

## Sunny Days

In Latin and Spanish, Sol means Sun. In French, it's called Soleil. Sipping wine in Italy? It's Sole. The Chinese refer to it as Qiang-su. However you call it, the sun is many things. Brilliant, life giving, hot and...a way of life here in New Mexico. That's why when naming our fledgling farm we wanted to incorporate the word sun into the name of the farm.

And as a farmer I admit I spend a lot of my time hiding from the sun (gotta have soul to deal with the sol). Sure, I like what it does to my plants. And it feels great on a chilly spring morning (though those are fewer and fewer these days). But a lot of my existence as a farmer in the field is in direct competition with el Sol. But I recognize it's power – and it's importance. And that's why we're celebrating le Soleil next Wednesday, June 20<sup>th</sup>.

So what better way to celebrate a sunny day and the beginning of summer than with a little yoga in the field – okay, not actually *in* the field, but very near (one slip in the middle of downward dog could lead to some squashed squash). Other highlights include the SOLovin' food in the early evening (ever had a homemade empanada cooked entirely by the sun), followed by a field walk with me to close out the day. See our web site for more information – [www.SolHarvestFarm.com](http://www.SolHarvestFarm.com)

Here we grow~  
Farmer Ric

*This week's recipe comes from...well, we made it up!*

### Kohlrabi Chips with Chili and Lime

- One to two Kohlrabi
- Chili Powder
- Juice from 1-2 limes
- Crushed Red Pepper (optional)
- Salt and Pepper (optional)

This is super simple and super good! Peel or cut the outer skin away from the Kohlrabi (which some people say looks like a spaceship). Cut into very thin chips or sticks. Squeeze lime juice onto Kohlrabi and sprinkle with chili powder. Enjoy this easy and delicious snack. You can also add a little salt, pepper and crushed red chili flakes for an added kick.

### Farm Stand and U-Pack

- Just a reminder that our Farm Stand is set up as a 'U-pack' for our CSA members. That is, you are expected to bring a reusable bag, box, or cooler to the Farm Stand to pack your own veggies. We'll have paper bags on hand if you forget, but please try to remember to bring something every week. This really cuts down on the cost of us having to buy cardboard boxes (not to mention saving a lot of waste).

### In the box this week

- Carrots
- Baby Cabbage or Dill
- Bunching Onions
- Braising Mix
- Rainbow Chard
- Kohlrabi
- Summer Squash