

## Por Que?

Hola, como estas? Alright, back to English. Just feeling a little bilingual this morning, must have been that Ricky Martin song I heard on the radio while driving to work. Clearly trying to live the vida loca while still farming. Anyway, on to more important things, like, 'how does this Farm Stand thing work?'

So I think I've touched on this before, but just to clarify, every week there is a pre-set number of items that I select for the harvest box. This is based on availability from the field. In addition, we have other items that are on sale both to the public and CSA members (this week it's eggplant, bell peppers, tomatoes, etc). Once in a while we have 'substitute' items for members, but that's really more of a luxury. The farm isn't quite big enough yet to where we can have sub items every week (though it would be nice to get to that point).

So while I appreciate flexibility and variety as much as the next person, what I want to avoid is people subbing out items that we've harvested specifically for the box in exchanges for those that are available for purchase at the Farm Stand. Believe me, I wish I had enough sweet corn or eggplant this week for every member of the CSA. However, I do not. As always, I'm striving for balance...

Cheers,

Farmer Ric

### **Let's keep this going! Renew your CSA membership for another 13 weeks!**

Many of you are up for renewal for your CSA membership and we definitely want you back for another 13 weeks! We hope you are enjoying the fruits, vegetables, herbs, and flowers as much as we enjoy providing them to you. You can double-check your end date with Aimee or Ric at the Farm Stand.

Renewing with Sol Harvest Farm is easy:

1. Let Aimee or Ric know that you'll be renewing – tell us in person, send an email or give Ric a call at 306-1998
2. Bring a check for \$350 to the next pick up date or mail it to:

Sol Harvest Farm  
315 Pueblo Solano Rd.  
Los Ranchos, NM 87107

Thank you for your continued support!

### Honey Glazed Carrots with Fresh Mint

1 pound carrots  
2 T. butter  
1.5 T. honey  
salt and pepper  
1-2 T. chopped fresh mint

Peel carrots and cut into evenly sized rounds or sticks. Combine carrots, butter, honey, and ½ cup water in large skillet over medium-high flame. Bring to simmer and cook until carrots are tender and most of the liquid has reduced to a glaze, 10-15 minutes. Season with salt and pepper, sprinkle with mint and toss well. Makes 4 servings.

### In the box this week

- Cucumbers
- Carrots
- Yukon Gold Potatoes
- Rainbow Chard
- Beets
- Onions
- Summer Squash or Kale