

## And So It Grows...

Hello farmy people. Hope everyone is well. I'm happy because October is around the corner! Alright, we know that's not true. But in the field I'm starting to seed for the fall. Why just this week we seeded turnips, radishes, carrots, beets, spinach, arugula, head lettuce, salad mix, cauliflower, broccoli, kale, chard, napa cabbage and some Asian greens.

Seems like a lot (and it is), but there's still so much more to come. So while I still have several hot days in the field ahead of me, it's refreshing to know that fall is not that far behind. Late July is always kind of a mental turning point. The tomatoes, eggplants, chile, watermelon, and peppers are all looking good, but I'm eager to see the kale, broccoli, and cauliflower poking through the soil. I'm even excited about a few beds under remay (that's the protective white cloth that you see over my beds from time to time). As those seedlings start to grow the remay will be used to keep pests out more than anything.

One thing that has no trouble growing is the bind weed. Wow, that stuff has a mind of its own. And the recent rains have furthered its independence. Don't believe me? Come out any Monday night for our work party/potluck (hint, hint) and see for yourself. It'll be fun...

Cheers,  
Farmer Ric

### RENEW YOUR CSA MEMBERSHIP with Sol Harvest Farm

It's hard to believe we're on week 12 of the CSA already! We hope you are enjoying the food as much as we are enjoying providing it to you.

It's time for many of you to renew your CSA for another 13 weeks of vegetables and herbs. You can double check your end date with Aimee or Ric at the Farm Stand.

Renewing with Sol Harvest is easy:

1. Let Aimee or Ric know that you'll be renewing – tell us in person, send an email or give a call.
2. Bring a check for \$350 to the next pick up date or mail it to:  
Sol Harvest Farm  
315 Pueblo Solano NW  
Los Ranchos, 87107

Thank you for your continued support!

### Beets with Orange Juice and Sherry Vinegar

1 pound beets  
2 T. sherry vinegar  
2 t. orange juice concentrate  
Salt and Pepper

Roast, steam, or boil beets until tender. Cool, peel, and slice them. Toss with sherry vinegar and orange juice concentrate. Season to taste with salt and pepper.  
Makes 4 servings.

### In the box this week

- Cucumbers
- Basil
- Yukon Gold Potatoes
- Beets
- Corn
- Onions
- Summer Squash
- Oregano