



Sola Gratia Farm

From the Fields

Now that we are mid-season, it's a good time to check in on how we are doing on meeting our mission. Sola Gratia's mission is to "share our gifts with the hungry...be good stewards of the earth...build a community of cooperation and care".

Community Hunger Assistance. The Farm has set a target of donating 10% of our produce to regional hunger programs. Over the last three years, the Farm has been able to donate over 20,000 pounds (approximately 30%) to the Eastern Illinois Foodbank, the TIMES Center men's homeless shelter, and Daily Bread Soup Kitchen. This year we have donated approximately 2400 pounds of produce to the Foodbank and nearly 400 pounds to the TIMES Center. At this point in the season, we have donated about 23% of everything we have grown on the farm and we have another half of the growing season to go!!



This Spring, we also gave away over 2000 vegetable plants that we grew in our greenhouse to Prosperity Gardens, Randolph Community Garden, Lierman Community Garden, Mother Carr Farm, and Douglas Park Community Garden. The kids taking care of the latter have been donating lots of veggies to the TIMES Center as well. Another generation of sharing!

Sustainable Farming Practices (Clay has this covered in other articles don't ya think?!?)

Community Building. I'll be expanding on this in later articles to fill in the storyline and richness that has become the Sola Gratia Farm community, but in short, our community looks like this:

- The hard-working bodies, bright smiles, and great attitudes of our team of nearly 25 regular volunteers
- Our approximately 150 shareholders and the friends, neighbors and family members they bring along for weekly pick-ups and

our customers at the Urbana and Champaign Farmer's Markets. The conversations, questions, shows of support and gratitude, recipe sharing, and picture taking are a welcome respite from the field on Thursday afternoons!

- The continued hosting and support from St. Matthew Lutheran Church has taken a wild idea and some faith and allowed a model "sharing" farm to flourish (and special thanks to Gayla who is a whiz on our newsletter, flyers, brochures, and so much more!)
- The chefs, line cooks and produce buyers at Common Ground Food Coop, The Red Herring, Piato's Café and Catering, DISH Catering, Bacaro, Big Grove Tavern, and Timpone's- we love to hear that you love working with our produce and are helping others enjoy local, nutritious veggies!
- Camps, workshops and programs with folks that are working to help the next generation learn about growing and eating good food, like the Champaign Park District, Champaign County Farm Bureau, Cunningham Children's Home, the Land Connection's Farm Beginnings Program and the University of Illinois' New Farmer Program.
- And those that share our values and goals of helping those less fortunate in the community and are engaged in direct giving or sharing resources like Eastern Illinois Foodbank, the TIMES Center, Daily Bread Soup Kitchen, and several community gardens.



Our community is growing as is our ability to help others. Thanks to each and every one of you for your contributions. We ❤️ being in community with you!

July 30, 2015

SAVE THE DATE



Crop Cycle: A Bike-to-Farm Tour Saturday, September 12th

Options:
6 mile, 30 mile & 60 mile rides
Sponsored by the
Illinois Organic
Growers Association
Register today at
<http://illinoisorganic-growers.org/crop-cycle/>

Bane Family Meats CSA Pickups: Last Thursday of every month, 3-6p

Second Nature Honey CSA Pickups: First Thursday of every month, 3-6p

VOLUNTEER OPPORTUNITIES

Looking for volunteers
for the 2015 season!
If interested in helping,
please contact
Traci Barkley at
solagratiacsa@gmail.com



Sola Gratia Farm, 2200 South Philo Road, Urbana, IL 61802 • (217) 367-1189

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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:

Pattypan squash and summer squash: If you are looking for a new idea for these, try grating, sautéing with onions and garlic and add to an omelet or frittata. A little salt and basil rounds this out as a great summer breakfast!

Cucumbers: Great for snacking, salads or use in the dipping sauce for the eggplant recipe below.

Peppers: Green bell peppers, great stir-fried or stuffed.

Eggplant: Japanese or classic style eggplant, great for stir-frys or try the recipe below.

Scallions: A mix of reds and white to eat raw, slice over salads to add to any cooked dish. Don't forget to use the greens!

Tomatillos: A mix of greens and purples, a nice tangy fruit that is the main ingredient in Salsa Verde. These are great for sauces and salsas or just roasted as a side dish.

Tomatoes: A mix of heirlooms (Green Zebra, Sunkist, Black Prince, Brandywine, Amish Paste and Speckled Romans) and our popular New Girl red slicers. See our recipe below for a great way to highlight the various flavors and colors!

Beans: A mix of green and purple beans: just steam and butter up.

Carrots: Sweet and crisp, these are just right for an afternoon snack!

OR

Okra: Roll it in buttermilk and cornmeal and fry them up, sauté w/indian spices and some onions and garlic or just eat raw!

Half shares:

Pattypan squash and summer squash: If you are looking for a new idea for these, try grating, sautéing with onions and garlic and add to an omelet or frittata. A little salt and basil rounds this out as a great summer breakfast!

Cucumbers: Great for snacking, salads or use in the dipping sauce for the eggplant recipe below.

Peppers: Green and purple bell peppers, great stir-fried or stuffed.

Eggplant: Classic style eggplant, great for stir-frys or try the recipe below.

Scallions: A mix of reds and white to eat raw, slice over salads to add to any cooked dish. Don't forget to use the greens!

Tomatillos: A mix of greens and purples, a nice tangy fruit that is the main ingredient in Salsa Verde. These are great for sauces and salsas or just roasted as a side dish.

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Farm Fresh Recipes

Heirloom Tomato Bruschetta



INGREDIENTS

- 4 pounds assorted heirloom tomatoes (preferably a mix of colors), cut into 1/2-inch pieces
- 2/3 cup best-quality extra-virgin olive oil
- Coarse salt and freshly ground pepper
- 2 baguettes, cut in half horizontally
- 2 garlic cloves, peeled
- 1 large red onion, quartered and thinly sliced
- 2 cups fresh basil leaves

DIRECTIONS

- Preheat grill or broiler to high. Com-

bine tomatoes, oil, 1 tablespoon salt, and pepper to taste in a large bowl.

- Toast cut side of baguette halves on grill or under broiler 1 to 2 minutes. While still hot, lightly rub cut surface with garlic. Spoon tomato mixture over bread with a slotted spoon, then add onion. Tear basil into pieces, and scatter on top. Slice each baguette half into 3- or 4-inch-long pieces (about 12 slices per baguette).

Grilled Eggplant with Yogurt Sauce



INGREDIENTS

- 2 medium eggplants, (about 1 pound each)
- 1/4 cup olive oil

- Coarse salt and ground pepper
- 1 medium cucumber, seeded, coarsely grated, and squeezed of excess moisture
- 1/2 cup plain low-fat yogurt
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 to 2 tablespoons fresh lemon juice
- Lemon wedges, for serving (optional)

DIRECTIONS

- Heat grill to medium-high. Halve eggplants lengthwise; slice off enough from skin side so halves lay flat. Brush both sides of eggplant halves with oil; season generously with salt and pepper. Grill until tender, 5 to 7 minutes per side.
- Meanwhile, in a small bowl, combine cucumber, yogurt, parsley, and lemon juice; season with salt and pepper. Serve sauce with grilled eggplant and lemon wedges, if desired.