



Bounty CSA Bag, 9/20/16

www.petalumabounty.org

Bounty Community Farm

Produce this week

Bag & Farm Stand

Tomatoes
Peppers (sweet & hot)
Squash
Onions
Radishes
Strawberries
Beans
Cilantro
Basil
Lettuce

At Farm Stand

Cucumbers
Parsley
Carrots
Leeks

Recipe of the week:

Mustard Vinaigrette

A simple and delicious mustard vinaigrette for your fresh summer salad made up of lettuce, radish, strawberries and tomatoes.

Ingredients:

1 rounded tablespoon Dijon mustard
1 ½ tablespoons red wine vinegar or sherry vinegar
1 tablespoon fresh lemon juice
Salt
Freshly ground pepper
½ cup extra virgin olive oil, or use half olive oil and half canola or grapeseed oil
1 small garlic clove

Preparation:

In a small bowl or measuring cup, combine the mustard, vinegar, lemon juice, salt and pepper. Whisk in the oil. Peel the garlic clove and lightly crush, or cut down to the root end with a paring knife, keeping the garlic clove intact. Place in the dressing and allow to marinate for at least 30 minutes. Remove from the dressing before serving.

This week at the farm

The heat of summer is still alive, and you will be able to taste this heat in your bag this week! We have your typical summer crops such as tomatoes, peppers, squash and beans, and other year round vegetables like lettuce, onions and radishes.

This week we are highlighting a mustard vinaigrette to dress your summer salad with. There are so many fresh vegetables and fruits right now and sometimes it just takes a delicious dressing or topping to bring it all together. We hope to see you at the farm soon!

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.