

## Spring Fever

First off, thanks to Farm & Table and artist Kenny Chavez for organizing a fabulous Cinco de Mayo fiesta this past Saturday. We set up our Farm Stand and had a lot of fun selling veggies, promoting our CSA and offering samples of delicious Asian turnips (I would have to say the highlight of this week's box).

Speaking of veggies, the field keeps growing by the day. While some of the summer crops are in the ground (tomatoes, corn, squash, beans, eggplant, etc.) you will still be dining on a healthy dose of greens, along with a mix of carrots, beets, radishes and kohlrabi (which is making it's 2012 debut this week)!

The field is really starting to take shape. With the exception of broccoli and the still-to-be-determined cabbage, I'm pleased with the spring crops. All of today's box was harvested, well, today! Depending on the week and the crop, we'll harvest your box on Tuesday and/or Wednesday to ensure super fresh produce! And as always, when you come to pick up your box come out to the field and say hello. You might see something you like and I'll harvest it for you on the spot (nothing makes me happier...kind of a farm nerd that way).

Also, be sure to check out our 'herb and flower garden' in front of the hoop house. There are a few starts and several seeds in the ground, but give it a few weeks and it will start to take on a life of it's own. I realized with all the farming

I've been doing the past few years I missed gardening. So I put a lot of effort into designing this space and think it will be a nice compliment to the farm. Also, it will allow the kitchen staff from Farm & Table access to fresh herbs and flowers whenever they need it. Again, makes me happy!

However, with all this happiness comes a lot of work. And we always welcome volunteers on the farm. Join us every Monday evening for our Work Party/Potluck from 4 – 7 p.m. Work as much as you like and bring food or drink to share. We stop at 7 p.m. and share a potluck dinner afterwards. As the season goes on we'll start later and go later into the evening to escape the heat. No better time in the field than early evening!

**WE STILL HAVE SPOTS AVAILABLE FOR OUR CSA!** There's lots of food coming out of the field right now. Please tell a friend, a neighbor, your long lost uncle, the woman in the check out line, that there are still spots available to sign up for a box of produce each week. Our web site is in the works, but you can find information at [www.facebook.com/SolHarvestFarm](http://www.facebook.com/SolHarvestFarm). Or you can always call me directly at 505.306.1998

Here we grow~  
Farmer Ric

### Recipe: Chinese (Napa) Cabbage Salad

Okay, this is one of my favorite recipes for napa cabbage (and you can use the kohlrabi that's in the box, too)!

5 c. chopped napa cabbage	2 T. rice vinegar
¾ c. sliced or shredded kohlrabi (to use kohlrabi fresh you peel away the outer layer of the bulb)	4 T. sesame oil
1.5 c. chow mein noodles (crunchy)	3 T. soy sauce
1 c. crushed peanuts	1 t. honey
¼ c. sesame seeds	1 t. dry mustard

Combine cabbage, kohlrabi, noodles, peanuts, and sesame seeds. Mix remaining ingredients. Toss with cabbage, add dressing to suit your taste. Makes 6-8 servings

### In the box this week

- Asian Turnips
- Kohlrabi
- Kale
- Head Lettuce
- Bok Choy
- Broccoli Greens
- Sassy Salad Mix
- Napa Cabbage