

Victory Garden Urban Farm CSA Newsletter

Week 10: Aug 13th-Aug 19th, 2018

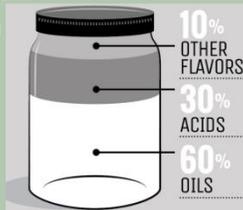
What's In Your Box?

- Carrots
- Zucchini or Yellow Squash
- Beets
- Lacinato "Dragon" Kale
- Swiss Chard
- Collard Greens
- Cherry Tomatoes
- Banana Pepper
- Garlic
- Kohlrabi
- Oregano, Thyme, Mint

Farm Fresh Facts

Have you tried out homemade salad dressings yet? They are delicious, cheap, versatile, and free of added sugars, salts, and preservatives like the store bought kind. Best of all, they are easy to make from pantry staples you already own!

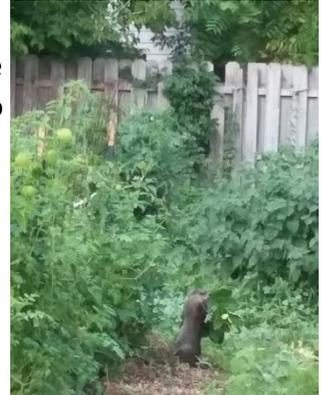
Basically, you want to combine an oil (avocado, olive, nut, sesame), acid (vinegars, citrus juice), and flavorings (herbs, mustard, ginger, jam). Combine in a 60:30:10 ratio. Here are some of my favorite combinations!



- 3 tbsp. olive oil, 1 ½ tbsp. balsamic vinegar, 2 tsp jam, salt/pepper to taste
- 4 tbsp. sunflower oil, 2tbsp lemon juice, 1 tbsp. apple cider vinegar, 2 tsp. honey
- 3 tbsp. olive oil, 1 ½ tbsp. red wine vinegar, 2 tsp. Dijon mustard, 1 clove minced garlic, salt/pepper to taste

Field Report

How much wood would a woodchuck chuck if a woodchuck could chuck wood? I still don't know the answer, but our resident woodchuck is sure chuckin' away on our newly planted fall crops. He or she has mowed down almost an entire row of baby bean plants and a big chunk of baby spinach ☹ Today, I was working in the zucchini and it walked down the row, bold as bass, and proceeded to chomp down on a tomato plant. Not the best pic, but I was a little preoccupied with shouting insults and throwing rotten tomatoes at it. Gotta remind it who's the boss of this place!



When us farmers aren't engaged in shouting matches with greedy rodents, we're honestly usually stuffing our faces. One of our peach trees ripened up this week and even though it was a pretty buggy mess that didn't stop us from cutting off the bad spots and having a midday snack! I may have eaten a worm today. I'm over it already, it's ok! While that means that the peaches are a bust for the CSA boxes



this year, the pears are looking beautiful and I have high hopes for stuffing your boxes with them in the coming weeks! Just so you know, when we do put them in, they won't be ripe. Pears are best finished *off* the tree so that they ripen evenly, so you'll have to put em' in a paper bag for about a week.

Fingers crossed that we can liven up next week's box with the pears!

-Christine, Youth Educator/CSA Farm Coordinator

Best Chocolate Zucchini Bread (For Real, Though!)

- 3 cups all-purpose flour
- ½ cup cocoa powder
- 2 teaspoons salt
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 5 teaspoons ground cinnamon
- 3 cups grated zucchini
- 1 egg (optional)
- 1 cup apple sauce
- ¼ cup vegetable oil
- 1 cup granulated sugar
- 4 teaspoons vanilla extract
- 1 cup dark chocolate chips

In a bowl, whisk together the dry ingredients (flour, cocoa powder, salt, baking soda, baking powder, cinnamon) and set aside. In a separate bowl, stir together the zucchini, egg (if not using, add more oil), apple sauce, oil, and vanilla extract.

Combine the wet and dry ingredients in a large mixing bowl. Stir in chocolate chips. Pour into two bread pans and bake at 350 degrees until fork comes out clean (usually 30-45minute, depending on oven).

Community Corner

Happy Hour at the Farm

We have our 2nd Annual Happy Hour at the Farm coming up next Wednesday! Join us on the Farm for some farm-inspired cocktails and farm-fresh appetizers. This delightful event, hosted by the Victory Garden Initiative Board of Directors, is a great way to wind down a busy work day with the full sensory experience of friends, food, culture, and ecology. Sip a drink surrounded by new and familiar friends while fluttering pollinators dance in the setting sun.

Wednesday, August 22nd @the Farm
5-7pm

Pay-What-You-Can Farmstand

Thursdays @ the Farmhouse
4:00-6:00pm

Farmer's Breakfast

Saturday, August 18th @ the Farm
11-1pm

Family Matters

A warm VGI welcome to Allie Furru who joined the team last week! She's often squirrelled away in the office working on newsletters, event plans, software trainings, and such but we look forward to seeing her smiling face out in the farm some more! Here's some words from Allie:

First and foremost I want to thank all of you for being an integral part in changing Milwaukee's food system by growing your own food and helping others to do the same. As Victory Garden Initiative's newest addition, I'll be working to plan, implement, and keep all of YOU in the loop about VGI's most impactful programs and events like the Farmraiser & BLITZ. I look forward to meeting each of you and growing alongside you.



“Man--despite his artistic pretensions, his sophistication, and his Many accomplishments--owes his existence to a six inch layer of topsoil and the fact that it rains.”

-John Jeavons