



Sola Gratia Farm

From the Fields

Well folks, we did it again! We held another day camp on the farm in conjunction with Champaign Park District and the Champaign County Farm Bureau. This is our 3rd year and 5th camp session as part of the “Beginning Farmer” camp. This week, we hosted just over 30 kids, aged 6-11, from the Douglass Park Community Center. The kids rotated through four stations where they were introduced to the basics of growing and harvesting good veggies, the value of bees and healthy cooking and eating. Hunter took the kids on a field tour and introduced them to the concept of “roots, fruits and shoots” and helped them identify which part we are eating and how the complete plant looks when growing. My job was to get their blood pumping with food group relays after talking about food as fuel and what kids need to eat to keep up with their summer joys of swimming, biking, basketball, etc. We also talked about “superfoods” and the benefits of carrots, broccoli, tomatoes, spinach, etc and created our own “superfood superheroes” with modeling clay and markers. At the bee station, the kids learned from our resident bee keeper about bees and their unique community roles and their importance to fruit and vegetable production. Finally, the kids took a cooking class with Chef Colleen where they learned about setting your “mise en place”, food preparation and the basics of cooking! They made tasty squash and zucchini tacos- I’ll share the recipe as soon as summer squash is ripe and ready for harvest.

I say it each year. . . .camp always takes a lot out of our staff and volunteers as we are doing this in the busiest part of the season with already over-full days. But working with the kids during these camp sessions serves to ground us and remind us why we are doing what we are doing in the first place. Outreach and education, especially with youth and those who lack adequate access to nutritious food, is also a key part of our mission. Here’s hoping a few will plant a garden, start experimenting in the kitchen, ask their parents to buy a few more healthy foods at the store and stop swatting at bees and instead take a moment to watch and wonder.



Best-Traci

June 23, 2016

Farm to Table Dinners every Thursday 5-8p



The Red Herring Vegetarian Restaurant

1209 W Oregon St., U

Our weekly menu will consist of one platter featuring amazing, delicious, and nourishing foods that we buy from local farmers, including Sola Gratia Farm.

IT'S TIME FOR FARMER'S MARKETS! SEE US THERE!



Tuesdays - 4-7pm
corner of Neil & Main
in Downtown Champaign



Saturdays - 7a-12p
Lincoln Square
in Downtown Urbana

VOLUNTEER OPPORTUNITIES

The weeds are relentless...

we'd love to have more folks interested in weeding independently in the evenings and weekends on the farm. We'll train you & provide the tools you need. Please contact Traci at solagratiacsa@gmail.com for more info.



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What's in the Box *All produce has been field washed only and will need to be washed again before eating.

Full shares:

Head Lettuce: All four (that's right, FOUR) types of head lettuce this week. New Red Fire, Tropicana, Salvius, and the tiny delicious heads of Breen (the red romaine). I know there's a lot of greens in the springtime, but enjoy them while they last!

Radishes: Your choice of French Breakfast or Roxanne. My favorite salad topping! Also, try a radish and butter sandwich.

Bok Choi: This is the last week for our favorite Asian green. Enjoy it chopped finely and tossed with rice vinegar, sesame oil, and salt!

Scallions: They've been a long time coming, but I can't wait anymore! Delicate, young scallions to augment your favorite dish! See Bok Choi recipe above...

Peas: The second planting came on strong just in time for us! I can't get enough of these little guys. So sweet and versatile!

Carrots: That's right! They're finally here. Bunches of springtime rainbow carrots for you to crunch on. Get it, rainbow. 3" of rain this week. Heh...

Bunching Greens: Your choice of Swiss Chard, Red Kale, Lacinato Kale, & Collard Greens (my favorite!). Try using them as wraps for your favorite flavors. Or bake them for a few minutes after they're stuffed (think Dolmades).

Half shares:

Head Lettuce: New Red Fire, Tropicana, and Salvius. Lots of greens in the springtime, but enjoy it while it lasts! The heat has not been kind to many of our spring crops.

Radishes: Your choice of French Breakfast or Roxanne. My favorite salad topping! Also, try a radish and butter sandwich.

Scallions: They've been a long time coming, but I can't wait anymore! Delicate, young scallions to augment your favorite dish!

Peas: The second planting came on strong just in time for us! I can't get enough of these little guys. So sweet and versatile!

Carrots: That's right! They're finally here. Bunches of springtime rainbow carrots for you to crunch on. Get it, rainbow. 3" of rain this week. Heh...

Bunching Greens: Your choice of Swiss Chard, Red Kale, Lacinato Kale, and Collard Greens (my favorite!). Try using them as wraps for your favorite flavors. Or bake them for a few minutes after they're stuffed (think Dolmades).

Farm Fresh Recipes

Fettuccine with Swiss Chard, Currants, Walnuts, & Brown Butter

*Adapted from
Fields of Greens by
Annie Somerville*

1 T dried currants
2 T golden raisins
1 bunch chard
1 T olive oil
1 onion, thinly sliced
Salt & pepper
2 garlic cloves, finely chopped
1/2 pound fresh fettuccine
1/3 cup walnut pieces, toasted
Grated Parmesan cheese

Make the brown butter (recipe follows). Plump the currants & golden raisins in a small bowl covered with 1/3 cup hot water. Trim the stems from the chard & slice across the leaves to make 2-inch wide ribbons.

Heat olive oil in a large sauté pan; add the onion, 1/4 teaspoon salt, & a few pinches of pepper. Sauté over medium heat for about 5 minutes, until the onion softens & begins to release its juices. Add the garlic, chard, & 1/4 teaspoon salt. Sauté for 4-5 minutes, until the chard is just barely tender, then reduce heat to low.

When the water boils, add 1 teaspoon salt.



Add the fettuccine to the boiling water, timing it to finish cooking with the chard. (The chard should be very tender but not overcooked when the pasta is done.) When the pasta is just tender, drain it immediately in a colander, shake off excess water, & add it to the onions & chard, along with the plumped fruit, walnuts, & brown butter. Toss together & season with salt & pepper to taste. Serve with freshly grated Parmesan.

Brown Butter: Melt 1/2 pound unsalted butter in a small saucepan over low heat. As the butter gently simmers, the butter fat & milk solids will separate from each other. The solids will settle to the bottom of the pan, coloring the butter as it cooks. When it turns a rich amber color, in about 8 to 10 minute, remove from the heat. Line a fine-mesh strainer with a paper towel or cheese-cloth & pour the butter through it, straining out the solids.

Massaged Kale Salad with Grated Root Vegetables & Avocado *(Traci's personal favorite way to eat kale and always a family and guest-pleaser!)*

For the salad:
1 large bunch kale,
washed, de-stemmed and chopped
(about 5 cups)

2 T olive oil
1/4 t salt
1 carrot, grated
1/2 a large rutabaga, beet or turnip, grated
1 avocado, sliced
2 scallions, minced
1 t sesame seeds or roasted sunflower seeds

For the dressing:
Zest and juice of 1 lemon
1 T olive oil
1 t agave nectar or honey
salt & pepper

In a large bowl, pour olive oil and salt over kale. Take off your rings and watch, roll up your sleeves, and massage the oil and salt into the kale for 2-3 minutes, until the kale starts to break down and wilt. The kale can benefit from having a half hour of relaxation after its massage, but that isn't strictly required. Top with root veggies, avocado, scallions and seeds. Mix together dressing ingredients and toss with the salad.

