

Bounty CSA Bag, 10/11/16

www.petalumabounty.org

Bounty Community Farm



Produce this week

| <u>Bag & Farm Stand</u> | <u>At Farm Stand</u> |
|-----------------------------|----------------------|
| Lettuce | Kale |
| Arugula | Parsley |
| Beets | Basil |
| Radishes | Squash |
| Tomatoes | Leeks |
| Strawberries | Peppers |
| Onions | |
| Garlic | |

Recipe of the week:

Beet Ceviche

Ingredients

4 beets, cooked & chopped
 1/2 ripe avocado, peeled and diced
 1/2 medium red onion, chopped
 1 small jalapeño, finely chopped
 1 clove garlic, minced
 2 tablespoons fresh lime juice
 1 tablespoon olive oil
 2 cups arugula, chopped
 Sea salt to taste

Directions

Chop tops off of beets and boil in water until skin easily comes off. Combine all of the ingredients for the ceviche to a mixing bowl and toss together until well-combined.

This week at the farm

New produce from the farm in your bag this week is arugula and beets. The recipe utilizes many of the items in your bag in a new and fun way, including arugula, beets, onion and garlic. At the farm we are busy with harvesting and shucking our dry bean crop, and harvesting and storing our winter squash.

We are making improvements around the farm with more colorful signage and a front garden space with seating. We hope you come and spend some time at the farm, connecting with the wildlife and the place where the food that feeds you grows!

Come volunteer on the Farm!

Come on out and volunteer at the farm! Our volunteer days are great for the whole family – both kids and adults are welcome to come help weed, harvest, and plant our beautiful vegetables! Call or email with questions:

farm@petalumabounty.org

Volunteer Hours:

Thursday from 9 am – 12 pm

Saturdays from 9 am – 12 pm

ALIVE Education Program

Do you have a child between the ages of 8-14? We are accepting new participants in our healthy living and eating education program. We meet Thursday evenings for 5 weeks on the farm for fun and activities, October 3-27. Free program and every family walks away with free produce!

Email education@petalumabounty.org or call 707-364-4866.