

## Bounty CSA Box, 8/16/16

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

Bounty Community Farm



### Produce this week

#### Box & Farm Stand

Tomatoes  
Hot peppers  
Cucumbers  
Squash  
Walla Walla Onions  
Carrots  
Lettuce  
Collard Greens  
Apples  
Pears

#### At Farm Stand

Basil  
Cilantro  
Parsley  
Beets  
Beans  
Strawberries

### Recipe of the week:

#### *Sautéed Collard Greens*

1 tbsp. Olive Oil  
2 onions, sliced into crescents (about 4 cups)  
3 cloves garlic, minced  
3/4 lb. collard greens (6 cups)  
2 tbsp. raisins

#### Instructions

Remove stems from collards and finely chop them. Pile leaves on top of one and other, roll into a fat cigar, and thinly slice.

Heat olive oil over medium heat in a large non-stick sauté pan. Add onions and sauté, stirring often, for about 15 minutes or until onions are golden brown. Toss chopped stems and garlic into the pan and sauté another 5 minutes.

Add greens along with 1/3-cup water into the pan. Season with some salt and pepper and cook for about 5 minutes or until the greens have wilted. Toss in raisins and cook another 2-3 minutes.

### This week at the farm

Continue to taste summer with this week's food bag! Summer vegetables this week include hot peppers, cucumbers, tomatoes and squash. We also have some beautiful greens including lettuce and collard greens, and fruits including apples and pears. The recipe this week highlights the return of the collard greens, a very nutritious green vegetable that can be made delicious.

Petaluma Bounty is hosting our annual fundraiser tonight, Tuesday, at Lagunitas Brewing Company at 5:30-8:30pm. We hope to see you there! We are also starting to plan our field trips with local schools in the fall, so please be in touch if you want to help plan a field trip for your child's class to Bounty Farm!

### Community Workshops at Bounty Farm!

50% off for Bounty Food Box members!

Saturday, August 27<sup>th</sup>: Flower Bouquet Making  
Saturday, Sept 30<sup>th</sup>: Sauerkraut & Fermentation

Sign-up by emailing [education@petalumabounty.org](mailto:education@petalumabounty.org) or at [petalumabounty.org](http://petalumabounty.org). Sliding scale, \$10-20

### 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.