

Victory Garden Urban Farm CSA Newsletter

Week 13: Sep 3rd-9th, 2018

What's In Your Box?

- Pears
- Tomatillos
- Cherry Tomatoes
- Slicing Tomatoes
- Hot Peppers
- Green Beans
- Beets
- Pea Shoot Microgreens
- Curly Kale
- Parsley, Sage, Lavender and Thyme

Farm Fresh Facts

Marvelous Microgreens!

Have you hopped on the microgreen bandwagon yet? If not, this week is your chance! We've included a portion of pea microgreens that we experimented with on the farm. Microgreens are tiny, edible greens grown from the seeds of vegetables and herbs. They're smaller than baby greens and bigger than sprouts. Many crops can be harvested as microgreens but my personal faves are peas, sunflowers, clover, and radish.



What's all the fuss over these baby plants? Well, not only are they incredibly flavorful, but they also pack a huge nutritional punch. The USDA's Agricultural Research Service (ARS) found that these tiny greens contained about five times more nutrients than found in the mature leaves of the same plants! So toss em' in your salads, on your burgers and sandwiches, or garnish anything to enjoy a new way to eat your greens!

Field Report

Pears at last! Those stubborn Asian Pears have finally sweetened up enough for picking. This variety of pears is incredibly crisp and holds up well on a shelf or in the fridge. I'm excited to see what everyone does with the pear bounty coming your way in the boxes. I'm gonna try my hand at a honeyed pear galette with fresh grated ginger! YUM!

Elsewhere on the farm, things are progressing. Our second plantings for fall crops are coming in nicely and just in time, as we had to pull the summer squash! This will be your last week of those, which some of you I'm sure are glad about, but I'll miss them! New this week though, besides the pears, are some pea microgreens that we tried out. They grew perfectly and quickly and I'm happy that we get to add a pop of nutrients and diversity to your green regular greens mix.



And last but not least, take a look at the progress on our education/events space in the Farmhouse! We're in a mad dash to the finish line in this space. This last week and a half has seen new tile in the bathroom, hardwood floors, drywall up, and finally some real windows and doors! While it is far from "finished" the space will be up and running for a small event on Monday and usable for rainy day programming. We are so excited for this next step in VGI's future!

-Christine, Youth Educator/CSA Farm Manager

Shakshuka

- 3-4 Medium Tomatoes, Chopped
- 1-2 Medium Zucchini, Grated
- 4 Ounces Goat or Feta Cheese
- 1 Medium Onion, Diced
- Salt, Pepper, Paprika
- 2 Cloves Garlic, Minced
- Olive Oil
- 4 Large Eggs
- Basil, Shredded



Preheat the oven to 375F. In an oven-safe skillet, warm olive oil. Add onion, garlic, paprika and cook, stirring until tender and fragrant. Add grated squash and chopped tomatoes to the pan. Cook, stirring occasionally, until the mixture is tender and no longer releasing liquid, about 10 minutes. Remove the skillet from heat and stir in goat cheese and basil.

Smooth the mixture evenly in the skillet and make 4 wells using the back of a spoon. Put a splash of olive oil in each well. One at a time, crack an egg into a small bowl and pour into one of the wells. Sprinkle with salt, pepper, and paprika over each egg.

Bake until egg whites are set and yolks still soft, about 10 minutes. Garnish with basil and serve with crusty bread!

Community Corner

Farmraiser

Save the Date for VGI's 5th Annual Farmraiser! This free event will feature food from local restaurants and chefs, face painting, our official mural unveiling, a bonfire, poetry set, a DJ and lots of great company! Invite everyone you know! Saturday, September 15th
4pm-7:30pm
220 E. Concordia Ave

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Farmer's Breakfast

Saturday, Sept 8th @ the Farm 11-1pm
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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

Family Matters

Here's a face some of you may already know! Meet Eric Anderson, our Community Events and Volunteer Coordinator! Milwaukee native, Eric joined the VGI team in April 2017 in the midst of BLITZ planning and worked alongside Kelly to coordinate his first BLITZ. He comes to Victory Garden Initiative a recent graduate of Notre Dame with experience in both farming and marketing at Growing Power. Eric leads the BLITZ, Garden Mentor Program, Fruity Nutty Five Contest, and other events. The VGI team is excited to see Eric expand these programs to give even more individuals and communities access to healthy food. Oh, and Eric's favorite vegetable is asparagus.



"This magical, marvelous food on our plate, this sustenance we absorb, has a story to tell. It has a journey. It leaves a footprint. It leaves a legacy. To eat with reckless abandon, without conscience, without knowledge; folks, this ain't normal."

– Joel Salatin