Hello from the Supa Fresh Youth Farm. Over here at the farm it has been a calm but very fun week. We hope it’s the same for you. We started the week with another excellent Stone Soup kitchen meal. We made a delicious marinade from scratch and added chicken with some veggies from the farm. Once we finished the marinade then we grilled it all. We also grilled a couple of slices of watermelon, cause why not? It was delicious!

This week we attended the SummerWorks Reverse Networking Fair to present our summer jobs. Three youth from the farm and three youth from CEC made posters and presented at the fair. The goal was to inform local employers about our summer jobs and give youth the opportunity to network and reflect on what they learned.

This Friday, we have a farmers market stand in the Tualatin Commons, which starts at 6pm. We will also be at the Lake Oswego Farmer’s Market this Saturday from 8:30-1:30pm, this Saturday. Come and support us! Until next time, see ya later tomaters :)

Food for Thought: Vermiculture/AKA Worm Composting

Worm composting: Worm composting is a very easy and efficient way to recycle food waste, then turn it into rich, high-quality compost. It is made in a container that has moistened bedding and redworms. The bedding is usually made of moistened shredded newspaper with food waste from the household. The worms practically go crazy over such an ideal living place (for worms), eating plentiful and reproducing at a fast rate, thus creating a compost that is perfect for gardening. Worm composting significantly reduces the amount of household waste that goes to the landfill. If done properly, there should be little or no gnats, fruit flies or an odor, and it’ll also rodent-proof. Worm composting is very simple, and also very inexpensive. You just need five things. A commercially made bin made from plastic, or you can make one out of wood. You will need bedding, and the best kind of bedding is shredded moistened newspapers, leaves, and wet cardboard. You need moisture, without the right amount of moisture, the worms will shrivel up and die. You’ll need redworms, because redworms thrive on organic material. And lastly, food scraps. The worms really love food scraps. But nothing fatty or meaty. Worm compost or castings make some of the world’s best fertilizer and help not only feed plants but also fight disease, while recycling!
CAJUN CREAM CHEESE STUFFED ANAHEIM PEPPER

**INGREDIENTS**

- 5 Anaheim peppers, stemmed and cored (or more as needed, depending on the size)
- 8 ounces cream cheese
- 2 ounces shredded cheddar cheese
- 2 tablespoons Cajun seasoning

**Cooking Directions**

1. Preheat grill to medium heat.
2. Wrap Anaheim peppers in aluminum foil and grill 6-8 minutes, or until nicely charred. Alternatively, you can broil them not too close to the heat source about 15 minutes, until they begin to char.
Farmer Profiles

Farmer Profile: Tim  
**Farmer Nickname: Tim the Turtle**

Tim decided to work on the farm because he wanted to learn more about farming and growing food. His favorite part of this job is just being outside and being able to work with his friends. Tomatoes are his favorite food grown at the farm because they’re colorful and taste sweet. He describes himself as funny, hardworking and caring. His co-workers describe him and funny and outgoing. His plans for after the farm are simple. He wants to finish high school and go to college.

Farmer Profile: Jaime  
**Farmer Nickname: Papi**

Jaime decided to work at the farm because he heard from a lot of people that it’s a really a fun job, it’s good for the environment, and the people here are very helpful. His favorite part of the job is how helpful and supportive everyone is. His favorite food at the farm is the corn. He describes himself as a funny, outgoing, and responsible person. His co-workers would describe him as a funny and helpful person. After the farm he wants to finish high school and also says he may already know what he wants to go to college for.