

Victory Garden Urban Farm CSA Newsletter

Week 9: Aug 6th-Aug 12th, 2018

What's In Your Box?

- Carrots
- Green Beans
- Zucchini and Yellow Squash
- Beets
- Curly Leaf Kale
- Green Tomatoes
- Red Tomatoes
- Tomatillo
- Garlic and Onion
- Hot Pepper: Serrano
- Kohlrabi
- Parsley, Basil, Sage

Farm Fresh Facts

Fresh herbs add a subtle brightness to dishes and can turn a boring meal into a masterpiece. But they can be tricky and intimidating to those of us not blessed in the kitchen! Here are some tips for incorporating them into your meals:

- Store your herbs in a damp paper towel in Ziploc bag. Place in fridge.
- If cooking the herbs, add them at the *end* of any recipe. They are delicate and overcooking can ruin the flavor.
- Use a sharp knife or scissors and chop finely to release the flavorful oils without bruising the herbs.
- If substituting fresh for dried herbs, use double the amount! Dried herbs are more potent!
- You can dry your own herbs by hanging them upside down in a warm, well ventilated location.

Field Report

Great news for squash fans! The zucchini have bounced back beautifully from the squash bug invasion. We still have some bug issues to deal with, but the plants have thanked us for our diligence with a huge harvest this week!



In fact, everything at the farm seems to be happy to see us! We had our first tomatillo harvest this week and were happy to have enough to put in your boxes. If you've never seen or heard of a tomatillo, you're in for a treat! Every box has enough for a small batch of salsa verde (also known as "green sauce" on most Mexican restaurant menus around). Hopefully there will be more to follow! Oh, and bonus in the box! Our farm tomatoes are a bit behind but we got a generous supply of red tomatoes from Will Allen's Roadside Farmstand for the boxes! It is truly a summer box now!

Lastly, we've been so excited to welcome several new faces to the farm this week. We have two international fellows whom you'll read about below. And a new full-time staff member, Allie, our Program & Events Coordinator who will work alongside Eric on our big VGI events! Sadly, we have to start saying goodbye to the Earn & Learn students and some of our summer interns. They will be missed sorely, but that means soon we will have a new set of young minds to train and learn from!

-Christine, Youth Educator/CSA Farm Coordinator

Kohlrabi Beet and Apple Salad

Sick of beets and kohlrabi yet?! Don't even *like* kohlrabi you say? Try this citrusy salad and see if it livens up your meal plan this week!



- 1 Medium Kohlrabi, Shredded
- 2 Small Beets, Shredded
- 1 Large Apple, Thinly Sliced
- 2 tbsp. Minced Parsley
- Diced Onion
- 1 lime, juiced
- 1 orange, juiced
- Orange Zest (grated orange peel)
- 1 tbsp. Olive Oil
- Salt and Pepper to Taste
- Optional: feta and toasted sunflower seeds

Place the shredded kohlrabi, beets, apple, parsley and onion in a large salad bowl. In a separate bowl, whisk together the orange zest, orange juice, lime juice, olive oil, salt, and pepper. Drizzle the dressing over the salad and toss to mix. Add crumbled feta cheese and sunflower seeds for an extra punch of flavor!

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

Everyone at VGI is super excited to welcome Rokia and Sylvia to the family this week! These two lovely ladies hail from Algiers and Albania respectively and are here in the states with us for the next 4 months as part of the IREX (International Research and Exchanges Board) Community Solutions Program where they are placed with various nonprofits for professional development and community action project planning. They may have just unpacked their bags at their new homes last weekend, but they've already dove in at VGI! They've been out on the farm weeding and harvesting, helping to teach a youth group on Wednesday, and participating in trainings for various food system and nonprofit related things. We are so blessed to have these two souls with us!



"This magical, marvelous food on our plate, this sustenance we absorb, has a story to tell. It has a journey. It leaves a footprint. It leaves a legacy. To eat with reckless abandon, without conscience, without knowledge; folks, this ain't normal." – Joel Salatin