



Bounty CSA Bag, 10/25/16

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Bounty Community Farm

Produce this week

Bag & Farm Stand

Tomatoes
Carrots
Beets
Lettuce
Onions
Braising mix
Kale
Pie pumpkin
Garlic

At Farm Stand

Leeks
Cabbage
Winter squash
Strawberries

Recipe of the week:

Pumpkin Soup

Ingredients

2 pie pumpkins (~2 1/4 cups (450 g) pumpkin puree)
2 shallots or onions, diced (~1/4 cup or 40 g)
3 cloves garlic, minced
2 cups (480 ml) vegetable broth
1 cup (240 ml) light coconut milk
2 Tbsp. (30 ml) maple syrup or agave nectar
1/4 tsp. each sea salt, black pepper, cinnamon, nutmeg
GARLIC KALE SESAME TOPPING:
1 cup roughly chopped kale
1 large garlic clove, minced
2 Tbsp. raw sesame seeds
1 Tbsp. olive oil
Pinch salt

Directions

Preheat oven to 350 degrees F. Cut off the tops of pumpkins and halve them. Use a spoon to scrape out all of the seeds and strings. Brush the flesh with oil and place face down on the baking sheet. Bake for 45-50 minutes or until a fork easily pierces the skin. Remove from the oven, let cool for 10 minutes, then peel away skin and set pumpkin aside.

To a large saucepan over medium heat add 1 Tbsp. olive oil, shallot and garlic. Cook for 2-3 minutes, or until slightly browned and translucent. Add remaining ingredients, including the pumpkin, and bring to a simmer. Transfer soup mixture to a blender and puree the soup. Pour mixture back into pot. Continue cooking over medium-low heat for 5-10 minutes and serve.

For the Kale-Sesame topping: In a small skillet over medium heat, dry toast sesame seeds for 2-3 minutes, stirring frequently until slightly golden brown. Remove from pan and set aside. To the still hot pan, add olive oil and garlic and sauté until golden brown. Add kale and toss, then add a pinch of salt and cover to steam. Cook for another few minutes until kale is wilted and then add sesame seeds back in. Toss to coat and set aside for topping soup. Recipe serves 3-4.

This week at the farm

This is the second to last week of the Bounty Bag program for the 2016 season! Please let us know if you want to be contacted to continue your Bounty Bag membership next season, roughly April-October 2017.

If you look out at the farm this week, you will see many of the field's crops have been pulled and their remains tilled in. We are preparing to plant the cover crop to bring nutrients to the soil over the winter.

We are also currently planting garlic and strawberries, anticipating that they will bear fruits next spring and summer. Enjoy the cleansing rains this week!

Volunteer/Bounty Bag Members Appreciation Farm Day!

Come on out to Bounty Farm on Sunday, November 6th from 11am-1pm for a fun-filled day at the farm where we get to appreciate you, volunteers and Bounty Bag members! We are also sadly saying goodbye to Farmer Taylor, but get to celebrate him and all he has done at the farm that day as well.

Appreciation Farm Day

Sunday, November 6th
11am-1pm
Music, Food, Activities
Bounty Farm

Final 2 weeks of Bounty Bags & Farm Stand

October 25 & November 1st are the final two weeks of the season for the Bounty Bag program & Bounty Farm Stand. We are so grateful to have had you aboard, and hope you come back next season!