



Bounty CSA Box, 6/14/16

www.petalumabounty.org

Bounty Community Farm

Produce this week

Kale
Garlic
Lettuce
Salad Mix
Turnips
Beets
Basil
Cilantro
Strawberries

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

Welcome to the 2016 season of Petaluma Bounty's Bounty CSA Boxes! We are so excited to have you on board and participating with the Bounty Farm through the Bounty Boxes.

Each week you will receive a newsletter like this one which includes the produce you are receiving, a recipe of the week with one of the items, updates from the farm, and other programs you can get involved in. This week's produce includes some great leafy greens to make salads with, delicious herbs, and root vegetables.

We love feedback! Let us know about your experience with the produce and how else you want to be involved with the farm.

Enjoy! We hope to see you at the farm soon!

Come play 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 or 707-364-4833

Volunteer Hours:

Wednesdays from 2 pm – 5 pm

Saturdays from 10 am – 1 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 or call 707-364-4866.

Backyard Medicine Workshop

Come learn from a local herbalist about growing medicinal plants and making medicinal tea bags. Saturday, June 25th, 10am-12pm. \$10-20. Email education@petalumabounty.org to sign up.