

Weed Be Gone!

Wow! I go away for a few days, we get some rain, and now I have a field full of bindweed. If I could find a useful purpose for that stuff I could retire today. However, it's nothing but in the way. And I don't want to retire – we just got this thing rolling!

And this farm (and the farmer) is looking forward to some cooler days. The plants in the field are definitely battling the heat, but they're also looking a little tired. And the high temps have even affected the germination of certain seeds. Spinach, for example, likes the soil much cooler. Add in some rain, which ends up causing the soil to form a crusty layer, and it's hard for the seeds to push through.

So as much as sunshine and water are the keys to growing...there can be challenges.

Back to the bindweed. If you would like to help manage it we will be moving our volunteer days to Saturday morning beginning August 25th. This will give more people a chance to get their hands dirty and help out on the farm. We'll be in the fields from 8-11 a.m. I'll also be leading farm tours every Saturday for anyone interested. And we'll be having a second Farm Stand that day as well. Exciting times!

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!

Tomato Basil Dip

From Common Good Farm

3 c. diced fresh tomatoes
1 T. or more minced garlic, mashed to a paste (use a garlic press)
5 T. chopped basil (chop it medium-fine)
1 T. olive oil
Dash of balsamic vinegar
Thinly sliced, lightly toasted baguette slices

Lightly toss tomatoes, garlic, and basil. Drizzle with olive oil, splash with balsamic, and sprinkle with salt and pepper to taste. Stir and serve with baguettes. This is an easy recipe to double or triple and it adjusts well to your tastes. Different colored tomatoes add a nice touch. Leftovers are good as a salad dressing.

In the box this week

- Leeks
- Potatoes
- Cucumbers
- Basil
- Eggplant
- Tomatoes
- Kale