

Small Plates

Greeting farmers, growers, gardeners and good people. Today's newsletter is some random bits of information, a little of this and that. Think of it as tapas from the typewriter...

- I finally remembered what I've been meaning to ask y'all for the past few weeks. Now it's your turn to remember. If you can, please return the little green baskets that hold your tasty tomatoes. Not a deal breaker if you forget, but every little bit helps!
- I'm hoping to get the plastic back on the hoop house this Saturday, September 1st. This is actually a fairly easy process – it just requires a lot of hands and patience (you know, kinda like *everything* in farming). Anyway, if you've been thinking about coming out to our Saturday Volunteer Day this would be the perfect time.
- Sol Harvest Farm is definitely growing food throughout the winter. And while I was hoping to keep the CSA year round (albeit a pared down membership), I may have to rethink that. Or maybe we have mini-memberships where you buy 4 weeks at a time, based on field projections for the month ahead? Still mulling options, but wanted to give everyone a heads up (and suggestions are always welcome – for the CSA or any part of the farm)!

- Farmer Ric

Thank You, Thank You!!

A HUGE, Texas-sized thank you, thank you, thank you goes out to Craig and Carol Conlee for their help on the farm the past 10 days. I'm happy to say that we now have a storage shed for Sol Harvest Farm.

And I'm not just talking about some little shack to put your tools up after a day in the field. It's rustic and beautiful and the kind of place you want to relax in after a long day of work.

More than a physical place, it brings a sense of place to the farm. It's a game changer and I can't thank Craig and Carol enough. You are truly the soul in the 'Sol!'

www.SolHarvestFarm.com

Arugula Salad with Beets and Goat Cheese

Salad Ingredients:

- Beets - (boiled until a fork easily goes in it, about an hour), peeled, sliced into strips
- Fresh arugula - rinsed, patted dry with a paper towel
- Goat cheese
- Walnuts - chopped

Dressing ingredients:

- Olive oil
- Lemon
- Dry powdered mustard
- Sugar
- Salt and pepper

The amount of ingredients depends on how many people you are serving and how much salad you intend to serve them. The important thing is a good blend of flavors. Don't toss this salad; it works better if each plate is served individually based on taste.

The dressing for three individual salads is: 1/4 cup of olive oil, 1/2 lemon, 1/4 teaspoon of powdered mustard, 3/4 teaspoon of sugar, salt and pepper to taste.

Assemble the salad according to how much you want. A handful of arugula leaves, a few beet juliennes, some crumbled goat cheese, garnish with chopped walnuts. A vinaigrette salad dressing is a nice substitute.

In the box this week

- Apples
- Tomatoes
- Arugula
- Leeks
- Eggplant
- Chard
- Carrots