



## Field Day 2015

The Field Day is this Saturday August 8<sup>th</sup>! Join us for an afternoon of local food and fun and to check out your farm operation. If you plan to attend, please RSVP to [solarfreshproduce@gmail.com](mailto:solarfreshproduce@gmail.com), text or call me at (612) 810-7497, or let me know tonight at the pick-up. Don't forget to bring your own chair or blanket!

## “C” is for Community

When we first created our farm operation, one of our goals was to build a community of people who value quality food and who share our commitment to the natural environment. I have to admit that this tenant was not as important to me as growing good food, protecting the planet, and doing physical type work outdoors, but as the season has progressed the support from CSA members has been a source of positive energy and reminds me that there is value in what we do. Whether it is asking about the crops after a storm, providing a bottle of water when I look a little wilted myself at pick up, letting me know how a recipe worked out, or just making the time to pick up your box, the little things keep me going and remind me of how awesome our group of CSA members is.

Food brings people together. Mealtime is when you can rest, refuel and nourish your mind and body, and connect with your “core group” of people or get to know new friends. Local food is also very cultural. One thing that comes to mind is the sweet corn “craze” this time of year. I loved watching my young niece eating sweet corn off the cob for the first time and just loving it (she has a sweet tooth like her auntie). Some farmers experienced crop loss due to weather this season but in the farming community there is not a competitive, cut throat mentality. We all want to see each other succeed and feel for those who lose crops to circumstances beyond their control. As a beginning farmer, I owe my success to the generosity of others—farmers who have shared their knowledge and resources, mentors who taught me what I

know so far, and our CSA members. Joe and Julie at Ridgeroll farm have contributed to our success this season above and beyond my expectations, and I am excited to celebrate our partnership this weekend at the Field Day where we will have some of their delicious organic and non-GMO brats and hot dogs.

I hope you have sensed the feeling of community through the CSA. Together we can create a healthier community and planet, and I hope to see you at the Field Day to share ideas, meet each other, and above all eat good food.

## Box 9 Items

**Sweet Corn:** This bi-color variety is so sweet and sure to please any sweet corn connoisseur.

**Cabbage:** Green cabbage is ready to go for your slaw, or get a little creative and make cabbage rolls.

**Beans:** See the schezwan green bean recipe below

**Peppers:** Green bell and banana peppers. Both are sweet and would be perfect to top a pizza. Add some banana peppers to a salami sandwich for an Italian delight!

**Summer Squash:** Small star shaped squash are called pattypan. You can prepare them like zucchini or core them to fill with nuts and cheese and roast in the oven.

**Cucumber:** Three varieties you might get in the box: slicers, picklers, and an English style called Suvo Long.

**Mixed Greens:** (Full Shares): This is the last of the lettuce until we get cooler weather. Something to look forward to in the fall!

**Tomatoes:** We are still waiting for ripening but this is sure to get you started for Wednesday salad night.

**Eggplant:** (Full shares): Our beautiful plants are slow to produce fruit but hopefully we will have enough for everybody soon.

**Kale:** (Full Shares): Place in a zip top bag with olive oil and salt, shake to coat, and bake in the oven for kale chips or put on your pizza for the last 5 minutes of cooking.

## Recipes

### Schezwan Green Beans

2 Cups Canola Oil  
1 Tablespoon minced fresh garlic  
1 Tablespoon minced garlic  
¼ Cup soy sauce  
1 Oz hot chili garlic sauce  
¼ Cup rice wine vinegar  
2 Tablespoons hoisin sauce

1 Tablespoon mirin or white wine  
½ teaspoon sesame oil  
1 teaspoon chopped cilantro  
1 lb green beans  
2 Tablespoons chopped peanuts  
1 Tablespoon chopped fresh parsley

Add canola oil to medium dutch oven and heat to 350 degrees

Add 1 Tablespoon oil to saucepan and sauté ginger for one minute. Add soy sauce, chili garlic sauce, rice wine vinegar, hoisin sauce, mirin, sesame oil, and cilantro.

Fry the green beans in canola oil for about 45 seconds. Toss with sauce and garnish with peanuts and parsley.

