

Knee High

Hello and Happy Fourth of July! I have to say it's kinda cool to have the 4th fall on a Wednesday this year. Is there a better way to spend this holiday than going to your favorite organic farm and picking up a delicious box of veggies? I think not! Alright, there's plenty of great ways to spend this day – but thank you for supporting Sol Harvest Farm!

And with that, on to this week's topic. Hmm, looking at my notes there's lots to discuss. So most of you probably have heard of the saying, "knee high by the fourth of July." The reference is to corn, of course. And I'm happy to report that we've not only met, but also exceeded, that goal. The sweet corn is not only knee high, but it's starting to produce ears. Very exciting. Especially because most summer crops take a long time to mature.

One thing that is finally past its maturity is kohlrabi. Yes, you can finally say good-bye to it (at least until the fall). I'm always thinking about diversity for the CSA, but sometimes you gotta go with the delicious, versatile crop and that was our kohlrabi. Out with the old and in with the new. We welcome garlic, yellow onions, and leeks! A trifecta of plants from the allium family, woo hoo! To balance out this week's box – we've got beets, carrots and squash in the box and you'll have plenty of options for giving them some flavor.

~ Here we grow

Farmer Ric

This week's recipe is a favorite of one of our members, Carol Swaim...

Crustless Leek, Herb and Greens Quiche

From Vegetarian Times

2 Tbs. fine dry breadcrumbs
 2 small leeks, white and light green parts halved and sliced 1/2-inch thick
 2 cups chopped Swiss chard, kale, collard greens, or mustard greens
 4 egg whites
 3 whole eggs, beaten
 1/4 cup low-fat milk
 1/8 tsp. nutmeg
 1 Tbs. chopped fresh tarragon
 1 tsp. chopped fresh basil
 2 oz. soft goat cheese

Directions

1. Preheat oven to 425°F. Coat bottom and sides of 9-inch glass pie dish with olive oil cooking spray. Scatter breadcrumbs over bottom of pie dish.
2. Bring 4 cups salted water to a boil in large pot. Add leeks; boil 3 minutes. Remove pot from heat, add Swiss chard, and let stand 30 to 45 seconds, or until greens are wilted. Drain, rinse with cold water, and drain again, squeezing out excess water with hands. Set aside.
3. Whisk egg whites until frothy. Whisk in eggs. Whisk in milk and nutmeg; season with salt and pepper, if desired. Whisk in tarragon and basil.
4. Scatter leeks and Swiss chard over breadcrumbs in prepared pie dish. Dot cheese on top. Pour egg mixture into pie pan. Bake 20 to 25 minutes, until golden brown on top.

Cool 5 minutes before slicing and serving. Serves 4

Reminders...

U-pack (so please bring a bag)

Our CSA is set up so that you can pack each item yourself. The catch is you need to bring something to pack them into. Please remember to bring a bag, box or cooler each time you pick up! Thank you!

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
- Beets
- Yellow Onions
- Rainbow Chard
- Garlic
- Leeks
- Summer Squash