

Victory Garden Urban Farm CSA Newsletter

Week 8: July 30th-Aug 5th, 2018

What's In Your Box?

- Carrots
- Green Beans
- Zucchini or Yellow Squash
- Beets
- Curly Leaf Kale
- Green Tomatoes
- Cucumber
- Swiss Chard
- Collard Greens
- Garlic
- Kohlrabi
- Basil, Mint, Lavender, Oregano

Farm Fresh Facts

What's with all those greens?! When you sign up for a CSA, you'll quickly discover that the green stuff just keeps coming and you get sick of salads very quickly! So, what should you do with it all?

Sautéed Greens

Sturdy greens like collards, kale, and Swiss Chard make an excellent side dish when sautéed in a pan with some garlic, onion, olive oil, and salt. You can get super creative with additional fresh herbs and sauces (Sriracha! Sweet n Sour! Curry! Citrus!)

Frittata or Quiche

If you haven't had these delightful egg dishes, now is your moment! These can easily be cooked ahead of time and stored in the freezer for a quick meal down the line. And greens of all sorts can be mixed in. Spinach, chard, kale, mustards...just do it!

Field Report

We have good news and bad news from the farm this week. Let's start with the bad and get it over with, shall we?!

The nefarious squash bug has invaded the farm.



We've been seeing their eggs for a couple weeks now, and a bug here or there, and thought that we had them under control. But then we walked through on Monday morning and discovered they had multiplied by the thousands over the weekend. We usually scrape the eggs off with a knife and dump the adults into a bucket of soapy water. But this infestation was a little too aggressive. We ended up having to pull an entire row of zucchini and winter squash to stop the spread and will be spending some time every morning knocking them back off our remaining squash. Feel free to join us for some 8am bug squishin'! I'm kidding. *Mostly...*

Now, as for the good news. With the help of some awesome groups of volunteers this week, we completed several badly needed projects. We de-weeded all of the rows and got mulch down. Finally got some clear row numbers put up. Planted some fall crops. And cleared out/set up our hoop house in its new home behind the compost. She's a beauty!



-Christine, Youth Educator/CSA Farm Coordinator

Stuffed Zucchini Boats

- Zucchini Squash, cut in half and gutted
- Onion, diced
- 1-2 Cloves Garlic, minced
- Shredded Sharp Cheddar/Mozzarella
- (Optional) Ground Meat: sausage, hamburger, turkey, or substitute cubed tofu
- Salt, Pepper, Fresh Herbs (Basil, Oregano, Parsley)
- Shredded Lettuce
- Tomato Sauce/Diced Tomatoes
- Olive Oil

Heat oil in a sauté pan. Add garlic and onion and cook until soft. Add ground meat and cook thoroughly. Season with salt, pepper, oregano, and basil. Add tomato sauce and chopped zucchini innards and cook 4 minutes. (If using ground meat, brown it first with the garlic and onion, then add other ingredients.

Stuff the zucchini boats with this mixture and sprinkle the cheese on top. Bake at 350 degrees until soft. Garnish with lettuce and tomato.



Community Corner

Pay-What-You-Can Farmstand

Have you seen our Farmstand during CSA pickup? Many people in the community surrounding our farm can't afford healthy food, so we stock this stand with fresh-picked veggies at low or no-cost to them. You can help out by purchasing a few extra goodies when you pick up your box!

Thursdays @ the Farmhouse
4:00-5:30pm

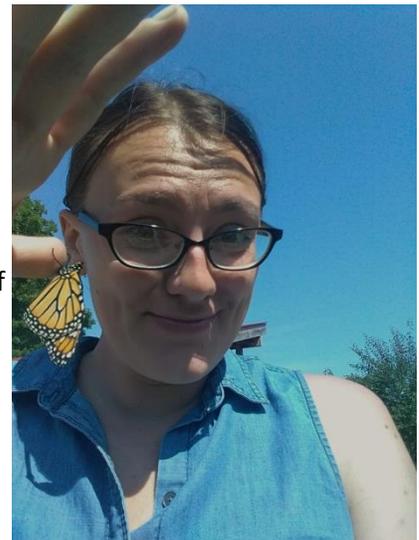
Farmer's Breakfast

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

Saturday, August 4th @ the Farm
11-1pm

Family Matters

Hey everyone! I thought it was about time that I introduced myself! My name is Christine Kuhn and I am a full-time staff member here at VGI. I began in May as the new Youth Educator, working to coordinate all of the summer and spring education activities, such as summer school garden club at Pierce Elementary, farm field trips, and summer-long youth farm internships. When our previous farm manager left us, I took over the job of coordinating the CSA program, supervising the Earn & Learn youth, and generally working on the farm more! With a background in Environmental Education and several seasons of farm work, food access volunteerism, and Farm-to-School program work I am super excited for this opportunity to combine all my passions into one and grow alongside this wonderful organization and this joyful community of people dedicated to it!



“You cannot get through a single day without having an impact on the world around you. What you do makes a difference and you have to decide what kind of a difference you want to make.”

—Jane Goodall