

October 1st & 2nd, 2024
What's the day after that? It's October 3rd.

THE BOUNTY BUGLE

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WHAT'S IN YOUR LOCAL BOUNTY

Garlic | Nye Ranch, Fort Bragg

Kale | Folk Life Farm, Covelo

Radish | Big Mesa Farm, Comptche

Eggplant | Filigreen Farm, Boonville

Onions | Big Mesa Farm, Comptche

Basil | HappyDay Farms, Laytonville

Red Lettuce | Big Mesa Farm, Comptche

Head Lettuce | Golden Rule Gardens, Willits

BOX ONLY

Cherry Tomatoes | Mulligan Gardens, Laytonville

KEEP SUPPORTING YOUR FARMERS

Cut and Share ✂️



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Folk
Life
Farm

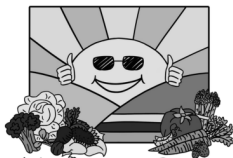
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SAUTÉED KALE & GARLIC PASTA

WITH CHERRY TOMATOES AND ROASTED EGGPLANT

Ingredients:

- 1 small eggplant, sliced into rounds
- 1/2 bunch kale, roughly chopped
- 3 garlic cloves, thinly sliced
- 1 small onion, sliced
- 1 pint cherry tomatoes, halved
- 1/4 cup fresh basil
- 400g pasta (your choice)
- Olive oil
- Crushed red pepper (optional)
- Salt and pepper to taste

Directions:

- Preheat the oven to 200°C (400°F). Place the eggplant slices on a baking sheet, drizzle with olive oil, season with salt and pepper, and roast for 20 minutes, flipping halfway through.
- Cook the pasta according to the package instructions.
- In a large skillet, heat olive oil and sauté the onions until golden. Add the garlic slices and cook until fragrant.
- Stir in the chopped kale, cooking until wilted. Add the cherry tomatoes and cook until softened.
- Toss the cooked pasta into the pan and combine with the sautéed vegetables. Adjust seasoning with salt, pepper, and chili flakes.
- Top with roasted eggplant slices and finish with fresh basil.

ENJOYING LOCAL BOUNTY? TELL YOUR NEIGHBORS

Did You Know...?

FUN FACTS ABOUT YOUR FOOD

Q: What am I supposed to do with all these waxed boxes that my Local Bounty comes in?

*You can help reduce waste by leaving your **waxed boxes** near where you receive your delivery for us to collect and reuse. These sturdy boxes are designed for at least 10 uses, but their wax unfortunately excludes them from most recycling and composting options. So leave out your **waxed boxes** for us to collect and reuse, as a simple way to support sustainability!*



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