



Bounty CSA Bag, 9/27/16

www.petalumabounty.org

Bounty Community Farm

Produce this week

Bag & Farm Stand

Tomatoes
Squash
Apples
Strawberries
Leeks
Onions
Kale
Lettuce
Garlic
Parsley

At Farm Stand

Basil
Cilantro
Melons
Carrots
Radishes
Peppers

Recipe of the week:

Summer Vegetable Casserole

Ingredients

1 medium yellow onion
2 cloves garlic, minced
1 Tbsp olive oil
2 medium summer squash
1 medium potato
1 medium tomato
1 tsp dried thyme
Salt & pepper
1 cup shredded Italian blend cheese
1 Tbsp chopped parsley

1. Preheat the oven to 400°F. Dice the onion and mince the garlic. Sauté the onion and garlic with olive oil in a large skillet over medium heat until the onions are soft and transparent (about 5 minutes).
2. Slice the summer squash, tomato, and potato thinly (1/4-inch slices). Make sure the potatoes are very thin so that they soften quickly while in the oven.
3. Coat the inside of an 8x8" casserole dish with olive oil. Spread the sautéed onion and garlic in the bottom of the dish. Arrange the other sliced vegetables, stacked vertically in an alternating pattern. Season the top of the vegetables generously with salt, pepper, and dried thyme.
4. Cover the dish with foil and bake in the preheated oven for 30 minutes. Remove the foil, top with the shredded cheese, and bake without the foil for an additional 15-20 minutes, or until the cheese is golden brown. Top with chopped fresh parsley for garnish.

This week at the farm

The farm is buzzing with wildlife, from the migrating birds headed south to the humming insects. September is continuing to boast the sun's heat, and the vegetable and fruit crops are soaking it in. Your bag this week hosts summer crops, fall fruits, and hold overs from the last season, garlic.

Come and enjoy our newly mulched front garden area when you pick up your bag or visit the farm! There is a bench and table to enjoy, and the area gets afternoon shade. Our delicious recipe this week utilizes 5 items from your bag! Enjoy.

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 Thursday evenings for 5 weeks on the farm for fun and activities, October 3-27. Free program and every family walks away with free produce!

Email education@petalumabounty.org or call 707-364-4866.