

## Rock and Roll

## Quick Bites

*...from the field*

The plastic is back on the hoop house and everything is working great. It's so nice to have a completely functional hoop house again. Next on the list is to pull up all the plants in there (except for the broccoli) and start growing greens and root vegetables. It will look very different in a few weeks. We'll have eight beds instead of four and the walkways will be very narrow. More food – less walkways + covered plants = lots of delicious, local food!

*...from the fiesta*

Local Food Fest will take place on Sunday, October 14<sup>th</sup> from 11 a.m. - 4 p.m. at the Gutierrez-Hubbell House in the South Valley. Sol Harvest Farm and Farm & Table Restaurant will be in attendance. Come down for free samples, chef demos, food trucks, live music, kids activities, seed exchange and lots more! Visit [www.localfoodnm.org](http://www.localfoodnm.org) for more information.

*...from the food*

Corn makes a return to the harvest box this week. It's not a sweet corn like we had in June, rather this is a more of a cross between white and blue corn. Good on it's own or in a soup or sautéed with veggies. Enjoy!

- Farmer Ric

## Stuffed Peppers

4 peppers

1 cup uncooked brown rice (or 4 cups of any cooked grain)

1.5 cups salsa

1 15 oz. can of black beans

1.5 cups corn kernels

3 green onions (optional)

1 teaspoon cumin

1 teaspoon chili powder

Cayenne to taste

Salt and freshly ground pepper

Shredded cheese

Chopped cilantro (optional)

While the rice cooks, prepare the peppers: slice them in half and remove the seeds and ribs. Wear gloves if using spicy peppers

Place the peppers in a baking dish skin side up. Broil about 7 minutes, then flip the peppers and broil 7 minutes more.

Chop the 3 green onions (if using), and drain and rinse the black beans.

In a large microwave safe bowl, combine: beans, onions, 1.5 cups salsa, 1.5 cups corn, a bit of the shredded cheese, 1 teaspoon cumin, 1 teaspoon chili powder, and a couple dashes of cayenne (if you like it spicy)! Season with salt and pepper to taste. When the rice is finished, combine with the filling.

Heat the filling until warm, depending on the heat of the rice.

Place the pepper halves skin side down in a baking dish, and spoon the filling into each half. Top with shredded cheese and broil until the cheese is melted, for about 1 1/2 to 2 minutes.

Garnish with cilantro and sour cream.

## SAVE THE DATE – HARVEST FESTIVAL!!

Please join Sol Harvest Farm, La Parada, and Farm & Table Restaurant on Saturday, October 20<sup>th</sup> 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

- Bell and Poblano Peppers
- Cherry Tomatoes
- Green Chile Mix
- Apples
- Corn
- Beets (Chioggia and Red Ace)
- Sassy Arugula