

## Work = Food

I'm happy to say good-bye to our Monday evening work party/potluck (okay, I will miss the potluck part as we had some good food and a lot of fun with that), and happy to welcome in the Saturday Work Day.

While evenings can be magical on the farm, morning is without a doubt the best time to work on a farm. I mean, what better way to start the day than by...pulling weeds. Well, it won't all be focused on weeding. This is a busy time of year for seeding. With Fall just around the corner there's lots of seeds to get into the ground. For example, I need to re-seed the broccoli - man is that plant giving me a problem this year. But I'm gonna win! There will be broccoli in your box - in like February, but whatever.

So if weeding and seeding and broccoli bashing isn't enough to entice you out to the farm, how about some delicious food from Farm & Table Restaurant? I'm happy to report that all Saturday volunteers will receive a \$5 voucher to use at the restaurant. Thanks to our wonderful partnership with Farm & Table the fruits of your labor will really start to pay dividends on Saturday mornings!

Also, we'll be having a Farm Stand every Saturday from 10 a.m. to 1 p.m. Fresh produce from the field (some of it harvested by you). It really is all happening!

Cheers y'all,

Farmer Ric

### Donations Graciously Accepted!

This may sound like I'm looking for a handout - I'm not. But if there is any "junk" at your house that you're looking to get rid of, chances are the farm could use it.

Recent donations to Sol Harvest Farm include rubber bands, seeds, diatomaceous earth (I know, that's a big word for a farmer), baby scales circa 1950 (you use it to weigh your potatoes), sprinklers, and beer. All are useful.

### Tomato Salsa

(because you can never have too many salsa recipes)

*From Dog Hollow Farm*

1 small onion  
 ½ green bell pepper  
 small bunch cilantro  
 3 minced garlic cloves  
 chile pepper to taste  
 1 T. honey  
 salt to taste  
 1 ¾ lbs. peeled, fresh tomatoes

Process all ingredients except tomatoes in a food processor. Add peeled tomatoes. Process again, and it's ready to eat. Will keep in refrigerator 1 week. Does not freeze well.

Makes about 2 cups.

### In the box this week

- Eggplant -OR- Cukes
- Tomatoes
- Assorted Chile
- Leeks
- Potatoes
- Beets
- Carrots