflower and cabbages look amazing--hopefully they'll stay that way (fall brassicas are always a challenge here since the aphids often get to them before they're ready.) Overall, the farm is doing great right now and I think all of us working here are doing pretty well too. We're excited by the cooler nights and the subtle shifts in weather and light which indicate change. Fall is a glorious time on the farm and we're looking forward to it.

On that note, we harvested many of our pumpkins last week and are anticipating a bountiful winter squash harvest as well. Something cool that you'll see in your boxes this week are stems of fresh soybeans or Edamame. These sweet, proteinaceous nuggets make for a great snack or as a nice addition to any pasta or rice dish. To cook them, pull the pods off of the stems and prepare a pot of salty water to boil. Boil the pods for about 3-5 minutes, until the beans inside are tender. A word on the appearance of the Edamame: Some of the plants turned yellow due to thrips, but not to worry, the fruits taste just the same as the greener ones. Enjoy them!

EGGPLANT DAUBE

from *Vegetable Harvest* by Patricia Wells

- 2 tablespoons olive oil
- 1 large onion
- Sea salt
- 3-5 medium sized eggplants, cubed
- 4 large tomatoes, chopped
- 2 cloves of garlic
- Bouquet garni: several parsley stems and sprigs of thyme wrapped up in kitchen twine.
- Grated zest of 1 orange
- 2 cups dry white wine

In a large skillet, combine the oil, onion and salt. Cook covered over low heat until soft but not browned--about 3 minutes. Add the eggplant, tomatoes, garlic, bouquet garni, orange zest and wine. Stir to combine. Cook, covered, over the lowest possible heat until the mixture is soft--about 1 hour. Taste for seasoning. Remove bouquet. Serve warm or at room temperature.

CHARD FRITTATA

from *The Art of Simple Food* by Alice Waters

Wash and separate the stems from **1 bunch of chard**. Cut the stems into 1/4 - inch slices. Coarsely chop the leaves. Heat in a heavy pan, over medium heat: **1 tablespoon olive oil**. Add: **1 medium onion, peeled and sliced thin**. Cook for 5

minutes and add the chard stems. Season with **salt**. Cook for 4 minutes and add the leaves. Cook until the leaves are tender, adding a splash of water if the pan dries out. Turn out of the pan onto a plate.

Crack into a large bowl: **6 eggs**. Add: **Salt, 2 teaspoons olive oil, Fresh-ground black pepper, a pinch of cayenne, 4 garlic cloves, chopped**. Beat lightly. Gently squeeze the chard with your hands, wringing out most, but not all, of the liquid. Stir the chard into the beaten eggs. Thoroughly preheat a 10-inch heavy or nonstick pan over medium-low heat. Pour in: **2 tablespoons olive oil**. After a few seconds, pour in the egg mixture. As the eggs set on the bottom, lift the edges to allow the uncooked egg to flow underneath. Continue to cook until mostly set. Invert a plate on top of the pan; turn the plate and pan upside down to turn out the frittata onto the plate. Pour in: **1 teaspoon olive oil**. Slide the frittata back into the pan and cook for 2 or 3 more minutes. Slide onto a plate. Serve warm or at room temperature.



Serving suggestion: Serve warm on a pool of simple tomato sauce.

Farm tours during the Harvest Festival this Saturday start at 4:00 and 5:30. Salsa contest from 4:45 to 5:30--start chopping! Music too! See you there! Go to farm at 13800 Miller Road. Festivities start at 3:00

Reminders

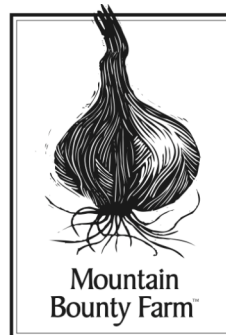
Please return empty veggie boxes, (squeeze at the "hinges" to flatten) to a neat pile at your pickup location. Do not flatten fruit boxes...stack neatly, please.

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



14579 Blind Shady Road
Nevada City, CA 95959

(530) 292-3776

info@MountainBountyFarm.com
www.MountainBountyFarm.com