

Green Machine

Back in December of last year, long before there was a farm in Sol Harvest Farm I lost a bit of sleep here and there, trying to get this business up and running. And then things started to take shape, the plants started to fill out, and long days in the field led to a good night's sleep.

Well, that streak ended the other day. Currently, the field is full of greens, almost all of the summer crops are in the ground, and I even snuck in some cool-weather crops just for fun. So what's the problem? Plenty of food to go around, right? Yes, plenty indeed (which is why you should get your neighbor to join our CSA). I guess my concern is managing expectations. This week's box is pretty heavy in the greens department. But that's what is in season right now. And that is what Sol Harvest Farm is all about. We bring you all local, all seasonal vegetables, flowers and herbs. And where I can give you variety or something different (like mizuna with edible arugula flowers) I will. But please don't expect to see lemons, for example, in your box. Can't grow them on this scale of farming (though I wish you could)! I hope everyone can relate to our mission of sticking to local and seasonal.

And with that, summer squash and zucchini are on the horizon and I'm waiting patiently for carrots, but they sure are taking their sweet time.

Here we grow...Farmer Ric

Warm Salad

**Taking advantage of our abundance of greens, let's reinvent dinner by using nutrient rich greens as the base for our meal.*

3 Tbs. olive oil
 2 big handfuls of Mizuna and Arugula flowers
 1 bunch of Rainbow Chard
 8 large leaves of Napa Cabbage
 1 to 2 tsp. salt
 2 large cloves of garlic, minced
 2 med leeks, chopped (or bunching onions)
 2 cups red onion
 ¾ lb. mushrooms, sliced
 1 stalk celery, sliced
 ½ sm. Cauliflower, chopped
 3 Tbs. balsamic or wine vinegar
 6 Tbs. (or more!) Parmesan
 Lots of fresh black pepper

1) Heat 1 tbs. olive oil in a large wok or deep skillet. Add the greens a little at a time, starting with Napa Cabbage, then Chard and finally Mizuna (hold the flowers til later), salting lightly after each addition and adding more greens as soon as the ones in the pot cook down and make room. Use a fairly intense level of heat under the pot and stir as you cook. When all greens are wilted and tender, stir in the garlic. Cook and stir a minute or two more and then transfer to a platter.

2) Add remaining oil to wok or skillet, and when it is hot, add leeks, onion, mushrooms, celery and cauliflower. Salt lightly and stir-fry quickly over med-high heat until just tender (5-8 minutes). Add to the platter, mix gently with greens, and sprinkle with vinegar and Parmesan while hot. Add fresh black pepper, top off with the arugula flowers and serve.

Recipe: Please see the following...

I'm pretty excited about all the good food coming out of the field this week. This is only our fourth newsletter since the CSA started way back on May 2nd, but I feel like I've been excited about the food from the field every week. Here's hoping I'm still enthusiastic years from now. Anyway, what I'm trying to say is here's another great recipe, which incorporates lots of items from this week's harvest box. I know you can find a recipe anywhere, but I think it's cool to highlight a specific item (or items) each week and include it in the newsletter. This week's recipe is inspired by the famous Moosewood Cookbook. Enjoy!

In the box this week

- Mizuna with edible Arugula Flowers
- Bunching Onions
- Sugar Snap Peas
- Napa Cabbage
- Tatsoi with edible flower buds
- Broccoli Greens
- Red Romaine
- Rainbow Chard