This Week on the Farm

Hello from the Supa Fresh Youth Farm! This week was a very relaxing, and fun week at the farm. We had some chilly days and some much-needed rain, but we’re working in the sun again. Recently, CEC (Cascade Education Corps) has conjoined with the Hub (High School Reengagement Program), allowing students to work while earning a science credit at the same time! Pretty neat huh? CEC, for those of you who don’t know, offers a habitat restoration program. Basically removing invasive plant species, like blackberries, and reinstating the native trees and plants. This program is very helpful for our environment and for our youth as well! Just this Tuesday, we had the first day of school. Some of the youth will attend the HUB program, while others will attend other schools in the district. Youth who have already graduated will be working with the YouthSource program, working on their next steps in life. There are only a few weeks left for the CSA, but we have some fun plans in the works for a harvest celebration in October (More on that to come). Till next time, see ya later tomater! :)

Food for Thought: Eat Your “Ugly” Veggies!

Can you believe that an estimated 40 percent of food grown in the USA is wasted, thrown away, or neglected simply because of the oddity of its outward appearance? A small portion of the waste is vegetables that people let wilt in their fridge, or things like apples that have fallen on the ground, but most of the foods wasted are things like tomatoes and other fruits and veggies that are perfectly fine, but are deemed too small or too weirdly shaped. Imperfections like this happen all the time, it’s part of farming, and differences make life more interesting. They aren’t really that ugly; They’re actually really amusing, and besides, it’s what’s on the inside that matters. Food waste is a terrible thing. Nearly 800 million people worldwide suffer from hunger and starvation. Globally, 2.9 trillion pounds of food a year, which is enough to feed everyone suffering from world hunger more than twice over, is thrown away or wasted. Wasting so much food takes a toll on our environment as well. Producing food that no one desires spoils the water and partially ruins the land used to grow the food. Even in schools food waste is a problem. 40 percent of the food served to children gets thrown away. Some schools have ventured to set up sharing tables where the children serve themselves portions that they will fully eat. There are communities trying to change this as well. Currently there are many stores who’s sole purpose is simply just to sell funny looking vegetables! We hope you take into consideration what has been said in this weeks Food for Thought. It’s amazing how much change even one person’s contribution can make. So, whenever you get a funky looking veggie in your CSA box, you should feel good knowing that it will not only be delicious, but you are also preventing food waste. Eat yo “ugly” veggies!
Farmer Profile: Kyle
Kyle decided to work at the farm because of his desire to help the community. Out of all the tasks here at the farm, his favorite job to do is harvesting the vegetables. Tomatoes are his favorite farm-grown food. He describes himself as a fast and hard worker. His co-workers describe him as a hard worker who takes initiative. Currently, he plans to continue working at the farm, while exploring his career options. For now, he is happy that he can work here and contribute to his community.

Farmer Profile: Sam
Sam decided to work at the farm because he enjoys working with youth like himself and because he sees this job as an opportunity to positively change the community. His favorite part of the job is seeing his hard work pay off. His favorite food grown here is tomatoes. He describes himself as a positive and hardworking individual.

His co-workers describe him as friendly, helpful, reliable and just fun to work with in general. He hopes to stay in the same line of work of helping the environment after he leaves the farm. His dream career goal is to make a living out of music.
Flower bouquets: For a loved one :) 

Hot peppers: Try them in our recipe of the week! 

Salad mix: With edible flowers. Guaranteed to satisfy, as Always :) 

Radishes: Sautéed radishes always sounds good :) 

Kale: Potato salad with grilled kale! Sounds delicious! 

Beets: Roast them and add them to our salad mix :) 

Corn: Look at our recipe of the week! 

Summer squash: Add some onions, butter, then sauté them With the squash, then serve! 

Grapes (Full share only): Make a fruit salad! FYI, these grapes have seeds 

Cucumbers: Combine sour cream, lemon juice, and dill. Add Cucumbers, then serve! 

Eggplants: Batter, bake, and serve with tomato and mozzarella. 

Fresh herbs: Good for your health!
Pasta with fresh tomatoes and corn

**Ingredients**

- 8 ounces pasta
- 4 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 1/2 cup whole corn kernels, cooked
- 4 tomatoes, chopped
- 1/2 cup chopped green onions
- 1 teaspoon dried basil
- salt to taste
- ground black pepper to taste
- 1 tablespoon grated Parmesan cheese
- 2 teaspoons chopped fresh basil (optional)

**Directions**

In a large pot with boiling salted water cook pasta until al dente. Drain.

Meanwhile, in a large bowl whisk together the olive oil, red wine vinegar, and dried basil. Add salt and pepper to taste. Stir in the tomatoes, corn kernels, and scallions. Let sit for 5 to 10 minutes.

Toss pasta with tomato mixture. Sprinkle with grated parmesan cheese. Garnish with fresh basil, if desired.

**Prep time:** 20 minutes  
**Cook:** 10 minutes  
**Ready in** 30 minutes


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Burmese veggies with hot peppers

**Ingredients**

- 3 tablespoons sunflower oil (or vegetable broth)
- 1 1/2 cups red bell peppers, sliced thin
- 1/2 cup yellow bell peppers, sliced thin
- 1 cup carrot, thinly sliced
- 2-4 garlic cloves, sliced
- 1/8 teaspoon fresh red chile, chopped
- 4 tablespoons tamari soy sauce
- 2 teaspoons toasted sesame oil (optional)
- salt
- pepper

**Directions**

In a large saucepan or wok, heat the oil over high heat until hot but not smoking.

Toss in the vegetables and seasonings and stir-fry for 3 to 6 minutes, stirring 5 to 7 times. The vegetables should be slightly crunchy.

If you would like them a little more tender, cook a few minutes longer. Season to taste with salt and pepper. Drizzle over sesame oil, if using. Enjoy!

Remove from the heat and serve.

Serve with brown rice or noodles.