

Float On

So any fans of indie rockers Modest Mouse should recognize the title of this week's newsletter.

I was pretty psyched last week when we (myself and one of my fabulous work shares – thanks Lily) came up with an innovative way to shade the green house from the intense summer heat. It worked great, was relatively inexpensive, and was completed just in time for visiting family to appreciate. And then a freak gust of wind this past weekend completely ripped the plastic off the top of the greenhouse. In the grand scheme of things it was a minor setback – but a setback nonetheless.

However, all is well in the life of Sol Harvest Farm. New crops are coming out of the field (potatoes, yes), all of my work shares are doing a wonderful job helping out on the farm, the sweet corn keeps growing and growing, and our membership is expanding.

And therein lies my point. Despite the accident to the green house, or certain summer crops taking way too long to grow (hello eggplant) there are far more positives than negatives out in the field. Float on!

And speaking of positives, thank you to Criss Swaim (one of our CSA members) for helping us with our new web site, we really appreciate all you've done for us. Be sure to check out www.SolHarvestFarm.com ~

you can look up past newsletters in case you forgot a recipe or send the link to a friend to sign up for the CSA.

Here we grow~
Farmer Ric

Baked Summer Squash

From Blackberry Community Farm

Ingredients

1 to 1.5 lbs. summer squash or zucchini
Salt and Pepper
1 c. whole wheat flour
1 – 2 t. dried thyme
½ t. curry powder
1/8 t. dried oregano
½ t. salt
½ c. safflower oil (or corn or canola oil)
1 c. tomato juice

Heat oven to 400 degrees. Oil a large baking dish. Slice squash lengthwise or diagonally 1/8-inch thick. Season with salt and pepper to taste. Place in baking dish to make overlapping layers. Combine remaining ingredients and spread on top of summer squash. Bake until lightly browned, 20-25 minutes. Serve hot. Makes 4 servings.

Reminders...**July 4th Vacation Stop**

Please let us know by Friday, June 29th if you will not be picking up your box next week.

Volunteer Night

Join us every Monday evening from 5:30 – 7 p.m. for our volunteer work party and potluck. Please bring food or drink to share.

In the box this week

- Carrots
- Red Gold Potatoes
- Spring Onions
- Braising Mix
- Beets
- Kohlrabi
- Summer Squash

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