Cultivating the future!

Chief Editors: Stone,

Hello from the Supa Fresh Youth Farm! This week has been a fantastic and busy week at the farm. Last weekend we had our last market for the summer at a pop-up market at Anthropologie. We sold lots of vegetables even though we weren’t at our usual market, and we had a lot of fun meeting new customers and talking to people about our program.

Next month we are going to have a Supa Fresh Harvest Festival and Metzger Park Design Celebration! We’re inviting all of you, our beloved CSA members, as well as our farm friends to join us. We will have a pot luck, games, our farm stand, and our annual Beauty and the Beast Pumpkin Carving Contest. So hone your carving skills and get ready for some fall fun. We hope you all will come celebrate with us so we can thank you for supporting what we do here at the farm. The festival will be taking place at the Bethlehem House of Bread (or as we call it BHOB) October 12th, from 3:00 to 6:00pm. Invitation coming soon...As always, until next time see ya later tomater! :)

Josh being josh
Jered & Kevin at the market

This Week on the Farm

Food for Thought: Talking Plants?

Have you ever wondered if plants speak to each other? And then thought it was a funny thought later on? But it’s really not that silly. Though the evidence for plant communication is only a few decades old, there’s enough that we can definitely say that plants communicate with each other. There are two studies, both published in 1983, that demonstrates that willow trees, sugar maples and poplars can warn each other about harmful insects. Undamaged trees near other damaged trees that are infested with bugs begin releasing bug-repelling chemicals to ward off the incoming insects. Somehow, they sensed the danger and they reacted to it. Rigorous and carefully controlled experiments of repeated testing in labs, forests and fields are overcoming the criticisms of this theory. It’s now well-established that when bugs chew on leaves, plants respond by releasing chemicals into the air. These chemicals can sometimes repel pests or even attract predator insects that feed on the pests. It’s almost like the plants cry for help and reinforcements arrive! Plant communication is still a small field, but it’s now respected as a real science. There is no debate now on whether plants communicate or not. It’s been proven that they do. The debate is on why and how plants communicate. A large amount of the studies have taken place under controlled lab conditions, so one of the biggest questions is to what extent do plants communicate in the wild. Scientists are also exploring how messages from the signals that the plants give might spread. Apparently, plants transmit information with electrical pulses, and a system of voltage-based signaling that is very oddly reminiscent of the animal nervous system. It’s very interesting. We hope one day we can understand plant communication so well that we will be able to breed plants that are stronger.

Source: http://bitly12MAnCH
Farmer Profile: Nick

Nick decided to work at the farm because he enjoys the company of his co-workers. His favorite part of the job is planting new veggies and meeting new people. Of all the food we grow here, Nick’s favorite to grow and eat is tomatoes. He describes himself as a kind person and a hard worker. His co-workers describe him as silly, and a team player. After he leaves his farm, his career goal is to become an auto-mechanic.

Farmer Profile: Hunter

Hunter started working at the farm because he enjoys the company of new people. His favorite parts about the job is planting, harvesting, helping, and working with others. His favorite food grown here are the tomatoes. He describes himself as a hard-worker who is always on task. His co-workers describe him as a humorous and hard-worker. After leaving the farm, Hunter plans to go to college and maybe have a career in photography.
Tomatoes: Slice in half, coat with olive oil, salt and Italian herbs, roast in 400 degree oven for 45 minutes, make into the best pasta sauce ever!

Peppers, mostly Anaheim and jalapeños: We picked a peck now you can pickle some peppers

Eggplant: Add it to a green curry!

Squash: Roast ‘em or grill ‘em it’s all good! Try the summer squash in our recipe of the week!

Cucumbers: Make cucumber slaw with sweet peppers!

Baby carrots from the Great Carrot Massacre of 2016: This is the last of the carrots because a well-meaning farmer pulled all the tiny starts when he was thinning. These things happen. No use crying over uprooted carrots.

Kale: Steam it with broth and add some bacon if you’re feeling sassy!

Salad mix: Triple washed and sooooo good! The salad greens are happy now that the weather has cooled a bit so expect more!

Corn: Grill it, remove from the cob and add to a breakfast scramble!

Radishes: Make a great snack, especially with hummus!

Ground cherries: These rare little gems are like candy! We can’t stop eating them long enough to make them into something!

Basil: Caprese with a side of caprese—eat the basil and toms before they go away for the season!

Flowers: As always, make with love!

Tomatillos: Add them to a chicken posole with the radishes!
### Tomato Salad with Edamame Succotash

**Ingredients**
- 3 tablespoons olive oil
- 1/4 teaspoon crushed red pepper
- 2 cups frozen sweet soybeans (edamame), thawed
- 2 cups fresh corn kernels or 2 cups frozen whole kernel corn, thawed
- 3/4 cup chopped red sweet pepper
- 1/2 cup sliced green onion
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons snipped fresh flat-leaf Italian parsley
- 2 tablespoons snipped fresh mint
- 1/2 teaspoon salt, divided
- 3 pounds medium to large heirloom tomatoes, cored and sliced 1/4-inch thick
- 1/4 teaspoon ground black pepper

**Directions**
Heat oil and crushed red pepper in a large skillet over medium-high heat for 1 minute. Add edamame, corn and red sweet pepper. Cook and stir for 4 minutes. Add green onion; cook and stir for 3 to 4 minutes or until vegetables are tender. Add lemon juice, parsley, mint and 1/4 teaspoon salt. Stir to combine; remove from heat.

Arrange tomato slices on salad plates or a platter. Sprinkle with remaining 1/4 teaspoon salt. Spoon warm vegetables over tomatoes. Sprinkle with black pepper.

**Total time: 35 minutes**

### Stuffed Pattypan Squash

**Ingredients**
- 6 pattypan squash, stem and blossom removed
- 6 slices bacon
- 1/2 cup diced onion
- 1 1/2 cups soft bread crumbs
- 1/4 cup freshly grated Parmesan cheese
- salt and pepper to taste

**Directions**
Preheat oven to 350 degrees F (175 degrees C). Bring one inch of water to a boil in a saucepan over medium-high heat. Add squash, cover, and cook for 10 minutes, or until a fork can pierce the stem with little resistance. Drain, and slice off the top stem of the squash. Use a melon baller to carefully scoop out the centers of the squash. Reserve all of the bits of squash. Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Remove bacon to paper towels, and set aside. Saute onion in bacon drippings. Chop the reserved squash pieces, and saute them with the onion for one minute.

Remove the skillet from heat, and stir in the bread crumbs. Crumble the bacon, and stir into the stuffing along with the Parmesan cheese. Season to taste with salt and pepper. Stuff each squash to overflowing with the mixture, and place them in a baking dish. Cover the dish loosely with aluminum foil.

Bake for 15 minutes in the preheated oven, or until squash are heated through.

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