



# Sola Gratia Farm

## From the Fields

Things have been a bit out of the ordinary at the farm the last couple of weeks...lots of storms and rain, flooded fields, a few rescue missions (I'm sure Clay will write more about this next week) and a couple hundred kids running around! Not only is it veggie season at the farm, it's also camp season. Last week we hosted 140 students from the Champaign Park District-Leonard Center and yesterday we hosted another 60 kids from the CPD-Douglas Community Center. Two of the three groups (6 to 11 years old) went through our day camp stations at the farm where they were introduced to the basics of growing and harvesting good veggies, the value of bees and healthy eating. Farmer Clay 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" (ala Popeye) with modeling clay and markers. At the bee station, the kids



learned about bees and their unique community roles and their importance to fruit and vegetable production. Week 1 was led by Tod and Beth who had the kids running

relays, picking up "pollen" from flowers and delivering to the hive. Our resident beekeeper, Maggie, taught the kids about hive recognition and worked with the kids to paint bee boxes. Both weeks, the kids decorated our parking lot with chalk drawings of bees and flowers- how lovely! 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 with produce from the farm- boy were the rest of us happy to eat the leftovers at the end of camp!

One group of kids, the 10-13 year olds, didn't get a chance to have their camp session with us at the farm due to the storms that rolled in last week. Instead, we brought them inside for a cooking class with Chef Colleen and to view the documentary "A Place at the Table". I wasn't sure how this group would receive the very difficult content of the film, but the room was silent...and they were not sleeping. The film is an examination of the issue of hunger in America and chronicles the struggle of three individuals from different parts of the US in finding adequate nutrition. We had a very full discussion after the film about what hunger looks like and how people find themselves in need, how to ask for help and who can help, and what each of us can do to be part of the solution.

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 (and this year, extreme weather!) 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. 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.

*Traci*

## Upcoming Dates

**GROW ON! Fundraiser**  
Mon., July 13th • 5:30-8:30pm  
Red Herring Vegan Restaurant  
1209 W. Oregon St. Urbana



Join the Red Herring for a night to remember! Featuring a delicious three-course vegan dinner, live music, & art to raise support for our Grow Campaign, an effort to support capital improvements & educational projects at the Red Herring.

Our delicious vegan dinner menu will exclusively feature local produce from Sola Gratia farm & our own organic garden and a wide variety of desserts!

We'll have live jazz, folk, & alternative musical performances. We'll be selling handmade artisan crafts, raffling off yoga passes, massages, & gift certificates to local businesses. Artists featuring work on display at the Red Herring will be present to discuss their work.

Suggested donation is \$25-\$50 per person.

Youth under 5 eat free.  
(Donations are encouraged.)

## VOLUNTEER OPPORTUNITIES

Looking for volunteers for the 2015 season!

If interested in helping, please contact Traci Barkley at [solagratiacsa@gmail.com](mailto:solagratiacsa@gmail.com)



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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:

**Scallions:** Don't forget that both the bulb and the greens are delicious - eat it all! Perfect for slicing atop salads, soups, in stir-fry or just dipped raw in a bit o' salt

**Carrots:** We're fortunate to have all of these after all of that rain...eat them raw, grated into slaw, roasted, steamed, yum.

**Squash/Zucchini:** We can barely keep with these guys: they love the rain! This week, try grilled them on veggie kabobs: recipe below.

**Salad Mix:** Remember this mix is good in wraps, in pitas, and on sandwiches too!

**Broccoli Bits:** Last of the Spring broccoli...try in a cold broccoli salad this weekend.

**Savoy Cabbage:** Perfect for the Sweet and Spicy Slaw, recipe provided below. Great compliment to whatever you are grilling this weekend.

**Bell Peppers:** These peppers are the New Ace variety: very crisp and great flavor. Try cutting into big chunks and putting on your veggie kabobs!

### Half shares:

**Scallions:** Don't forget that both the bulb and the greens are delicious : eat it all! Perfect for slicing atop salads, soups, in stir-fry or just dipped raw in a bit o' salt

**Carrots:** We're fortunate to have all of these after all of that rain...eat them raw, grated into slaw, roasted, steamed, yum.

**Squash/Zucchini:** We can barely keep with these guys: they love the rain! This week, try grilled them on veggie kabobs: recipe below.

**Leaf Lettuce:** Try topping these beautiful leaves with a little of everything else in your box and you'll have the prettiest tastiest farm:fresh salad at the cookout.

**Romanesco or Cauliflower:** Either of these brassicas is good for steaming, sautéing, or roasting!

**Savoy Cabbage:** Perfect for the Sweet and Spicy Slaw, recipe provided below. Great compliment to whatever you are grilling this weekend.

**Bell Peppers:** These peppers are the New Ace variety: very crisp and great flavor. Try cutting into big chunks and putting on your veggie kabobs!

## Farm Fresh Recipes

### Veggie Kabobs with Garlic and Herb Marinade



#### INGREDIENTS

2 medium red or white potatoes  
1 cup firm or extra-firm tofu chunks  
(or meat of choice)  
1 cup red, yellow or green bell pepper  
chunks  
1 cup pineapple chunks  
1 cup red onion chunks  
1 cup white button mushrooms  
1 cup zucchini or yellow squash chunks  
1 cup cherry tomatoes  
Marinade, recipe follows  
Wooden skewers,  
soaked in water for 30 minutes

#### Marinade:

1/2 cup olive oil  
1/2 cup lemon or lime juice  
1/4 cup water  
1/4 cup Dijon mustard  
2 tablespoons maple syrup  
2 tablespoons minced garlic  
2 tablespoons chopped fresh basil leaves

1/2 teaspoon salt  
1/2 teaspoon freshly ground black pepper

#### DIRECTIONS

Cook potatoes in salted water until fork tender; let cool and cut into 1-inch chunks. Place potatoes and the vegetables in a shallow dish or container. Pour marinade over vegetables. Cover and refrigerate for 2 hours.

Preheat an outdoor grill to medium heat.

Remove vegetables from the marinade, reserving marinade. Thread vegetables onto skewers, alternating colors. Cook skewers on grill until vegetables are lightly charred all over, about 10 minutes, basting with reserved marinade and turning occasionally.

#### Marinade:

Whisk together all ingredients in a small bowl. The marinade can be prepared in advance and held covered in the refrigerator for up to 7 days.

### Sweet and Spicy Coleslaw

#### INGREDIENTS

2 pounds green cabbage  
4 carrots  
1 medium yellow onion  
1/2 cup mayonnaise  
1/4 cup mustard

2 teaspoons apple cider vinegar  
1 cup sugar  
1 teaspoon black pepper  
1/2 teaspoon cayenne  
Salt and freshly ground black pepper

#### DIRECTIONS

Cut cabbage in quarters and remove core. Peel carrots and onion and cut into pieces that would fit through the feed tube of a food processor. Fit food processor with the large-holed grater attachment and push cabbage, carrots, and onions through feed tube to grate. In a large bowl, toss vegetables together.

In another medium bowl, prepare the coleslaw dressing by whisking together the mayonnaise, mustard, cider vinegar, sugar, black pepper, and cayenne. Toss dressing with the cabbage mixture, and season with salt and pepper, to taste. Cover with plastic wrap and chill for at least 2 hours before serving.

