This Week on the Farm

Hello from the Supa Fresh Youth Farm! Spring is over and just this Monday we had the first day of summer so we'll be seeing a lot more sunshine, and we sure are happy about that here at the farm. We have a whole new youth crew, we have 20 plus new farmers working with us. Currently they are still in work readiness training, acquiring skills for the workforce. They are learning marketing skills, interview etiquette, job searching skills, how to dress properly for your interview, budgeting, updating your resume and various other important skills that are needed. Last Thursday we had our first CSA of the year! (Thanks to you folks.) It was very smooth, very successful. Our youth here actually managed to do the entire harvest all by themselves, and for that we are especially proud. We thank all of you very much for how much you help us by taking interest in the wide variety of veggies we have here. We hope you read this newsletter! We have included our harvest list, a profile of one of our farmers and a recipe for some of our veggies. Until next time, see ya later toma'ter!

Farmer Profile: Ian

Ian decided to start work at the farm because he believed he needed work experience. He has done farming in the past so he saw Supa fresh as a good fit for him. His favorite part of the job is simply working outdoors. His favorite food grown at the farm is onions, he says they are his favorite veggie. He describes himself as a very nonchalant person. His co-workers describe him as hard working, motivated, always on task. Currently he’s still trying to figure out what he wants to do, but he thinks it’s a possibility it will be something farm related.

Food for Thought

Summer solstice: The summer solstice is an event that occurs in June in the western hemisphere where the sky experiences its longest day and its shortest night of the entire year. It is a common misconception that June 21st is always the exact date of the summer solstice every year, which is not true. The summer solstice can also happen on the 20th or the 22nd, although the summer solstice happening on June 22nd is a very rare occurrence. The last solstice on June 22nd happened in 1975 and the next one will be in 2203.

Source: Old Farmer’s Almanac
Roasted paprika chicken with greens and grains.

Roasted Paprika Chicken with Greens and Grains
We rubbed chicken with a mix of paprika, salt and pepper. Paprika adds a reddish hue and a sweet-smoky accent to chicken. The pan drippings are used to season the mustard greens.

- **PREP:** 10 MINS
- **TOTAL TIME:** 45 MINS
- **SERVINGS:** 4

**INGREDIENTS**
- 1 tablespoon sweet paprika
- Coarse salt and ground pepper
- 1 whole chicken (3 1/2 to 4 pounds), cut into 8 pieces
- 3/4 cup bulgur
- 2 tablespoons fresh lemon juice
- 1 pound mustard greens (thick stems removed), torn into bite-size pieces and rinsed but not dried

**DIRECTIONS**
Preheat oven to 475 degrees, with racks in upper and lower thirds. In a small bowl, combine paprika, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Place chicken on a large rimmed baking sheet; rub with spice mixture. Roast on upper rack, basting with pan drippings once, until an instant-read thermometer inserted in thickest part of a breast (avoiding bone) registers 165 degrees, 25 to 30 minutes.

1. Meanwhile, mix bulgur in a medium bowl with 1 1/2 cups boiling water and 1/2 teaspoon salt. Cover; let sit until tender but still chewy, about 30 minutes. Drain in a fine-mesh sieve, pressing down on bulgur to remove liquid; return to bowl, and toss with 1 tablespoon lemon juice.

2. When chicken is done, transfer to a plate, and loosely tent with aluminum foil (reserve baking sheet with drippings). Place mustard greens on baking sheet, and toss with drippings; season with salt and pepper. Roast on lower rack, until wilted, about 5 minutes. Toss greens with remaining tablespoon lemon juice. Serve chicken with mustard greens and bulgur.

**Fava bean soup**
An ancient member of the pea family (Europeans and north Africans have been eating them for millennia), fava beans have a nutty taste and buttery texture all their own. **SOURCE:** MARTHA STEWART LIVING, MAY 2011

**INGREDIENTS**
1 1/2 cups chopped white onion
- 1 tablespoon olive oil
- Salt and pepper
- 2 1/2 cups chicken stock
- 2 1/2 cups blanched, peeled fava beans
- 1/4 cup grated Parmesan

**Lemon juice**

**DIRECTIONS**

**This Week’s Harvest**
- Turnips: Try them roasted!
- Beets: Grate them on a salad!
- Fava beans: Try them in our recipe of the week!
- Mint: Mojitos anyone?
- Dinosaur Kale: make an Asian sesame kale salad!
- Artichokes: Add them to pasta primavera!
- Cauliflower: Use it to make pizza crust!
- Mustard Greens: Try them in our recipe of the week!
- Garlic: First of the season!
- Red Cabbage: Make sour Kraut
- Salad Mix: Triple washed with edible flowers—ready to go!
- Rosemary: Improves memory!

Scan us! recently updated!

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