

Fall Fiesta!

Alright friends, this is it. Time to celebrate the farm with our first Harvest Festival. I've been looking forward to this for years, long before I even had my own farm. I just knew some day I wanted to grow a lot of food and use it as an excuse to have a party. And here we are!

Our web site, SolHarvestFarm.com, has a copy of the flier with all the days activities. From yoga in the field, to cooking demonstrations, to composting 101, to arts and crafts, there will be something for everyone.

Thank you to all the members who have supported us this season by buying our produce. We really appreciate you! This festival is as much about you as it is a celebration of the farm. So come out and enjoy it, and please bring your friends and family!

Here we grow!

-Farmer Ric

Corn, Cherry Tomato, Arugula and Blue Cheese Salad

...from Bon Appétit

- 2.5 cups fresh corn kernels or frozen, thawed, drained
- 1 1-pint basket cherry tomatoes, halved
- 4 celery stalks, chopped
- 1/2 red onion, chopped
- 1 bunch of arugula (stems trimmed, leaves chopped)
- 2 tablespoons balsamic vinegar
- 1/3 cup olive oil
- 1 cup crumbled blue cheese (about 4 ounces)

Combine first 5 ingredients in large bowl. Place vinegar in small bowl; gradually mix in oil. Season with salt and pepper. Add 3/4 cup blue cheese. Pour dressing over salad and toss to coat. Garnish with remaining 1/4 cup cheese. (Can be prepared 4 hours ahead. Cover and chill.)

SPREAD THE WORD – HARVEST FESTIVAL!!

The Marigold & Harvest Festival
Saturday, October 20th
9a.m. – 4 p.m.

Bring your family and friends ~ all activities are FREE!

- Yoga in the field @ 9a.m. with Marisol Brito
- Ask Farmer Ric & Farm Tour @ 12p.m.
- Delicious food from Farm & Table
- Live Music featuring Cali Shaw
- Sol Harvest Farm Stand
- Arts & Crafts for all ages

In the box this week

- Delicata Winter Squash
- Cherry Tomatoes
- Green Chile Mix
- Apples (1 pound)
- Blue Corn
- Beets
- Eggplant