

Squish Squash

Early this winter when I was planning out what exactly I wanted to grow on the farm I flirted with the idea of skipping all plants in the 'squash' family (for you highfalutin farmers out there you know it as the cucurbit family). This includes squash, melons, pumpkins, and cucumbers.

The reason I wanted to avoid growing any of those crops is they all attract squash bugs. Nasty little things. They look ugly, smell awful, taste horrid, have no enemies, and literally suck the life out of the plants. Needless to say, they are unwelcome guests on our farm. And if I ever had any Buddhist-like tendencies to not harm another living creature (seems like a good idea, no) that belief is kicked to the curb when I encounter those little thugs.

Whew! Someone needed to vent! Anyway, I decided I couldn't go without squash, melons and cucumbers. Without those staples of summer we would all be bored out of our gourd (which by the way is another member of the cucurbit family).

So even though we have several party crashers on the farm, this week we welcome watermelon into the mix. And I've recently planted another round of squash and cucumbers. Look for those in the fall. And speaking of fall, I have a handful of pie pumpkins that appear to be ready. I'll double-check, but we may have a surprise in the box soon!

Farmer Ric

Volunteer with Sol Harvest Farm!

Looking to get your hands dirty? Or maybe just work outside and get to know the farm a little better? We definitely would welcome some extra hands for our weekly volunteer day!

Beginning Saturday, August 25th (and continuing every Saturday until Thanksgiving) we will be hosting volunteers from all across Albuquerque. Join us any time between 8 a.m. and 11 a.m.

Saturday morning on the farm – bring the whole family!

Thai Eggplant Dip

2 medium eggplants
 3-4 cloves garlic
 1 t. minced fresh ginger
 2 T. soy sauce
 2 T. rice vinegar
 1 T. sesame oil
 1 T minced fresh cilantro
 ½ t. crushed red pepper flakes
 Salt to taste
 Pita bread

Cut off eggplant stems. Pierce eggplant several times with a fork. Place on a baking sheet and cook in a 350-degree oven until very soft, about 1 hour. When cool enough to handle, remove skin. With the motor running on a food processor, add garlic and ginger and mince. Add eggplant and whirl until smooth. Add remaining ingredients except bread. Refrigerate up to 4 days or freeze. Serve with warm pita triangles.

Makes about 2.5 cups.

In the box this week

- Watermelon
- Eggplant
- Assorted Peppers
- Tomatoes –OR- Cukes
- Potatoes
- Leeks
- Bag of Herbs
- Bunch of Flowers