

# Victory Garden Urban Farm CSA Newsletter

Week 7: July 23-29, 2018

## What's In Your Box?

- Green Beans
- Zucchini or Yellow Squash
- Beets
- Carrots
- Red Onion
- Uncured Garlic
- Collard Greens
- Kale
- Kohlrabi
- Herbs: Basil, Cilantro, Mint,

## Farm Fresh Facts

### Storage Tips

Got leftover produce from last week's box? Is your produce rotting on the counter before you can use it?! Never fear, we've got tips for keeping your fresh goodies in tip top shape so you can enjoy them longer!

**Greens:** Do this right away! Chop them up if wanted, soak in cold water, and dry thoroughly. Store them in a piece of Tupperware lined with paper towel or cloth.

**Herbs:** Snip off the bottom of the stems and place them in a jar with about 1 inch of water. Leave on counter and use as needed.

**Onions/Garlic:** Store separately in mesh bags or wooden bins in the dark at room temperature.

Beets, beans, carrots, and kohlrabi go in the crisper drawer, squash stays on the counter!

## Field Report

It's finally here. We've been waiting anxiously since spring. For what, you ask? Why, Green Bean Season, of course!



We have so many beans on the farm and we are excited to share these little gems with you. But, with the onset of beans that means that the fresh spring snap peas are done for the season. We spent a lot of time on the farm this week pulling out all the old pea plants, prepping the beds, and planting new crops for fall. Fancy beans, lettuce, spinach, and more squash went in this week. Also on the way, we've been seeing a few scattered red tomatoes and bell peppers already, so hopefully those will be in your boxes soon!

In other exciting news, we have had the wonderful opportunity to mentor 4 Young Adults working on the farm with us as part of the city's Earn & Learn workforce development program. These awesome teens have been hard at work every day weeding, harvesting, planting, and they are also the ones who help pack your boxes! It's amazing to hear them grow in confidence every week and make suggestions for what would be best to put in the box or have conversations about how important it is for us farmers to provide quality products to you, our paying customers!



-Christine, Youth Educator/CSA Farm Coordinator

### Roasted Green Beans & Beets with Feta and Walnuts

- Trimmed Green Beans
- Trimmed and Peeled Beets, Cut into Wedges
- Sliced Onion
- Olive Oil
- Salt & Pepper
- Walnut Pieces
- Feta Cheese Crumbles

Preheat oven to 425 degrees F. In a large roasting pan, combine green beans, beets, and onion.

Drizzle with oil and sprinkle with salt and pepper to taste. Toss to coat and spread out evenly along pan.

Roast, uncovered, for 45-50 minutes or until beans and beets are tender, stirring once or twice.

Add walnuts during the last 10-15 minutes of roasting. Sprinkle with feta cheese upon serving.



### Community Corner

#### *CSA Shareholder Farm Tour*

Join Christine for a tour of the Victory Garden Urban Farm to see where and how all your delicious veggies are being grown! Meet some of the staff and interns and ask all your burning questions – from what the heck that weird veggie is to how to cook it!

Saturday, July 28th

10am-11ish

#### *Pay-What-You-Can Farmstand*

Every Thursday during CSA pick-up we have a small farmstand with fresh produce, so if you know you need more zucchini or want to try out something we didn't put in your box, this is a way to get some extra veggies and help out the community!

Thursdays

4:30-5:30pm

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### Family Matters

Hey everyone, my name is Amanda Maniscalco, a farm intern with VGI for the summer. In addition to getting my Bachelors in Journalism, I am also going for a Certificate in Food Studies and figured VGI would be a great place to start. I love to be hands on, learn new things, help others and be a part of the community. That's why VGI is a great fit for me. I tend the farm, learn how to differentiate between plants and help pack and distribute boxes for our CSA members. I truly enjoy working with other volunteers and giving back to the community I live in.



*“Never doubt that a small group of thoughtful committed citizens can change the world; indeed, it is the only thing that ever has.”*

*Margaret Mead*