Hello from the Supa Fresh Youth Farm! This week we’re beginning to see rain after so many months of this scorching heat. It’s a sign that summer is closing which is a very morose time for us because soon, we have to say goodbye to you all till next year! Annually, the City of Tigard awards grants for community events and social services in Tigard. The goal of a new grant this year is to support local children with basic school needs. We mention this because the City of Tigard has helped fund this program for many years. Their funding is essential to help our program to keep running, to pay for internships and a lot of other things. So we offer thanks. Without the kindness and benevolence of the City of Tigard, we wouldn’t be here to offer you, our amazing customers, your fresh veggies. This Friday is going be a fun day, a celebration of the end of the season. We’re going to all bring movies, pick one, watch one and just hang out. Then after that, We’re going to Old Town Beaverton and having a big lunch at Giovanni’s! Till next time, see ya later tomater :)

Food for Thought: Why Gardening is Good for Your Mental Health

Hello members! Have you ever noticed how your mood, when gardening (if you do some gardening, and you should), is always calm? Never angry, never sad, always calm and almost meditative in manner? Well that’s because research reveals that gardening actually psychologically heals and calms you. There are various ways that gardening does this. For example, being able to look after plants, nurturing them, watering them, making sure they are healthy gives us a sense of responsibility, and in children it helps them to develop a love and appreciation of nature. It keeps us connected with the outside world, allowing us to remove our minds from ourselves, looking at the big picture, not just looking at ourselves. Studies in 2003 concluded that in prisons and mental health facilities, group gardening is really helpful because it utilizes collective skills and aspirations rather than personal symptoms and deficits. But, not everyone sees gardening in a social aspect. However, there are many people who enjoy gardening for the solitude it may offer rather than the social aspect. Gardening allows us to have an escape from people and life in general. It lets us tap into our care free selves. The rhythmic nature of gardening also just allows a person’s thoughts to flow more freely. You could be agonizing over a question through the entirety of the day, then you could garden, not even thinking about anything but tending the plants, then the answer to your question can just come. When you garden it actually releases a lot of dopamine and serotonin (Chemicals in your brain that actually make you feel happier) in your brain. In fact, studies have shown that there are “friendly” microbes found in organic soil that have been proven to raise serotonin levels in the brain, and reduce depression—so dirt (and gardening) literally make you happier! There are many more thing about gardening that psychologically pleases the mind, but definitely the best thing about it is being able to nurture the plants from their seedling phase, till they bloom in full maturity. So if you’re ever bored or anxious, do some gardening! We all know it helps :)

Farmer Profile: Jesse

Jesse decided to work here at the farm simply because he needed a job and work experience. He enjoys learning new skills and working in a friendly environment. His favorite food grown at the farm are the artichokes, because they taste good and he rarely gets to eat them. He describes himself as enthusiastic. His co-workers describe him as very friendly. After leaving the farm, he plans on getting a long term job and going back to finish college.

Farmer Profile: Leo

Leo decided to work at the farm because he felt he needed a first summer job, and he heard about the program from a friend. His favorite part about the job is the “home-y” feeling of the place. His favorite food here is the tomatoes. He describes himself as a hard worker with a strong work ethic, but has his own way of getting things done. After he leaves the farm he plans to finish high school, save about $5,500, move to Montana in a converted school bus, then start looking for a job.
Tomatillos: Try them in our recipe of the week!

Kale: A kale smoothie is always healthy!

Ground cherries: Add them to a salsa!

Flower bouquets: Made with love!

Salad green mix: Triple washed, spun and ready to eat!

Cherry tomatoes: Halve and roast, add to bruschetta!

Tomatoes: Pico de Gallo always sounds good :)

Hot peppers: Habanero chili? Why not?

Cucumbers: Try them in our recipe of the week!

Patty pan squash: Remove stem and blossom, boil it, then put bacon bits and breadcrumbs over it. Yummmmm!

Eggplant: Add some to a pasta salad!

Radishes: Toast them on an oven with olive oil and thyme. Drizzle with lemon juice and serve!
**Tomato, Onion and Cucumber Salad**

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**Ingredients**
- 5 medium plum tomatoes, halved lengthwise, seeded, and thinly sliced
- 1/4 red onion, peeled, halved lengthwise, and thinly sliced
- 1 Kirby cucumber, halved lengthwise and thinly sliced
- A generous drizzle of extra-virgin olive oil, about 2 tablespoons
- 2 splashes red wine vinegar
- Coarse salt and black pepper

**Directions**

Dress the tomatoes, onions, and cucumber with olive oil, red wine vinegar, salt, and pepper. Let stand while you prepare dinner, about 20 minutes. Re-toss and serve salad with crusty bread for mopping up juices and oil.

Recipe courtesy of Rachael Ray

Source: http://bit.ly/1i8QkgN

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**Salsa Verde: Green Tomatillo Salsa**

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**Ingredients**
- 8 ounces (5 to 6 medium) tomatillos, husked and rinsed
- Fresh hot green chiles, to taste (roughly 2 serranos or 1 jalapeno), stemmed
- 5 or 6 sprigs fresh cilantro (thick stems removed), roughly chopped
- Scant 1/4 cup finely chopped onion
- Salt

**Directions**

Whether you choose the verdant, slushy, herby freshness of the all-raw tomatillo salsa or the oil-colored, voluptuous, sweet-sour richness of the roasted version, tomatillos are about brightening tang. The buzz of the fresh hot green chile adds thrill, all of which adds up to a condiment most of us simply don't want to live without.

For the All-Raw version: Roughly chop the tomatillos and the chiles. In a blender or food processor, combine the tomatillos, chiles, cilantro and 1/4 cup water. Process to a coarse puree, then scrape into a serving dish. Rinse the onion under cold water, then shake to remove excess moisture. Stir into the salsa and season with salt, usually a generous 1/4 teaspoon.

For the Roasted version:

Preheat a broiler.

Roast the tomatillos and chiles on a baking sheet 4 inches below a very hot broiler until darkly roasted, even blackened in spots, about 5 minutes. Flip them over and roast the other side, 4 to 5 minutes more will give you splotchy-black and blistered tomatillos and chiles. In a blender or food processor, combine the tomatillos and chiles, including all the delicious juice that has run onto the baking sheet. Add the cilantro and 1/4 cup water, blend to a coarse puree, and scrape into a serving dish. Rinse the onion under cold water, then shake to remove the excess moisture. Stir into the salsa and season with salt, usually a generous 1/4 teaspoon.

Source: http://bit.ly/1ihHEAj