

# Victory Garden Initiative

## CSA Newsletter

2019  
Week 10 -- August 13th

### What's in your box?

- Squash (Zucchini or Yellow)
- Slicing Cucumber
- Beets
- Cherry Tomatoes
- Parsley
- Cured Garlic
- Lacinato Kale

### Farm Fresh Facts

#### Veggie Stock

If you aren't using veggie stock in your everyday cooking - and not just for soup! - you are missing out! For instance, I like to cook all my grains in stock for an added boost in both taste and nutrition! But buying stock can be expensive and full of too much salt and too many scary ingredients. Making it from scratch is easy! Here's how:

1. I store a gallon ziploc bag in my freezer and put in all my veggie scraps from dinner (carrot tops and tips, onion skins, sweet potato peels, celery leaves, bell pepper guts and bits, zucchini stems, etc). When full, it is time for stock!
2. Empty contents into large stock pot and cover with water.
3. I usually add a little salt and pepper, plus turmeric for flavor/nutrients..
4. Bring to a boil then let simmer for at least 30 minutes. Longer is better.
5. Strain and compost veggie scraps. Use stock fresh, store in fridge for up to 7 days, or freeze! I freeze in ice cube trays for easy use in making single servings of grains.

### Field Report

It is so hard to accept that summer is coming to a close already. Yesterday was the first day back at school for many MPS students, including for our two Earn & Learn Interns! It was so hard to say goodbye to them last Friday. Lamontia is now off to her senior year of high school, while her brother Emmanuel just started his freshman year! We spent our last day with them helping them write their first resumes and talking about how to use resumes and apply for jobs. We also made some killer spaghetti and meatballs using the first of the tomatoes and basil, garlic, and onion all from the farm! Earlier in the week we had showed them how to jar their own pickles too. They were both so excited about taking crops from the field that they had worked to grow and harvest for others and get to learn how to cook with them. Both days they called their mom to come taste their creations! That's our whole mission at VGI, right there!



We hope that you get as excited about cooking up the veggies that turn up in your boxes every week! We know that if you have never been in a CSA before, the produce can start to get overwhelming, especially when there are repeat vegetables. But it really can be so fun to explore new recipes and find creative ways to use stuff up! I am personally a big fan of saving veggies for winter! And not just by canning them, I actually utilize my freezer a TON! Did you



Cheers!

~Christine

know that they are more efficient when full?! So I will shred zucchini for use in baking in the winter, toss whole tomatoes in for use in soups and stews, blanch and freeze beans/sliced carrots etc, or even make whole dishes like lasagna and burritos to freeze in serving sizes so I have that fresh summer flavor all winter long!

## Weekly Recipe

### Spinach Zucchini Soup

#### Ingredients

- 2 tbsp olive oil
- 3 gloves garlic
- 1 onion, chopped
- 2 cubs potatoes, cubed
- 2 cups zucchini, chopped
- 4 cubs vegetable stock
- 4 cubs spinach leaves
- 1 lemon
- salt & pepper to taste
- Optional: cream or milk

#### Directions

- Add olive oil to a large stock pot. Add onions and saute until translucent. Add garlic and stir for another minutes.
- Stir in potatoes and zucchini and lightly brown for 30 seconds.
- Add veggie stock and bring to a simmer. Cook until potatoes are soft throughout, roughly 10-15 minutes.
- Add seasonings at this point. Salt and pepper are a must, but you can also add fresh herbs like parsley, basil, oregano etc.
- Stir in spinach and wait for it to wilt, just about 10 seconds, then remove from heat.
- Either using a stick blender or a regular blender, puree the soup. Whisk in a big squeeze of lemon juice. Taste and add more salt if needed.
- The soup is great like this, but if you prefer it heartier add some heavy cream or whole milk at this point. Serve with some crusty bread!

## 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

### Annual Farmraiser!

Saturday, September 28th, 4-8pm

Join us at the farm for our annual Farmraiser, a free community event to bring together the whole VGI family and celebrate the end of the season. We will have free food, drinks, music, community tables, kids activities, and a yoga session! Bring your friends and family! And feel free to bring a dish or drink to pass! Look for more information on our social media pages coming soon.



My name is Nathaniel. When I'm not at the Victory Garden learning about plants or farming procedures and techniques I usually am a self-employed house painter. Here are a couple random statements about my daily life: I stoke my caffeine addiction while I wake up. Habitual teeth brushing. Gotta have freshly ground black pepper. Bible? Try Joy of Cooking. My dog takes me out for walks. That just about sums it up! I'm happy to be here!