

## Bounty CSA Box, 8/9/16

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

Bounty Community Farm



### Produce this week

#### Box & Farm Stand

Tomatoes  
Padron Peppers  
Cipollini Onions  
Cucumbers  
Lettuce  
Potatoes  
Carrots  
Basil  
Parsley  
Apples

#### At Farm Stand

Cilantro  
Strawberries  
Radishes  
Walla Walla  
Onions  
Squash

### Recipe of the week:

#### *Applesauce*

#### Ingredients:

6 pounds Apples, Peeled, Cored, And Cut Into 8 Slices  
1 cup Apple Juice Or Apple Cider  
Juice Of 1 Lemon  
1/2 cup Brown Sugar, Packed  
1 teaspoon Cinnamon  
Optional: Nutmeg, Maple Syrup, Allspice, Butter

#### Instructions:

Combine all ingredients in a large pot and cook over medium heat, stirring occasionally, for 25 minutes.

Carefully puree in a food processor or blender until smooth.

Store in the fridge and serve by itself, over meat, over pancakes...or any place where applesauce is needed!

### This week at the farm

This week we are offering summer's bounty- tomatoes, peppers, cucumbers, apples, onions, and potatoes!

At the farm this week we are starting our Community Workshop Series on Saturday, August 13<sup>th</sup> with Healthy Cooking from the Dominican Republic. Come learn how to make easy, healthy, and very tasty recipes from the Dominican Republic. That day we also have our Volunteer Orientation and regular volunteer hours- come and learn about our sustainable agriculture methods and harvesting techniques! We hope to see you on the farm soon.

### Community Workshops at Bounty Farm!

Saturday, August 13<sup>th</sup>: Healthy Cooking from the Dominican Republic

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, \$20-40

### 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.