

Victory Garden Urban Farm CSA Newsletter

Week 16: Sep 23rd – Sep 30th, 2018

What's In Your Box?

- Sweet Corn
- Tomatillos
- Tomatoes
- Hot Peppers
- Bean Mixture: Green Bean, Yellow Wax Bean, Dragon Tongue Bean
- Baby Carrots
- Young Lettuce
- Curly & Lacinato Kale
- Oregano and Mint
- Bouquet of Flowers!

All About Dragon Tongue Beans!



Let me introduce you to my very favorite bean! Dragon Tongues! These little delicacies taste like a cross between a green bean and a snap pea and are incredibly crisp and juicy. I very rarely take the time to cook these. They are so delicious raw that I eat em' up that way usually. But when I do cook them, I stir fry them and revel in the complex nutty taste they provide to the dish. They do turn bright white when cooked though! No more purple!

We included them in your box with a mix of green, yellow, and purple beans. Enjoy the colorful array!



Well, the time has come at last. I don't have the words to describe how grateful I have been to have the opportunity to run the CSA program during the second half of the summer. Some of my very favorite memories from this summer will be working in the fields with my VGI family on Thursday mornings to harvest all those lovely vegetables! So much music, talking, laughing and telling stories. So much time spent teaching others how to properly harvest or prep organic vegetables. I feel like my brain has been stuffed full of so many tiny insights and bits of wisdom that I never dreamed of before, having only worked on a farm and never had to manage one. Happily, I can say at the end of this crazy, beautiful summer that I think I'm even more in love with farming. I can't wait to sit down this winter and develop a crop plan for next year and put together plans for our 2nd year as a CSA!

I hope that you have all enjoyed getting your box of vegetables every week as much as I enjoyed planning and packing them. I would love to get your feedback on anything and everything related to your experience this year...from what veggies you loved or hated (you can be honest!), how the sign up process was or things you wish could change. Hopefully you filled out the survey at the last pick-up, but if not it is also in your emails! And feel free to send me a personal email with comments as well. It will help me and the other VGI staff plan out our next season and make changes to make the program better for our customers.

Even though the CSA is over, life at the farm doesn't stop. We've still got veggies growing out there to be used in our education programs or sold to restaurants. And we have to start prepping the farm for winter which is going to mean a lot of pulling old crops, tilling up the beds, adding compost or cover crops, and preserving any bits of the harvest that we can. We also have to put in a few cold hardy crops like spinach and garlic. Our seasonal farm staff will be leaving us all too soon, so let us know if you wanna get your hands dirty yet this year and you could help us with those things.

So, a final farewell from me. Thanks for a wonderful season and I hope we'll see you back next year!

-Christine, Youth Educator/CSA Coordinator

Victory Garden Hot Sauce (Thanks Eric!)

- 6-12 habaneros or other hot peppers
- 8 cloves garlic (or more!)
- 1 chopped medium onion
- 2 cups vinegar (white or apple cider)
- 1 cup water
- 2 tbsp. olive oil
- 2 tbsp. honey (or sugar)
- 1 tsp. salt
- 1 tsp. cumin
- 1 lime



Preheat oven to 425°. Remove peppers stems and slice peppers in half. Remove seeds for a less hot sauce. Place peppers on baking sheet, coat with oil. Roast peppers for 15 minutes or until the skin begins to blister.

Meanwhile, heat a large pot and add all remaining ingredients but lime. Bring to a boil then reduce heat to low and simmer about 20 minutes. Add roasted peppers and simmer 5 minutes. Add juice of lime.

Transfer mixture to a food processor and puree until smooth. Alternatively, use an immersion blender and puree directly in the pot.

Serve or strain into sterilized bottles until ready to use. Straining is optional. Store in fridge for up to 2 weeks.

Stay involved with VGI! We've got tons of great events and programs coming up this spring and would love to see you there!

Fruity Nutty Affair

February

Keep an eye out on our social media pages for information on our annual fundraiser!

Food Leader Certificate Program

March/April

The Food Leader Certificate Program provides professional and personal leadership development by equipping emerging food leaders to grow their own food, learn about the food system, and lead food projects in their communities.

Victory Garden Blitz

May

Each year, over 300 Victory Garden Initiative volunteers install hundreds of raised bed gardens in backyards, front yards, schools, community centers, and places of worship – just about anywhere you can imagine!



*“The pain of parting is nothing to the joy of meeting again.”
—Charles Dickens*