

Victory Garden Urban Farm CSA Newsletter

Week 6: July 16-22, 2018

What's In Your Box?

- Broccoli
- Green Beans
- Zucchini or Yellow Squash
- Kale
- Kohlrabi
- Baby Carrots
- Collard Greens
- Beets
- Lettuce
- Onion and Garlic
- Herbs: Basil, Cilantro, Sage, Oregano

Farm Fresh Facts

Did you know you can use most of your daily veggie scraps to make broth? It's super easy, nutritious, reduces waste, and saves you money! What's not to love?!

Store your veggie scraps (onion peels, carrot tops/tips, celery ends/leaves, squash skins/end, pepper bits, potato skins, broccoli pieces, etc.) in a gallon Ziploc bag in the freezer. When the bag is full dump it in a soup pot, cover in water, and simmer for at least 45 minutes (up to 2 hours). I add salt & pepper for flavor and turmeric for the nutrients! When it's done, pour it through a colander to strain out solids. Then you can store it in the fridge for a week or freeze it into cubes.

Cook your grains in it for more flavorful dishes!



Field Report

We are already SIX weeks into our first year of CSA boxes! This summer is flying by so fast, it feels like just yesterday there was snow on the ground and green things were still but a dream. But now that the heat is on, things on the farm are popping! Peppers have been spotted, cukes are making themselves known, tomatoes are getting a bit of color, and oh man is the summer squash going crazy! I made my first batch of What-To-Do-With-This-Giant-Zucchini Bread on Monday already!

I added *three* kinds of chocolate.

Shhhh.

Meanwhile, the staff is finally getting truly settled into our new Farmhouse thanks to all the wonderful volunteers who have been putting so much time to clean the place up and do all sorts of odd maintenance jobs! We look forward to focusing on the first floor to get it up and running as an event space and functioning kitchen. This will take time, but it will be such a glorious space to bring the community together around all this delicious food we're growing across the street.



Before I go, can we all take a moment to take in the stunning masterpiece by Stacey Williams-Ng?! Her artwork is more than we could have dreamed and brightens up the whole farm. Thanks Stacy!

-Christine, Youth Educator/Earn & Learn Supervisor

Recipes

Sautéed Summer Veggie Grain Bowl

- Summer Veggies: zucchini, yellow squash, green beans, peppers, carrots etc. Sliced evenly.
- High heat oil (sunflower, sesame, avocado or olive)
- Garlic and Onion, finely diced
- Salt & Pepper, Fresh Herbs
- Quinoa
- Veggie Stock (see above for simple instructions for saving veggie scraps for a versatile broth!)

In a large skillet, heat olive oil. Add onions and garlic and sauté until soft and translucent. Add your harder veggies like carrots or beets and sauté for another 2 minutes. Add your soft veggies (summer squash, peppers, beans etc) and sauté until just soft and lightly browned. Add your seasonings to taste.

Meanwhile, cook your grain in veggie stock. I prefer quinoa or brown rice. Serve your veggies over top. Add some fresh basil, parsley, or other fresh herbs. Shredded parmesan is also a great addition!

Community Corner

Farmer's Breakfast

Join us for omelets made with eggs from Will Allen's Roadside Farm and fresh vegetables from our farm! Meet our farmers and learn more about what we do! Just drop by the farm for a free brunch!

Saturday, July 21st
10am-12pm
220 E. Concordia Ave.

Youth Field Trips

Great news! We have openings in August for more educational field trips! If you know any school groups, day cares, scout groups, or other groups that might be interested in spending the day on the farm, contact our Youth Educator at

Christine.kuhn@victorygardeninitiative.org

414-840-9741

\$5/youth, chaperones are free!

Family Matters

Hello! My name is Samuel Alford, a new part-time farmer at VGI!

I am an organizer and artist who grew up in the Harambee Neighborhood and am delighted to come back to serve in my childhood home. I see urban farming as a galvanizing, fun and healing activity that is in and of itself food for the soul in a desert of opportunity.

As Man there is a certain pride and dignity that comes from putting your hands in the soil and being responsible for the cultivation and growth of a living thing. There is a serendipitous surprise, a little miracle everyday here at the Victory Garden. Each morning I am eager to discover who or what is bloom, whether Person or Plant.



“The ultimate goal of farming is not the growing of crops, but the cultivation and perfection of human beings.”

— Masanobu Fukuoka, The One-Straw Revolution