Hello from the Supa Fresh Youth Farm! This week at the farm has been quiet, but eventful. It is now the equinox (Equal day, equal night) which marks the official beginning of fall, but the beginning of fall means the ending of summer, and we are sad to see summer leave, but we are also happy because we have a lot of things in store for the future. Earlier this week, we had a crew go over to Sauvie Island for a mini field-trip to work on vibrant valley farm. The Supa Fresh youth group joined in with the Vibrant valley farmer’s on heir Tuesday harvest. We learned their method of harvesting, how they washed their food and stored it before selling to restaurants and CSA’s. They also have a thing called CSB, which is Community Supported Bouquets. After working at Sauvie Island, our youth went into St. Johns, Portland and hung out at cathedral park. Although it was a fun field trip, our highlight of the week will always be giving you, our members, your weekly CSA’s. Until next time, see ya later tomaters! :)

Food for Thought: Whole foods versus processed foods

Often, the way a company advertises and markets their products, tricks a lot of people into believing a product is healthy, when in reality, it’s not. For example, Diet Coke. Any “diet” or “light” drink is advertised as being a healthy soda. A soda that promotes weightless due to the lack of sugar it contains. But that’s not true. There is no link to diet soda to weight loss. There is a link between depression and diet soda though, and a lot of people believe it is healthy simple because the word “diet” and “light” is placed on the label. There is a very big difference between whole foods and processed food. A diet consistent of whole foods is much better then a processed food diet. Whole foods are mostly nutrient dense, whereas processed foods are more energy dense. Nutrient dense foods give essential nutrients to your body like fiber, vitamins and minerals with low added sugar and fat. Energy dense foods are high calorie foods, they provide many calories but very little essential nutrients. A whole food is a food considered to be a food with only one ingredient. Such as apples, cucumbers, corn, egg-plants, etc. These foods help you reduce your cholesterol, reducing risk for diabetes and much more. In short, stick to eating plants. Not only does having the right diet help you keep your body healthy, but it also helps to keep you emotionally healthy.

Source: http://bit.ly/1nlEkZn
Farmer Profile: Luis

Luis decided to work at the farm because he saw it as a great opportunity to learn new things and to help out the community. His favorite part of the job is making the CSA’s. His favorite food here is the tomatoes. He describes himself as an independent hard-worker. His co-workers describe him as hard working and dedicated to his given tasks. His career goals after leaving the farm is to get a leadership position in a job and to finish college.

Farmer Profile: Kamen

Kamen’s favorite part of the job is just simply working here, he enjoys the company of his co-workers and supervisors. He decided to work here because he was struggling to find a job, and a friend told him about the farm. His favorite food grown here are the tomatoes.
Eggplants: Try them in our recipe of the week!

Squash: Cut them into French fries, then bake them.

Kale: One of the most nutrient-rich plants we grow :)

Herbs: Always a very healthy thing to add to your diet.

Tomatoes: Add some sliced tomatoes and basil over a grilled salmon

Salad mix: Served with edible flowers

Peppers: In Susa, Italy, it’s popular to stuff a pepper with tuna.

Maybe give it a try! Sure sounds delicious :)

Ground cherries: Try them in our recipe of the week!

Tomatillos: Make some green salsa!

Bouquets: For a loved one
Greek Grilled Eggplant Steaks

**Ingredients**

2 eggplants  
Olive oil, for drizzling  
Sprinkle of chili powder  
Sprinkle of kosher salt  
Sprinkle of freshly ground black pepper  
8 ounces feta, diced  
4 Roma tomatoes, diced  
1 hothouse cucumber, seeded and diced  
1 cup fresh flat-leaf parsley, chopped  
1 lemon, sliced in half

**Directions**

Heat a grill pan over medium heat. Slice both eggplants lengthwise into 3 thick steaks. Drizzle with some olive oil and sprinkle with the chili powder, salt and pepper.

Grill the eggplant steaks until tender and nicely marked by the grill pan, about 4 minutes per side. Transfer the eggplant steaks to individual serving plates and sprinkle with the feta cheese, tomatoes, cucumbers and chopped parsley and top with a squeeze of lemon. Serve.

**total Time:** 20 min  
**Prep:** 10 min  
**Cook:** 10 min  
**Yield:**6 servings  
**Level:**Easy


Fresh Ground Cherry Salsa

**Ingredients**

1 lbs of ripe ground cherries, halved (about 2 cups)  
½ lb of ripe Roma or cherry tomatoes, diced (about 1 cup)  
1 large jalapeno  
½ cup minced red onion  
1 small clove garlic, minced  
¼ cup chopped fresh cilantro leaves  
½ tsp salt  
pinch ground pepper  
2-6 tsp lime juice (1-2 limes)  
Sugar to taste (up to 1 tsp)

**Directions**

Place tomatoes in colander and let drain 30 minutes. As they drain, layer ground cherries, jalapeno, onion, garlic and cilantro on top. Shake colander to drain off excess juice. Discard. Transfer to large bowl and add salt, pepper and 2 tsp lime juice. Toss to combine. Taste and add minced jalapeno seeds, sugar and lime juice to taste.

Note: This salsa can be made 2-3 hours in advance, but hold off adding the salt, lime juice and sugar until just before serving.


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chili, seeded, with the flesh finely minced  
½ cup minced red onion  
1 small clove garlic, minced  
¼ cup chopped fresh cilantro leaves  
½ tsp salt  
pinch ground pepper  
2-6 tsp lime juice (1-2 limes)  
Sugar to taste (up to 1 tsp)