

# Victory Garden Urban Farm CSA Newsletter

Week 13: Sep 15<sup>th</sup> - Sep 9th, 2018

## What's In Your Box?

- Tomatillos
- Slicing Tomatoes
- Hot Peppers
- Arugula
- Baby Lettuce
- Collard Greens
- Curly Kale
- Sweet Corn
- Bell Pepper
- Green Beans
- Parsley, Rosemary, Basil



this is a tomatillo

## Farm Fresh Facts

### *The Mysterious World of Fermentation*

Fermentation is one of the oldest methods for preserving foods and, surprisingly, offers up the most health benefits of all methods! These foods are chock full of probiotics, Omega-3 fatty acids, and highly digestible nutrients. There are strong links in consuming fermented foods with good digestions and better overall health. But let's face it: they smell bad and seem impossibly complicated to get right at home!

So try this easy dive into ferments with some Fermented Red Onion! Simply thinly slice onions and pack it into a glass jar. Cover with a 2% brine solution (water and salt), making sure the onion is well below the liquid line and put on the lid. Let sit for about 2 weeks for full flavor, but you can begin eating it after 3 days. Use it on salads, spreads, breads etc.



For details on brine solution, go here:  
<https://www.deliciousobsessions.com/2012/11/52-weeks-of-bad-a-bacteria-week-34-lactofermented-red-onion-recipe-updated-for-the-pickl-it/>

I remember with vivid clarity the day when I followed my classmates out of a van and found myself standing in the middle of a dusty yard filled with muddy boots, stray chickens, vegetable crates, and fresh air. I was a senior in college, studying Environmental Education, Conservation Biology and International Resource Management. On a whim I had taken a course called Ethnobotany to fulfill my last biology credit. This day, we were out on a field trip to a place called Whitefeather Organics LLC to learn about their CSA program. Though I had grown up in Central Wisconsin agriculture country, I had spent my childhood dreaming of travelling to far off exotic places to learn and teach people about the glamorous wildlife there. I didn't really care about farming. Honestly, back then I think I subconsciously looked down on it, having only known "big agriculture" up close in the fields surrounding my home. But at Whitefeather I didn't see crop dusters, manure runoff, or one lonesome farmer tilling up a dusty field for hours on end. I saw butterflies and wildflowers, smiling faces, green spaces, and endless buckets of strikingly odd colored tomatoes. That was it.

From that day on I found myself pondering food production and how we can impact (for better or worse) this beautiful, crazy world just by eating. How we can change people's lives by giving them proper nutrition. How we can find the exotic in the most mundane...a giant garden spider laying a trap in your kale, a goldfinch resting on a sunflower to match its wings, a riot of color in your tomato patch, and that hilariously entwined bunch of carrots on your first tug. I'm so blessed to have found VGI and been welcomed into this family. I hope to never forget the magic of the farm and its community and to do my best to bring it to each and every one of you, bit by bit each week in your CSA boxes. So, this week...enjoy your very own riot of colorful tomatoes, fresh from our farm to your kitchen table!



-Christine, Youth Educator/CSA Coordinator

### Green Bean Couscous Salad

- 4 Tbsp. Olive Oil
- ¼ Cup Chopped Red Onion
- 2 Tbsp. Red Wine Vinegar
- 2 Tsp. Mustard
- Salt & Pepper
- 1 Cup Pearl Couscous
- 2 Cups Water
- 4 Ounces Trimmed Green Beans
- 1 15oz Can Rinsed Kidney Beans
- Chopped Dill and Parsley



Whisk salt, pepper, 3 tbsp. oil, onion, vinegar, and mustard in a large bowl. Set aside. Heat the remaining 1 tbsp. oil in large saucepan over medium heat. Add couscous and cook, until toasted and light golden-brown (about 3min). Add the water and more salt, stir to combine, and bring to a boil. Reduce the heat and simmer uncovered for 7 minutes.

Add the green beans and stir to combine. Cover the pot and cook until the couscous and beans are tender, about 3 minutes more. Drain through a fine strainer and transfer to the mixing bowl with dressing. Add the kidney beans and stir to combine. Add the dill and parsley. Serve warm or cold!

### Community Corner



### It's Farmraiser Weekend!!

This Saturday we'll be shutting down the street outside VGI and opening up our doors to celebrate community! We'll have kids activities and chalk painting in the street, lots of free food made by local chefs using VGI produce, music by DJ LOLO, a poetry set hosted by VGI's very own Sam "I Am" Alford, a bonfire, and an official mural unveiling with artist Stacey Williams-Ng! So, invite your friends and come on over this Saturday, from 4-7:30pm!

### Family Matters

Okay, folks. It's time you met Salt and Pepper! Pippa, to me. But no one seems to agree with me so I call her that in secret. These two lovely ladies joined our family just about two weeks ago, having formerly belonged to beloved muralist Stacey Williams-Ng. They've been such a fun addition to our backyard and the human staff can't get enough of feeding them mealworms and collecting eggs for lunch! We hope to eventually get 2 more and possibly more on the farm, but that's a long way off. For now, we're just happy to expand our little family and learn a bit more about the art of raising chickens. And these two girls sure seem happy with all the bugs and veggie scraps in abundance around these parts!



*“My grandfather used to say that once in your life you need a doctor, a lawyer, a policeman and a preacher, but every day, three times a day, you need a farmer.” – Brenda Schoepp*