

Soul Fire Farm 2017 Harvest Summary

June 21

- Kale (1 bunch)
- Lettuce (1-2 heads)
- Bok choy (1-2 heads)
- Cilantro (1 bunch)
- Radishes or Rainbow Chard (1 bunch)
- Sugar Snap Peas (1/4 pound)
- Salad Mix (about 1/3 pound)
- Green onions (1 bunch)
- *Optional: 1 dozen eggs*
- *Optional: Lentil and Zesty Sprout Mix*

June 28

- Rainbow Chard (1 bunch)
- Napa cabbage or Bok Choi (1-3 heads) - Eat shredded in salads or cooked.
- Parsley (1 bunch)
- Garlic Scapes (1 bunch) - Chop and use cooked like crisp, milder garlic, or blend into sauces and pestos.
- Easter Egg Radishes or Baby Purple Top Turnips (1 bunch)
- Sugar Snap Peas (1 pound)
- Shelling Peas (3/4 pound) - They have a tougher shell than snap peas that you don't eat. Open up to reveal the peas inside and eat raw or cooked. Kids (and adults!) love these for snacking.
- Lettuce (1-2 heads) or Salad Mix (about 1/2 pound)
- Scallions (1 bunch)
- *Optional: 1 dozen eggs*
- *Optional: Zesty Lentil & Mung Bean Sprout Mix*

July 5

- Collard greens (1 bunch)
- Lettuce (1-3 heads)
- Green Goddess Mixed Herbs - recipe included! Includes some or all of these: chives (the dried flowers are edible and add flavor), oregano, parsley, mint, and dill (1 bunch)
- Garlic Scapes (1 bunch) - Chop and use cooked like crisp, milder garlic, or blend into sauces and pestos.
- Baby Beets with Greens (1 bunch) - The greens are edible and can be pan fried or used in salads and juices.
- Sugar Snap Peas (3/4 pound)
- Shell Peas (1/3 pound)
- Green Onions (1 bunch)
- *Optional: 1 dozen eggs*

- *Optional: Mung Bean Sprouts*

July 12

- Curly Green Kale (1 bunch)
- Scallions (1 bunch)
- Strawberry Jam infused with Chocolate Mint Leaves (1 jar) - Made from fresh strawberries and herbs on the farm. All natural and no preservatives - ingredients: strawberries, pectin, sugar, chocolate mint leaves. Please note: this is NOT shelf stable. Please keep refrigerated and use by 7/25/17. Please return the jars to your pickup or doorstep delivery spot for us to collect when you are finished.
- Purple Top Turnips (1 bunch)
- Salad Mix (about ½ pound)
- Cilantro (1 small bunch)
- Zucchini or Yellow Summer Squash (1-2)
- Garlic Scapes (1 bunch) - Chop and use cooked like crisp, milder garlic, or blend into sauces and pestos.
- Sugar Snap Peas (½ pound)
- *Optional: 1 dozen eggs*
- *Optional: Zesty Sprout Mix*

July 19

- Green Garlic (1 bunch) - These can be chopped and eaten as they are or set out to dry on your counter to keep for a while.
- Rainbow Chard (1 bunch)
- Broccoli (1 head or 1 bunch) or Yellow Summer Squash (2)
- Green Beans (about ½ pound)
- Green Cabbage (1-2 heads)
- Lettuce (1-3 heads)
- Celery (1 bunch)
- Zucchini (1-2)
- Garlic Scapes (1 bunch)
- *Optional: 1 dozen eggs*
- *Optional: Lentil and Zesty Sprout Mix*

July 26

- Cucumbers (2)
- Carrots (1 bunch)
- Collard Greens (1 bunch)
- Green String Beans (about ½ pound)
- Yellow String Beans (about ¼ pound)
- Kale (1 bunch)
- Lettuce (1-2 heads) or Salad Mix (about ½ pound)
- Dill (1 bunch)

- Zucchini and/or Yellow Summer Squash (1-2)
- Garlic Scapes (1 bunch)
- *Optional: 1 dozen eggs*
- *Optional: Lentil and Zesty Sprout Mix*

August 2

- Cucumbers (2-3)
- Scallions (1 bunch)
- Beet Roots (about ½ pound)
- Sugar Snap Peas (about ⅓ pound)
- Green String Beans (½ pound)
- Yellow String Beans (a handful to combine with the green beans if desired)
- Kale (1 bunch)
- Thai Basil or Genovese Italian Basil (1 bunch)
- Zucchini and/or Yellow Summer Squash (1-2)
- Fresh Garlic (2 heads)
- Bok Choi (1-3 heads)
- *Optional: 1 dozen eggs*
- *Optional: Mung Bean Sprouts*

August 9

- Collard Greens (1 bunch)
- Cucumbers (2-4)
- Fresh Onions (1 bunch) - These have a slightly milder, sweeter flavor than cured storage onions. They are best eaten within a few weeks, or kept refrigerated if you would like them to last longer.
- Purple Top Turnips (1 bunch)
- Green String Beans (about ¾ pound)
- Celery (1 bunch)
- Parsley (1 bunch)
- Zucchini and/or Yellow Summer Squash (1-2)
- Salad Mix (about ⅓ pound) or Lettuce (1-2 heads)
- Napa Cabbage (1-3 heads), Green Cabbage (1-2 heads), or Bok Choi (1-3 heads)
- Eggplant (1-2) in some of the shares this week. Those of you who did not receive eggplant today will have it in your shares over the next few weeks. Everyone will receive the same amount of eggplant over the season.
- *Optional: 1 dozen eggs*
- *Optional: Mung Bean or Brown Lentil or Zesty Sprout Mix*

August 16

- Edamame (Soybeans) (1 bunch) - Remove beans from pods and eat raw or take pods off of plant and cook in boiling salted water 3-5 minutes, then open pods and eat beans. Kids adore these too!
- Sungold Cherry, Plum, Heirloom, or Slicing Tomatoes (2-4) - A selection that may include red, pink, orange, yellow, and/or purple tomatoes.

- Cucumbers (5-7)
- Fresh Onions (2-4)
- Carrots (1 bunch)
- Green or Yellow String Beans (about $\frac{3}{4}$ pound)
- Thai or Genovese (Italian) Basil (1 bunch) - The flowers are edible and taste bright and fragrant like the leaves. They're beautiful added to soups, salads, or pasta.
- Green or Red Romaine Lettuce (1 head or bunch)
- Zucchini and/or Yellow Summer Squash (1-2)
- Scallions (1 bunch)
- Kale (1 bunch)
- Eggplant (1-2), Hot Peppers (1 small bag), OR Green Bell Peppers (2)
- *Optional: 1 dozen eggs*
- *Optional: Mung Bean Sprouts*

August 23

- Plum, Heirloom, or Slicing Tomatoes (about $1\frac{1}{2}$ pounds)
- Salad Mix (about $\frac{2}{3}$ pound)
- Cucumbers (4 or more!)
- Garlic (2-3 heads)
- Roasting Root Mix (Purple Top Turnips and Baby Carrots - about $\frac{3}{4}$ pound)
- Green or Yellow String Beans (about 1 pound)
- Dill (1 bunch)
- Green Bell Peppers (2-3)
- Edamame (Soybeans) (about $\frac{1}{2}$ pound)
- Zucchini and/or Yellow Summer Squash (1-2)
- Parsley (1 bunch)
- Collard Greens or Rainbow Chard (1 bunch)
- Eggplant (1-2), Hungarian Hot Wax, Ancho, and/or Jalapeño Chile Peppers (about $\frac{1}{3}$ pound), OR Sungold Cherry Tomatoes (1 small bag)
- *Optional: 1 dozen eggs*
- *Optional: Sprouts*

August 30

- Cantaloupe or Muskmelon (oval shaped) (1) - The heirloom muskmelons have a more delicate, less intense flavor than a typical cantaloupe.
- Edamame (Soybeans) (1 bunch)
- Cucumbers (2-4)
- Hot Peppers (1 small bag) - *Tip:* You can freeze hot peppers whole in a zip-top bag and grate the frozen chiles into food as you're cooking or on top of finished dishes to add some spice.
- Zucchini and/or Yellow Summer Squash (1-2)
- Plum, Heirloom, and/or Slicing Tomatoes (about 4 pounds)
- Salad Mix with Tatsoi (about $\frac{1}{2}$ pound) - This mix includes baby lettuce and tatsoi, aka "spinach with a kick."

- Leeks (1 bunch)
- Green or Yellow String Beans (about ½ pound)
- Green Bell Peppers (3-4)
- Eritrean Basil (with dark green oval leaves and purple edible flowers), Parsley, Thai Basil (with small oval leaves and purple edible flowers), or Genovese (Italian) Basil (1 bunch) - The Eritrean basil is a delicious relative of an East African perennial beloved for cooking and for its many medicinal uses: from a tea to treat colds, fever and headache, to a component of an herbal mixture massaged on children, to a potent herb in spiritual healing, to a general anti-inflammatory.
- Kale (1 bunch)
- Sungold Cherry Tomatoes (1 small bag), Eggplant (1-2), OR Rainbow Root Mix (about ¾ pound) - A mix that may include gold potatoes, purple potatoes, red gold potatoes, and/or carrots.
- *Optional: 1 dozen eggs*
- *Optional: Mung Bean Sprouts*

September 6

- Cantaloupe or Muskmelon (1-2)
- Carrots (1 bunch)
- Sungold Cherry Tomatoes (1 small bag), Tomatillos (1 small bag), Hot Peppers (1 small bag), OR Green or Yellow String Beans (about ½ pound)
- Zucchini and/or Yellow Summer Squash (1-2)
- Plum, Heirloom, and/or Slicing Tomatoes (about 1 pound)
- Lettuce (1-3 heads)
- Scallions (1 bunch)
- Cucumbers (1-2) or Green Bell Peppers (2-3)
- Dill or Parsley (1 bunch)
- Rainbow Chard or Collard Greens (1 bunch)
- Eggplant (1-2) or Purple Cabbage (1-2 heads)
- *Optional: 1 dozen eggs*
- *Optional: Mung Bean Sprouts*

September 13

- Pink Watermelon or Yellow Watermelon (1) - Yellow watermelon is golden inside!
- Muskmelon and/or Cantaloupe (1-2)
- Celery (1 bunch)
- Green and/or Yellow Beans (about ½ pound)
- Eggplant (1-2) or Edamame (Soybeans) (about ½ pound)
- Hot Peppers (1 small bag), Sungold Cherry Tomatoes (1 small bag), OR Cucumber (1)
- Zucchini and/or Yellow Summer Squash (1-2)
- Plum, Heirloom, and/or Slicing Tomatoes (about ¾ pound)
- Salad Mix (about ½ pound)
- Onions (2-3)
- Sweet Chocolate or Green Bell Peppers (2-3)
- Genovese (Italian) Basil or Peppermint (1 bunch)

- Kale or Collard Greens (1 bunch)
- *Optional: 1 dozen eggs*
- *Optional: Mung Bean Sprouts*

September 20

- Pink or Yellow Watermelon (1)
- Cauliflower or Broccoli (1-2 heads)
- Carrots (1 bunch)
- Zucchini and/or Yellow Summer Squash (1-2) or Green and Yellow String Beans (about ½ pound)
- Sweet Chocolate and/or Green Bell Pepper (3-5)
- Eggplant (1-2) or Cucumber (1-2)
- Sungold Cherry Tomatoes (1 small bag) OR Plum, Heirloom, and/or Slicing Tomatoes (about ¾ pound)
- Celery (1 bunch)
- Lettuce (1-2 heads)
- Garlic (1-2 heads)
- Cilantro (1 bunch)
- Bok Choi (1 head)
- Kale (1 bunch)
- *Optional: 1 dozen eggs*
- *Optional: Mung Bean Sprouts*

September 27

- Pink Watermelon or Yellow Watermelon (1)
- Basil (1 bunch)
- Onions (1-3)
- Green and Yellow String Beans (about ½ pound) or Cauliflower (1-3 heads) or Broccoli (1 head)
- Tomatillos (about ¾ pound) or Sungold Cherry Tomatoes (1 small bag) or Hot Peppers
- Eggplant (1-2) or Cucumber (1-2)
- Zucchini and/or Yellow Summer Squash (1-2)
- Sweet Chocolate and/or Green Bell Peppers (3-4)
- Plum, Heirloom, and/or Slicing Tomatoes (about 1 pound)
- Lettuce (1-2 heads) or Salad Mix (about ½ pound)
- Parsley (1 bunch)
- Bok Choi (1 head)
- Rainbow Chard (1 bunch)
- *Optional: 1 dozen eggs*
- *Optional: Zesty Radish and Lentil Mix Sprouts*

October 4

- Watermelon (1) OR Husk Cherries (1 small bag) - Husk cherries are a sweet fruity delight. Remove the papery husk and eat the berry inside.

- Red Gold, Purple, and/or Butterball Potatoes (about 1 ¼ pounds)
- Carrots (1 bunch)
- Cilantro (1 bunch)
- Leeks (2-3)
- Celery (1 bunch)
- Eggplant (1-2) or Cauliflower (a few pieces) or Broccoli (1 bunch) or Tomatillos (about ½ pound) or Sungold Cherry Tomatoes (1 small bag) or Zucchini and/or Yellow Summer Squash (1-2) or Cucumber (1-2)
- Sweet Chocolate and/or Green Bell Pepper (1-2)
- Plum, Heirloom, and/or Slicing Tomatoes (about 1 pound)
- Salad Mix (about ½ pound)
- Collard Greens (1 bunch)
- *Optional: 1 dozen eggs*
- *Optional: Mung Bean Sprouts*

October 11

- Winter Squash: Pie Pumpkin, Delicata Squash, Mini Butternut Squash, or Buttercup Squash (1-2)
- Fennel (1-2 bulbs)
- Easter Egg or Watermelon Radishes (1 bunch) - Watermelon radishes are a little milder and sweeter and look like watermelon inside! Both kinds of radishes are delicious raw in salads or sliced and sauteed with rice and/or greens.
- Sweet Potato Greens (1 bunch) - These nutritious greens are akin to yam greens eaten throughout Africa and Asia. They cook up like a rich, flavorful spinach and are great with just onions and garlic or with eggs, rice, or potatoes. Remove leaves from the stems and pan fry with a little oil until wilted.
- Parsley (1 bunch)
- Garlic (2-3 heads)
- Tatsoi Mix (about ⅓ pound) or Brussels Sprouts Tops (1 bunch) - Tatsoi is like spinach with a kick and is great raw or cooked. Brussels Sprouts tops are super sweet and can be cooked and eaten like cabbage or collard greens.
- Husk Cherries (1 small bag) or Tomatillos (1 small bag) or Sungold Cherry Tomatoes (1 small bag) or Eggplant (1-2)
- Hot Peppers (2-4)
- Sweet Chocolate and/or Green Bell Pepper (1-3)
- Plum, Heirloom, and/or Slicing Tomatoes (about ¾ pound)
- Salad Mix (about ½ pound)
- Bok Choi (1 head)
- *Optional: 1 dozen eggs*
- *Optional: Mung Bean Sprouts*

October 18

- Carrots (1 bunch)
- Watermelon Radishes (1 bunch)

- Cilantro (1 bunch)
- Celery (1 head or bunch)
- Onions (2-3)
- Kale (1 bunch)
- Potatoes (1 ½ pounds)
- Husk Cherries (1 small bag) or Sungold Cherry Tomatoes (1 small bag) or Easter Egg Radishes (1 bunch) or Eggplant (1-2) or Tomatillos (1 small bag) or Broccolini (about ¾ pound)
- Sweet Chocolate and/or Green Bell Pepper (1-3)
- Plum, Heirloom, and/or Slicing Tomatoes (1-3 tomatoes)
- Lettuce (1-3 heads)
- *Optional: 1 dozen eggs*
- *Optional: Mung Bean Sprouts*

October 25

- Sweet Potatoes (about 1 pound)
- Carrots (about 1 ¾ pound)
- Purple Top Turnips (about ⅔ pound)
- Daikon Radish (1 bunch)
- Green Cabbage (1-2 heads)
- Leeks (1 bunch)
- Fennel (1-4 bulbs)
- Bok Choi (1 head)
- Eggplant (about ¾ pound)
- Sweet Chocolate, Red, and/or Green Bell Peppers (2-4)
- Broccoli and/or Cauliflower (about ⅔ pound)
- Green Tomatoes (about 1 ¼ pound) – Great coated in cornmeal and pan fried.
- Spinach (about ⅓ pound)
- Lettuce (1-3 heads)
- Garlic (1-2 heads)
- *Optional: 1 dozen eggs*
- *Optional: Mung Bean Sprouts*

November 1

- Classic and Fingerling Sweet Potatoes (about 1 pound)
- Parsnips (about 1 pound)
- Carrots (1 bunch)
- Scarlet and/or Hakurei Salad Turnips (1 bunch)
- Watermelon Radishes (about ½ pound)
- Red or Green Cabbage (1-2 heads) or Tomatillos (about ½ pound)
- Celery (1 head or 1 bunch) or Sungold Cherry Tomatoes (1 small bag) or Husk Cherries (1 small bag) or Hot Peppers (3-4)
- Fennel (1-2 bulbs)
- Bok Choi (1 head)

- Sweet Chocolate, Red, and/or Green Bell Peppers (1-2)
- Green Tomatoes (2-4 tomatoes)
- Plum, Heirloom, and/or Slicing Tomatoes (1-3 tomatoes)
- Brussels Sprouts (about 2 pounds)
- Broccoli or Broccolini (about $\frac{1}{3}$ pound)
- Kale (1 bunch)
- Salad Mix (about $\frac{1}{3}$ pound)
- Parsley (1 bunch)
- Onions (1-3)
- *Optional: 1 dozen eggs*
- *Optional: Mung Bean Sprouts*

November 8 (Bonus Share for Volunteers)

- Sweet Potatoes (2 pounds)
- Potatoes (1 $\frac{1}{2}$ pounds)
- Carrots (1 bunch)
- Parsnips ($\frac{2}{3}$ pound)
- Brussel Sprouts (1 $\frac{3}{4}$ pounds)
- Bell Peppers (1-2)
- Broccoli ($\frac{1}{3}$ pound)
- Collard Greens (1 bunch)
- Lettuce (1-2 heads) or Salad Mix ($\frac{1}{3}$ pound)
- Parsley (1 bunch)
- Garlic (2 heads)
- *Optional: 1 dozen eggs*
- *Optional: Mung Bean Sprouts*