

## Keep It Going

The other day my dog, Riley, was running around the alfalfa fields behind the farm and he stopped, dropped and started rolling around on his back, almost as if to scratch it, happy as can be. When he stood up I swear he was smiling. We had several volunteers in the field that day, got a bunch of transplants in the ground, and the weather was perfect. Such is life on the farm. Well, not always (but I'm trying to accentuate the positive here)! Looking out at the field I have to say it's starting to look like a farm! And with several summer crops going in recently it's starting to look like a well-rounded farm. And there's a lot of helping hands that have made it that way. Slowly I'm starting to gather a team of volunteers, interns, and just people wanting to lend a hand in the field. It's really neat to see the farm take shape from a crop perspective, but I also really appreciate the farm growing in other ways. All are equally important.

And I'd like to put in another plug for our CSA. We still have spots available. There's lots of fresh, seasonal food coming out of the field right now. I'm not greedy – I'm happy to share it with everyone! Look for information about our CSA and updates on the farm 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

### Stir-Fried Bok Choy with Cashew Sauce

½ c. raw cashews  
¼ c. white wine vinegar  
¼ c. sugar  
¼ c. soy sauce  
1 t. minced ginger  
pinch of red pepper flakes  
1.5 lbs of Bok Choy (hmmm, conveniently that's how much is in the box this week)  
¼ c. peanut oil

Toast cashews in a dry skillet, tossing frequently, until lightly brown and fragrant. Combine cashews, vinegar, sugar, soy sauce, ginger, red pepper flakes, and 2-4 T. water in a blender or food processor; puree until smooth. Set aside. Wash bok choy stems and leaves well. Separate the bok choy leaves from the stalks. Cut stalks into 1-inch pieces and roughly chop the leaves. Heat peanut oil in a large skillet over high heat until hot but not smoking. Add bok choy stems and cook, stirring often, until crisp-tender, 2-3 minutes. Add the leaves and cook until they wilt and turn bright green, another minute or so. Remove to a platter and cover with cashew sauce, or serve sauce on the side. You may substitute rice vinegar for the white wine vinegar (for a milder sauce) and toasted, salted cashews for the roasted nuts. Makes 4 servings.

### Recipe: Please see the following...

I have a wonderful recipe, but I need a little more room to share it with you all. So rather than cram it in this tiny space, please see the column on your upper right-hand side.

I know, I know, that's where I would normally talk to you about succession planting (key to managing a CSA), or how to transplant tomatoes (put 'em in deep, with the bottom leaves close to the soil), or tips on growing celery (don't bother), but I am ultimately talking about food. And seeing as I'm the Editor-In-Chief (I like to pretend I'm important) of this newsletter I think I'm allowed to do that. Right?

### In the box this week

- Red Romaine Lettuce
- Sugar Snap Peas
- Beets
- Asian Turnips
- Kohlrabi
- Kale
- Bok Choy
- Napa Cabbage