



Bounty CSA Bag, 9/6/16

www.petalumabounty.org

Bounty Community Farm

Produce this week

Bag & Farm Stand

Tomatoes
Strawberries
Lettuce
Carrots
Radishes
Squash
Beans
Mixed Hot Peppers
Basil

At Farm Stand

Kale
Collards
Cucumbers
Parsley
Melons

Recipe of the week:

Green Beans & Radish Salad

Ingredients:

1 pound green beans, cut diagonally into 2-inch pieces
1 bunch radishes, trimmed, sliced
1/2 cup olive oil
1/4 cup balsamic vinegar or 3 tablespoons red wine vinegar
2 garlic cloves, pressed
1 teaspoon Dijon mustard

Preparation:

Cook beans in large pot of boiling salted water until beans are crisp-tender, about 5 minutes. Drain. Rinse beans under cold water to cool. Dry beans.

Combine beans and radishes in large bowl. Whisk remaining ingredients to blend in small bowl. Add enough dressing to beans and radishes to season to taste. Season to taste with salt and pepper and serve.

This week at the farm

This week we have a colorful array of vegetables and fruits for you, and we are highlighting the Green Bean with a delicious recipe. If you have any favorite recipes you would like to share with us that incorporate Bounty produce, please send them along our way!

We are hosting a workshop on Sauerkraut & Fermentation by local expert Miguel Kuntz who works at Wild West Ferments of Petaluma. The workshop is this coming Saturday, Sept 10th, and is 50% off for Bounty Food Bag members. It is that time of year where the bounty of produce from our farms and gardens can be preserved for the coming fall and winter months.

Community Workshops at Bounty Farm!

50% off for Bounty Food Bag 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.