

## If This Is It

Several times during the first few months of getting the farm off the ground (or in the ground, rather) I've been amazed at how good things seem to happen *just* at the right time.

This week is no exception. The cooler weather is a welcome relief, my fall crops are being transplanted and direct seeded, and I have 40 volunteers coming to the farm on Friday. All of those things are good – but lots and lots of extra hands on the farm is great! So an advanced 'Thank You' goes out to Albuquerque Academy for all the hard work you're about to do on Friday!

And also just in time – a fresh, new piece of plastic for the hoop house. It just arrived yesterday and I hope to have it up very soon. If nothing, this first year has been a lesson in wind management. And that hoop house has taken a beating.

And speaking of wind, I arrived at the farm this past Saturday morning only to find about seventy per cent of the blue corn in the big field got blasted by a late night wind storm. We propped it back up (prop corn, anyone?) and it's doing fine.

One rule I always try to follow in farming is not to panic. When I saw the corn it was hard to think that way. Though like so many things in life you take a step back and a deep breath and hopefully it will all work out.

Cheers,  
- Farmer Ric

Support Sol Harvest – come to the Farm Stand

Need some more veggies for your weekend meal? Having brunch at Farm & Table? Or maybe you just need a Riley fix. All of this can happen at our new Saturday Farm Stand.

We'll be out there from 10 a.m. – 2 p.m. every Saturday in the fall. We set up right in front of the restaurant, under the big tree, which I have nicknamed Yolanda. Join us (and tell your friends too)!

## All About Leeks

I'm always excited when leeks are in the harvest box, and I hope you are too! So here are some ideas on how to use them...

- Leeks may be eaten raw, chopped into a variety of salads
- Leeks can be cooked whole; try braising or baking them
- Steam or boil leeks for 10-12 minutes. Top with butter, a dash of salt, pepper and Parmesan cheese
- Layer thin slices of leek in a favorite sandwich. Leek, tomato and melted cheese anyone?
- Lightly sauté chopped leeks alone or with other vegetables
- Chop or slice leeks into quiches, egg dishes, casseroles, stews, stocks, soups and stir-fries
- Puree cooked leeks for a soup base
- Add leek leaves to long-cooking dishes, such as grains, beans, or stews, for added flavor
- Add cooked leeks to mashed potatoes

## In the box this week

- Bag of Herbs
- Tomatoes
- Chile Mix
- Leeks
- Rainbow Chard
- Kale
- Fingerling Potatoes