This Week on the Farm

Hello from the Supa Fresh Youth Farm! We hope you are having a nice summer. After all, with the clear weather and all the sunshine that’s easy to do. This is the first full week for all the new youth here at the farm. The first thing they always learn before they even contemplate touching the vegetables is hygiene. Double-washing their hands before they harvest or before they touch any vegetable we grow. So far they all have been doing a good job and all our new youth are learning fast. The CEC (Cascade Education Corps) crew have also started this week. CEC is a program in which youth work on trail restoration, cutting down ivy, and other invasive species and replanting the native species, and restoring the land to its former state. Also, this Saturday we will be working a stand at the Lake Oswego farmers market. The farmers market starts at 8:30 and ends at 1:30. Please tell your family and friends to come to the farmers market. You won’t regret it. ’Till next time, see ya later tomater! :)

Farmer Profile: Cesar

Cesar says he decided to work at the farm because he enjoys working outside and it’s something he grew up doing. Cesar started working at the farm when he was 15 and is now on his 4th summer with us. His favorite thing about being at the farm is being able to be outside and work at an organic farm. He describes himself as “the guy with the most experience and the guy who goes by little Cez.” He says his co-workers describe him as hard working and athletic. After he leaves the farm he plans on opening his own business, he also plans on finishing the three years of college he has left.

Summer Solstice:

Source: Medical News Today

Garlic. When you hear the word you scarcely think of anything related to medicine. What first comes to mind is the aroma of fresh garlic bread being baked in the oven. But surprisingly, for thousands of years garlic wasn’t always used for culinary purposes. For the better part of history garlic has been used mainly as a medicine. In fact, Hippocrates (circa. 460–370 BC), who was regarded as the father of modern medicine, prescribed garlic for various medicinal purposes such as respiratory problems, parasites, digestion problems and fatigue. The Greek Olympic athletes in ancient Greece were also given garlic as a performance enhancer. Garlic is used these days as cancer prevention for a lot of different strains of cancer, such as lung cancer, prostate cancer, breast cancer, stomach cancer, rectal cancer, and colon cancer. People who eat raw garlic at least twice a week have a 44% less risk of getting lung cancer. So maybe a little garlic breath is not so bad after all!
Fried cabbage recipe

**Ingredients:**
- 4 servings
- 6 slices bacon, chopped
- 1 large onion, diced
- 2 cloves garlic, minced
- 1 large head cabbage, cored and sliced
- 1 tablespoon salt, or to taste
- 1 tsp ground black pepper
- 1/2 tsp onion powder
- 1/2 teaspoon garlic powder
- 1/8 teaspoon paprika

**Directions:**
Place the bacon in a large stockpot and cook over medium-high heat until crispy, about 10 minutes. Add the onion and garlic; cook and stir until the onion caramelizes; about 10 minutes. Immediately stir in the cabbage and continue to cook and stir another 10 minutes. Season with salt, pepper, onion powder, garlic powder, and paprika. Reduce heat to low, cover, and simmer, stirring occasionally, about 30 minutes more.


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Watercress and cabbage stir-fry

**Ingredients:**
- 4 servings
- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- 1/2 medium green cabbage, sliced and diced
- 1 large bunch watercress
- 2 tablespoons soy sauce
- 1 tablespoon toasted sesame oil

**Directions:**
In a large skillet heat the oil over medium-high heat. When the oil is hot, add the garlic and diced cabbage and cook, stirring frequently, for about 2 minutes. Chop off the bottom halves of the watercress stalks and set aside for another purpose. Chop the leaves and tender upper stalks. Add the chopped watercress, soy sauce, and sesame oil and cook for another few minutes, or until the watercress is wilted and the cabbage is of the consistency you prefer.