



Bounty CSA Bag, 10/18/16

www.petalumabounty.org

Bounty Community Farm

Produce this week

Bag & Farm Stand

Lettuce
Cabbage
Carrots
Tomatoes
Strawberries
Onions
Radishes
Garlic

At Farm Stand

Arugula
Kale
Basil
Parsley
Squash
Peppers
Beets

Recipe of the week:

Massaged Kale Salad

Ingredients:

1 bunch kale (stalks removed, leaves thinly sliced)
1 lemon, juiced
1/4 cup olive oil, plus extra for drizzling
Salt
2 teaspoons honey
Freshly ground black pepper
Small handful toasted pumpkin seeds

Directions:

In large serving bowl, add the kale, half of lemon juice, a drizzle of oil and a little kosher salt. Massage until the kale starts to soften and wilt, 2 to 3 minutes. Set aside while you make the dressing.

In a small bowl, whisk remaining lemon juice with the honey and lots of freshly ground black pepper. Pour in the 1/4 cup of oil while whisking until a dressing forms, and you like how it tastes.

Pour the dressing over the kale, and add the pumpkin seeds. Toss and serve.

This week at the farm

What a beautiful display of rain and recharging of the water tables in the soil! We were so happy to receive the rains of last week, and are celebrating the oncoming fall. In the farm you will find the end of the summer crops, and the full expression of the fall and winter crops.

Come and see the changing colors and landscapes at the farm! Only a limited weeks left of production, volunteer hours, and CSA Bounty Bags. We are so grateful to have had your membership this growing season.

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.