

Or So It Seems

I ran into one of my farmer friends and he asked me if I was wrapping things up for the season and I told him just the opposite – I'm gearing up for fall and winter.

But walking through the field today it really felt like the season was coming to a close. Yet another crop is finished (at least for the coming months) as leeks will leave the harvest box, not to return until spring. Even the weeds seem to be slowing down and getting ready to sleep for the winter.

So just as it looks like the farm is taking a last breath for the season...thousands of seedlings are popping up through the soil. Old favorites like spinach, lettuce mix and carrots. And even new plants like salsify and rutabaga.

And more change is coming. Every plant in the hoop house (save for about twenty broccoli plants) will be pulled up. The soil will be tilled, making way for more greens, root vegetables, and herbs.

And just when it seemed like things might be slowing down...

Cheers,

Farmer Ric

All About Sage

So this is for me as much as you, because I don't know that much about sage, but for some reason I really wanted to grow it. And good thing because look how awesome it is...

Cooking and Storage Tips

- Fresh young leaves can be eaten in salads, soups omelets, marinades, sausages, meat pies, yeast breads and rolls, and stuffing
- Sage aids in the digestion of fatty meats like beef, pork, veal, lamb, poultry, duck, and goose
- Steep sage leaves in honey for an excellent baste
- Fresh leaves are also delicious dipped in batter and fried
- Dried sage makes a great tea. If you add honey it helps ease sore throats and colds
- To dry: pinch leaves from the stem and place on cloth or paper in the shade, or hang leaves in a bunch on the stem
- When leaves are dry, store them in an airtight colored glass or solid container

SAVE THE DATE – HARVEST FESTIVAL!!

Please join Sol Harvest Farm, La Parada, and Farm & Table Restaurant on Saturday, October 20th from 9 a.m. – 2 p.m.

- Yoga in the field
- Delicious food from Farm & Table
- Live Music
- Farm Tours
- Arts and Crafts
- Workshops
- More information to follow!

In the box this week

- Assorted Herbs
- Tomatoes
- Leeks
- Apples
- Rainbow Chard
- Beets
- Eggplant