



Bounty CSA Box, 8/30/16

www.petalumabounty.org

Bounty Community Farm

Produce this week

Box & Farm Stand

Strawberries
Tomatoes
Carrots
Lettuce
Squash
Cucumbers
Onions
Beans

At Farm Stand

Basil
Parsley
Peppers
Kale

Recipe of the week:

Sautéed Green Beans & Cherry Tomatoes

- 2 teaspoons olive oil
- 1 pound green beans, trimmed
- 1/2 cup water
- 2 cloves garlic, minced
- 1 1/2 cups halved cherry tomatoes
- 1 tablespoon balsamic vinegar
- Salt & freshly ground pepper

Heat 1 teaspoon oil in a large skillet over medium-high heat. Add green beans and cook, stirring often, until seared in spots, 2 to 3 minutes. Add water, cover, reduce heat to medium and cook, stirring occasionally, about 3 minutes for tender-crisp or 6 minutes for tender. Push the beans to the side; add the remaining 1 teaspoon oil and garlic and cook until fragrant, about 30 seconds. Add tomatoes, stir everything together and cook until the tomatoes begin to break down, 2 to 3 minutes. Remove from heat; stir in vinegar, salt and pepper.

This week at the farm

Welcome to the last week of August! We are in transition at the farm looking towards planting for the fall and winter, while we are still enjoying summer's bounty.

We will start receiving more local students from around Petaluma on field trips as the school year has begun. Please contact us if you want to set up an educational field trip for your child's class! We also have one more workshop in our Community Workshop Series on September 10th, please join us to learn about sauerkraut & fermentation possibilities!

The recipe this week utilizes some of the Bounty Bag and Farm Stand produce. We hope you enjoy!

Community Workshops at Bounty Farm!

50% off for Bounty Food Box members!

Saturday, Sept 10th: 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.