

Cool Cover

It's official, I'm excited. Not jump up and down and do back flips kind of excited (not my style), but excited nonetheless. A lot of work has been accomplished on the farm lately!

I planted leeks and onions in March from 'starts' I received from other farmers. Hundreds of them went in to the ground, with the help of volunteers. They were transplanted, fertilized, watered, weeded, covered, cared for, and they looked...awful. Until recently. And now you'll be seeing them in your harvest box in the coming weeks, looking anything but awful!

So much effort went into these two crops (as so much effort goes into every crop) and now we're seeing the result: bunching onions, candy onions, baby leeks, etc.

That effort included dozens of volunteers hand weeding around each and every onion and leek, pulling bind weed off the green stems, and mounding soil over the roots to keep them covered. It's those little things that have happened a lot in the past few weeks that are making me jump around (okay, I admit it). A big part of Sol Harvest Farm is the community we're building. And that community is pitching in to help grow great food.

And special thanks to my nephew, Brendan McGuire, for helping out on the farm this past week! You rock!

Here we grow~
Farmer Ric

This weeks recipe comes from one of our awesome volunteers, Amy Haas. Thanks for sharing!

Sweet Roasted Beets

- One to two bunch of beets
- Olive Oil
- Truffle Oil
- Raw Sugar (1 T. per bunch)
- Salt and Pepper

Peel beets and cut into cubes. Lightly wrap beets in foil and add enough water to cover the bottom of the foil packet.

Add olive oil, truffle oil, salt and pepper and roast in the oven at 400 degrees for 20-25 minutes (or until they slide off a fork).

Open foil and add raw sugar. Bake, uncovered, for another 5 – 7 minutes.

Makes 2-4 servings

Volunteer Nights and Summer 'Sol'stice

- Beginning Monday, June 4th (and every Monday during summer) our Volunteer Work Party & Potluck will take place from 5:30 – 8 p.m. Evening is a wonderful time to work in the field – the sunset was amazing this week. Show up anytime and please bring food or drink to share!
- Our first official event at Sol Harvest Farm will celebrate the summer solstice, which this year takes place on Wednesday, June 20th. Save the date and look to upcoming newsletters for more information!

In the box this week

- Summer Squash
- Sugar Snap Peas
- Bunching Onions
- Braising Mix
- Baby Mizuna
- Kohlrabi
- Beets