



## Bounty CSA Bag, 10/4/16

[www.petalumabounty.org](http://www.petalumabounty.org)

Bounty Community Farm

### Produce this week

#### Bag & Farm Stand

Tomatoes  
Squash  
Lettuce  
Onions  
Carrots  
Strawberries  
Basil  
Apples  
Cherry Bomb Peppers

#### At Farm Stand

Radishes  
Kale  
Parsley  
Cilantro  
Leeks  
Peppers

### Recipe of the week:

#### *French Onion Soup*

#### Ingredients:

1 stick Butter  
4-6 medium-large Yellow Onions, halved and sliced thin  
1 cup Dry White Wine  
4 cups Chicken Broth  
4 cups Beef Broth  
2 cloves Minced Garlic  
Worcestershire Sauce  
5-7 ounces Gruyere Cheese, Grated

#### Preparation:

Preheat oven to 400 degrees. Melt butter in a soup pot or over medium-low heat. Add onions and cook covered for 20 minutes. Place soup pot into the oven with the lid slightly ajar to ensure the onions will brown. Allow onions to cook in the oven for 1 hour, stirring at least once during the cooking process so onions won't stick and burn.

Remove pot from oven and place back on stovetop over medium heat and stir to scrape off all the brown, flavorful bits. Pour in wine and cook wine for five minutes, allowing it to reduce. Add broths, Worcestershire Sauce and minced garlic and reduce heat to low. Simmer for 30 to 45 minutes.

When the soup is ready sprinkle generously with grated cheese. Broil until cheese is melted, and serve immediately.

### This week at the farm

The first rain of fall has soaked our crops and regenerated the soil. At the farm we harvested our dry bean crop before the rains, and are preparing the land for the fall and winter months. The pumpkins in the field are growing to size, and the apples are falling on the ground.

In your bag this week you will find the summer crops that are still giving in the fields into October, although their peak time is over- squash, tomatoes, strawberries, and peppers. The recipe this week is a easy delicious soup to warm the coming of the cold mornings and evenings. Enjoy the bounty!

### 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](mailto: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 Tuesday evenings for 6 weeks on the farm for fun and activities. Free program and every family walks away with free produce! Email [education@petalumabounty.org](mailto:education@petalumabounty.org) or call 707-364-4866.