

# Victory Garden Initiative

## CSA Newsletter

2019  
Week 8 -- July 30th

### What's in your box?

- Squash (Zucchini or Yellow)
- Carrots w/ Greens
- Beets w/ Greens
- Green Beans
- Lacinato Kale
- Red Cabbage
- Cucumber (slicing or lemon)

### Farm Fresh Facts

#### Roasting Beets

This starts to become the turning point in the year where some people start to tire of the endless beets in the boxes. We love this staple crop and want to make sure you do too! One of the best ways of eating them is roasted, so here's a foolproof method:

1. Remove greens and scrub.
2. Place in tin foil. Drizzle liberally with olive oil and sprinkle with salt.
3. Foil the foil over and crimp the edges for even roasting.
4. Roast until tender and easily pierced with a fork at 375 degrees. Old beets will take longer.
5. Allow to cool. Remove skins with your fingers! They'll slip right off!
6. Eat and enjoy! We like them in salads, served with other roasted veggies, served with creamy white cheese or roasted walnuts. You can even pair them with tangy citrus! Once roasted well, beets are highly versatile and you'll be surprised the number of ways you will enjoy them!

### Field Report

Peak summer harvest season has hit at last! The tomatoes, tomatillos, and hot peppers are ripening up in the field as I type this! Hopefully we'll have enough cherry tomatoes for your box next week. This season has been slow all around though, so it wouldn't be a surprise if it takes two weeks. Eggplant are a bit behind yet as well, but we have many beautiful looking plants in the field right now that are all flowering and getting nice and pollinated by our bees :) Zucchini season is in full swing! It's now that time where gardeners joke about abandoning whole baskets on front steps of their neighbors house! Even though we are harvesting every other day, there is always one or two that hides from us and becomes a monster! So if you would like a bigger zucchini for large batches of bread, contact me and next time that happens I'll slip one in your box! There's only so much bread we can stand over here...even when I make the triple chocolate recipe below!

The farm has truly been a lively community this summer. We've had 482 volunteers on the farm this season!! It's truly amazing the amount of work these crews do...from helping to weed and harvest crops to building new beds, and to constructing whole new growing areas of the farm! These amazing really make a difference! And our staff love to give every person



who comes a chance to fully experience what it takes to grow food and to taste unique foods they've never heard of. Every person who visits the farm comes away with full hearts and tummies!

--Christine Kuhn

## Weekly Recipe

### Christine's Double Chocolate Zucchini "Bread"

#### Ingredients

- 2 Cups Shredded Summer Squash (zucchini or yellow) with extra liquid squeezed out
- 2/3 Cup Brown Sugar
- 1/3 Cup Granulated Sugar
- 3 Eggs
- 1 Cup Flour
- 1/2 Cup Applesauce
- 1 Tsp Baking Soda
- 1 Tbsp Vanilla
- 1/2 Tsp Salt
- 1 Cup Chocolate Chips
- 1/2 Cup Cocoa Powder



#### Instructions

- Preheat oven to 350 and grease a 9x5 inch bread pan. In a medium-large bowl combine zucchini, applesauce, sugars, eggs, and vanilla and mix well.
- In a separate bowl mix flour, cocoa powder, baking soda, baking powder, and salt and mix until all ingredients are incorporated.
- Add dry ingredients to wet and stir until combined. Stir in 2/3 cup of the chocolate chips. Set rest aside.
- Pour batter into bread pan. Sprinkle remaining chocolate chips on top.
- Bake for 55-65 minutes until a toothpick inserted in the center of the bread comes out "dry" (it can have chocolate on it but shouldn't be covered in wet batter).

## Community Corner

### Roadside Farmstand

Every Tuesday during the CSA pick-up we will run a Pay-What-You-Can style Farmstand! This stand helps provide low and no cost produce to our neighbors and allows CSA members to supplement their weekly box. You are even welcome to trade an item from your box for something else at the stand!

Tuesdays, 4-6pm  
240 E. Concordia Avenue

### Volunteering

If you are interested in volunteering on the farm, please contact Christine! While we would love to schedule a specific CSA Shareholder day, our schedule is a bit packed this year. However we would love to see everyone at the farm to volunteer or for a tour. You can even organize a group of friends or co-workers to come (4+ people). Visit here for more information:

<https://victorygardeninitiative.org/volunteer-opportunities/>



How do we introduce the one and only Ian Powell? Ian has been the "Agriculturalist" at VGI since 2016. He began his agricultural adventure in his own backyard. There he first practiced composting and experimented with soil-building techniques. After experiencing the difficulty of growing underneath a black walnut tree, he expanded into a neighboring lot. His pursuits finally led him to work on a small CSA in the Milwaukee area. Here he gained mastery of the shovel and increased his knowledge of plants. With a can-do attitude and flair for building things out of garbage. You can find Ian on our farm 6 days a week, caring for our giant compost piles or working on projects with the interns!