

Victory Garden Urban Farm CSA Newsletter

Week 11: Aug 20th-Aug 26th, 2018

What's In Your Box?

- Cherry Tomatoes
- Banana Pepper & Hot Peppers
- Mini Cabbage
- Kohlrabi
- Carrots
- Beets
- Lacinato Kale
- Rainbow Swiss Chard
- Cucumber
- Zucchini or Yellow Squash
- Basil, Cilantro, Parsley

Farm Fresh Facts

Preserve the Harvest – Freezer Style

This is the point in the season where we start thinking about all the extra produce we have on hand and how to preserve it for winter! Instead of getting stressed about canning, use these 10 minute freezer ideas.

Pesto or Herbed Oils

Whip up some fresh pesto and pack it into an ice cube tray and freeze. Once frozen, remove from tray and put in a gallon zip-loc bag in the freezer. You can also pack fresh herbs into a tray and cover with oil and freeze the same way!

Compound Butter

Allow some butter to get to room temp and mix in some fresh herbs. Wrap up in parchment paper and freeze for fancy butter! Try basil & garlic, jalapeño & lime, blackberry & sage, lemon & basil, lavender & honey...the possibilities are endless!

Field Report

Well, folks. Summer is officially coming to a close. Wednesday was our very last meeting for the Summer Youth Interns. We spent all summer with a crew of 8-14 year olds on Mondays and Wednesdays, playing silly games like “Yeehaw,” cooking up a storm, taking care of the education beds, and stretching out our farm kinks with Healium Hot Yoga. While we’ll miss our summer group, we’re gearing up for our brand new After School Garden Club! Every Monday and Wednesday we’ll be at Pierce Elementary School and Tuesday and Thursday we’ll have programming at the farm, from September – May! It’s gonna be great!



Meanwhile, on the farm...those pesky pears haven’t quite started to soften yet, so no fruit in the boxes again, sadly. But we’ve got eggplant and the first mini cabbages at last! Cucumbers are going crazy and peppers are super happy. Farmers are happy too because of all that rain. Constantly moving irrigation hoses is such a drag (literally) and we’re ecstatic for a break so we can play in the dirt more!

We’re also thrilled that it’s event season! We hosted a Happy Hour on Wednesday night and got to mingle with our supporters and, of course, feed them some of our fresh produce. We’ve got a private farm-to-table dinner this weekend and then in September we’ve got our Farmraiser on the 15th. You better be there! If there is anything a farmer loves more than growing food it is *cooking* food!

-Christine, Youth Educator/CSA Farm Coordinator

Eggplant, Tomato, Zucchini Bake

- 2 Small Zucchini
- 1 Small Eggplant
- 1 pint cherry tomatoes
- Olive oil
- Salt & Pepper to taste
- 3 Cloves Garlic, minced
- 1/2 Cup Parmesan Cheese
- Goat or Feta Cheese
- Fresh Parsley and Basil, roughly minced



Preheat your oven to 350 and grease a 9X9 inch baking dish. Cut your zucchini and eggplant into ½ inch chunks. Halve the cherry tomatoes. Toss these veggies in a bowl with some olive oil, garlic, salt, pepper, parmesan cheese and ½ your herbs.

Transfer veggie mixture to baking dish and cook for about 25 minutes. Remove from oven, cover with foil and bake another 15 minutes or until veggies are tender.

Sprinkle with fresh goat or feta cheese and the rest of your basil and parsley. Enjoy!

Community Corner

Pay-What-You-Can Farmstand

Our Farmstand is really starting to pick up! We've got lots of extras of your favorite CSA items plus some specialty items! And again, you're contribution helps us donate food to those in need.

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

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Farmer's Breakfast

Saturday, August 25th @ the Farm 11-1pm

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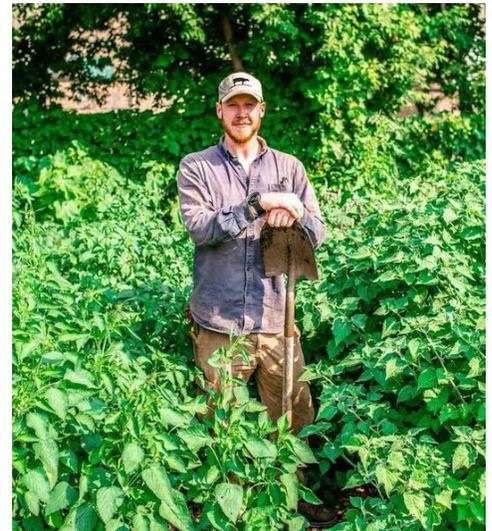
Farmraiser

Save the Date for VGI's 5th Annual Farmraiser on September 15th! It's a free event with food and festivities to celebrate everything VGI. We'll keep you updated as our plans unfold. In the meantime, if you're interested in volunteering or have any party equipment to lend or donate (large tents, coolers, outdoor lighting, chafers, etc) contact Alli at allie.furru@victorygardeninitiative.org.

Family Matters

Say hello to Logan, a returning Seasonal Farmer at VGI! He's been lending his hand to special farm projects such as a new trellis in the front entryway and overseeing construction of a new hoop on site!

Born and raised in Platteville, Wisconsin. Logan moved to Milwaukee to be "one of the city folk" and complete his degree in Liberal Arts at UWM. Starting his career as a volunteer service learner in 2013 and slowly growing each season to his role now with Special Operations on the Victory Garden Urban Farm. Logan is a firm believer in urban agriculture and the merits of sweat equity, always aiming to keep his thumbs green and his heart in the community.



“Nature’s big idea is to try out life wherever and however it can be tried, which means everywhere and anyhow. The result –over time and at this instant—is diversity, complexity, particularity, and inventiveness to an extent our minds are almost unfitted to conceive.” Verlyn Klinkenborg