

# Victory Garden Initiative

## CSA Newsletter

2019

Week 16 -- September 24th

### What's in your box?

- 4 oz 2019 VGI Honey!
- Asian Pears
- Tomatoes, Cherry or Roma
- Carrots or Radish
- Celery
- Lacinato Kale
- Parsley
- Sweet n Sour Mixed Salad Greens

### Farm Fresh Facts

#### Grow Your Own Winter Greens

Even if you have zero outdoor space, you can still grow your own food! I love growing microgreens in old plastic strawberry containers in the little window in our kitchen. It is super easy and cheap and you get a crop in just *days!*

1. Fill a shallow container with an inch of organic potting mix. Flatten and level, but don't overly compact the soil.
2. Scatter seeds thickly and evenly across the soil. I'd start with radish or sunflower, but there are many to choose from!
3. Dampen the soil with a spray bottle.
4. Cover container with a clear plastic lid and place in or near a window and mist daily.
5. Once seeds have sprouted, remove lid. Keep misting daily. You may need to turn the tray and sprouts will lean towards the sun. Depending on variety of seed, it will take 14-22 days to reach maturity.
6. Once greens are 2-4 inches tall, harvest with a scissors and enjoy!

### Field Report

Well, we've reached the end and this is always the hardest newsletter to write. This has been a crazy year for all of us here at VGI. We've had some big changes these last two years....we purchased our Farmhouse, started a CSA, our founder Gretchen Mead stepped down, we ushered in a new Co-Executive Director model, drastically increased the number of youth served in our programs, and just made so many new friends to add to the VGI family! We truly feel blessed to be able to do the work we do and you can bet we still have big plans for the future! Now that the farm season is winding down, our staff are hard at work planning for not only this Saturday's big Farmraiser event, but also figuring out how we can best use this new community space we are building. We will be finishing up renovations on our Community Kitchen this winter, which will open up so many doors for us to expand our programs! We are also working on plans for expanding the community spaces at the farm and just making our whole Urban Farm Campus a beautiful, productive, and welcoming space!

We hope that you have enjoyed your share this season. It is only year two for us and we are still figuring out the best way to run this program to fit our unique organization and community needs. It would be great if you could help us out by filling out the survey that should have made its way to your email. We will be developing a new farm plan system this winter and your feedback will help us in our planning!

Hopefully you can make it to the Farmraiser! We've included a flyer in all your boxes and we are truly excited about all of the entertainment and food we have lined up this year! Bring your family, tell a friend, and feel free to drop by with a dish to pass! And if you can't make, still feel free to swing by the farm. We'll be hard at work out there probably until mid November getting ready for winter!

Enjoy your produce and have a happy fall!

-Christine

# Weekly Recipe

## Honey-Roasted Cherry Tomato Brushetta

### Ingredients

- 2 cups cherry tomatoes
- 2 cloves garlic
- 1 tablespoon honey
- 3 tablespoons olive oil
- Sea salt and ground pepper
- Baguette loaf, sliced
- Creamy cheese - try goat cheese or ricotta
- Balsamic Vinegar

### Directions

- Preheat oven to 450 degrees.
- In a bowl, whisk together honey and olive oil. Toss in the cherry tomatoes until coated.
- Lay tomatoes out on a baking sheet. Cook for around 20 minutes or until tomato skins burst and start to wrinkle. Don't stir!
- Spread room-temperature soft cheese onto baguette slices.
- Top with roasted tomatoes and a drizzle of balsamic.



Lightly dust with sea salt and freshly ground black pepper.

- Optional: Garnish with freshly chopped herbs such as basil, parsley, cilantro, or rosemary. Or turn this little snack into a full meal by adding thin slices of avocado and serve with a fried egg!

## Community Corner

### Roadside Farmstand

We are likely going to extend the Farmstand into October! So even after the CSA is over, you can stop by for fresh produce from our farm until the weather changes!

Tuesdays, 4-6pm  
240 E. Concordia Avenue

### Farmraiser

The Farmraiser is just around the corner! We've got some delicious plans...vegan food by Caroline Carter, complimented by dishes from Braise and Amilinda. Great music by SistaStrings and DJ Loop. Poetry, yoga, kids games, community tables and more!



September 28th, 4-8pm  
220 E. Concordia Avenue

*"By all these lovely tokens September days are here, with summer's best of weather and autumn's best of cheer." — Helen Hunt Jackson*

*"What we call the beginning is often the end. And to make an end is to make a beginning. The end is where we start from." — T.S. Eliot*

*"Just when I think I have learned the way to live, life changes." — Hugh Prather*