

Bounty CSA Box, 8/23/16

www.petalumabounty.org

Bounty Community Farm



Produce this week

<u>Box & Farm Stand</u>	<u>At Farm Stand</u>
Lettuce	Cilantro
Beets	Carrots
Kale	Cucumbers
Onions	Strawberries
Tomatoes	Tomatillos
Squash	
Apples	
Potatoes	
Parsley	
Basil	
Peppers	

Recipe of the week:

Vegetable Kabobs

Skewers:

2 medium potatoes, 1 cup bell pepper or sweet pepper, 1 cup red onion chunks, 1 cup white button mushrooms, 1 cup zucchini or yellow squash chunks, 1 cup cherry tomatoes, wooden skewers

Marinade:

1/2 cup olive oil
 1/2 cup lemon or lime juice
 1/4 cup water
 1/4 cup Dijon mustard
 2 tablespoons maple syrup or honey
 2 tablespoons minced garlic
 2 tablespoons chopped fresh basil leaves
 1/2 teaspoon salt
 1/2 teaspoon freshly ground black pepper

Make marinade by whisking all ingredients in a small bowl, and set aside. Cook potatoes in salted water until fork tender; let cool and cut into 1-inch chunks. Place potatoes and the vegetables in a shallow dish or container. Pour marinade over vegetables. Cover and refrigerate for 2 hours. Preheat an outdoor grill to medium heat. Remove vegetables from the marinade, reserving marinade. Thread vegetables onto skewers. Cook skewers on grill until vegetables are lightly charred all over, about 10 minutes, basting with reserved marinade and turning occasionally.

This week at the farm

With August coming to an end, we are seeing more apples falling off the trees in the orchard at Bounty Farm. We are planning our fall and winter crops as the summer slowly closes and hints of fall arrive.

This week in your box is the return of beets and kale, along with the summer crops. The recipe this week utilizes many of the farm fresh vegetables in a simple summer skewer.

At the farm we are continuing to host our Community Workshop Series, and would love to see you there; more details below. Come out to the farm as we slowly transition to fall and see the changes on the farm!

Community Workshops at Bounty Farm!

50% off for Bounty Food Box members!

Saturday, August 27th: Flower Bouquet Making

Saturday, Sept 30th: Sauerkraut & Fermentation

Sign-up by emailing education@petalumabounty.org or at 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

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 or call 707-364-

4866.