



Bounty CSA Bag, 11/1/16

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Bounty Community Farm

Produce this week

Bag & Farm Stand

Lettuce

Kale

Carrots

Beets

Onions

Winter Squash

Beans

Garlic

At Farm Stand

Arugula

Chard

Radishes

Braising greens

Parsley

Recipe of the week:

Beet Borsht

Ingredients

4 cups water and/or stock

1 medium onion, chopped finely

1-2 cloves garlic

1-2 potatoes, chopped or diced

1 cup combination of carrots, celery, parsnip, bell pepper, chopped or finely shredded

1-2 cups beets, shredded or diced

1/2 to 3 cups combination of parsley, shredded red or green

cabbage, chopped beet tops, chard, spinach or other greens

1 cup tomato sauce or tomato juice (or use a couple of tablespoons of tomato paste and add more water, or use 1/4 cup lemon juice, a couple of tablespoons of sugar and add more water

1/2 tsp. dried dill weed or 1 tsp. dill seed, or a little fresh dill

1 1/2 cups cooked kidney beans (or one can)

Directions

Put 1/4 cup of stock or water into large stockpot or Dutch oven and add onion and garlic. Sauté over medium heat about 5 minutes. Add potatoes, combined veggies, beets, cabbage or other greens (except parsley), tomato sauce or substitute, and dill. Bring to simmering. Add liquid as necessary.

Cook until veggies are half done (about 20 minutes) and add beans and parsley and remaining liquid. Simmer another 15 minutes or until veggies are done (depends on how finely you cut them). Add potatoes if cooked separately.

Top each serving with a dab of plain yogurt or sour cream and serve with rye bread. Makes about six large servings.

This week at the farm

This is the 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/May-October 2017.

This week's recipe is a hearty soup from Eastern Europe that utilizes many items from your bag-beets, onions, carrots, garlic, and kale.

We hope to see you on Sunday November 6th to celebrate the fall, your Bounty Bag membership this season, our volunteers, and all of Farmer Taylor's incredible work bringing us fresh delicious food every week! We hope to see you there.

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 week of Bounty Bags & Farm Stand!

November 1st is the final week 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! We will contact you next Spring to see if you want to sign up for the 2017 season.