Hello from the Supa Fresh Youth Farm! Last weekend we had our farmer’s market stand at the Lake Oswego Farmer’s Market. We had our usual selection of deliciousness: Mustard greens, garlic, beets, kale, cabbage, salad mix, and much more. As always, it was very fun and delightful to see so many new faces. We hope to see you at some of our upcoming farmer’s markets. We will be at the Lake Oswego market again on Saturdays 7/23, 8/6, & 8/20 and at the Tualatin Farmer’s Market on Fridays, 7/29, 8/12, 8/19 & 8/26.

Tuesday was a very fun day here at the farm. We did yoga with Josh to get rid of tension and to stretch our muscles. We also had our weekly Stone Soup lunch! Our gourmet youth chef crew from the farm cooked a huge meal for every farmer to eat. Every Tuesday we all gather and eat like a family and we call it the Stone Soup Lunch after the old story. We named it this because we all contribute to making the meal happen, which is the moral of the Stone Soup story—we learn that working together we can make great things that benefit everyone. This meal was an Italian feast of pasta, potatoes, a (ridiculously good) kale salad, fruit and iced tea with mint. We made this meal using kale, potatoes, shallots, onions, and garlic that were grown here at the farm.

Thank you for taking an interest in our farm. Your support is helping us all have a great summer! Until next time. See ya later tomaters! :)

The plants, animals and organizations that share our environment are so important to us. They are a part of our ecosystem and we rely on them to survive. Plants, for example, are used for food, medicine, cosmetics, paper, and a lot of other things. Trees are so very important to us as well. They provide us with our main oxygen source, provide shade, and cool the earth. Everything on our earth, in our environment works together to make nature run smoothly and perfectly. A healthy environment is necessary for the survival of human and animal life. Yet, often, we harm our environment in ways that we don't even know ourselves. For example, waste management can have a big impact on the environment. Recycling is an effective method of keeping the environment healthy. When you throw something in the trash, it gets thrown into a landfill. A landfill is toxic and harms the environment. Plus, the more things you throw in the trash, the more resources get used, which in turn harms the environment. Composting waste helps the environment. It's not only a way to recycle biodegradable waste and keep it out of landfills, but it also makes natural fertilizer and mulch for plants. Water conservation is also a very important part of protecting our environment. At the farm we are learning about composting and water conservation in an effort to be environmentally-friendly. Every purchase from the farm is a vote for our environment. At the farm we don't call it THE environment. We call it OUR environment because the earth belongs to all of us, and we intend to do our part to protect it. Thank you for supporting our work!
'Cheezy' Roasted Potatoes

INGREDIENTS:
3 pounds Yukon gold or red potatoes, cubed 1”
1/4 cup extra virgin olive oil
1/4 cup nutritional yeast
2 to 3 tablespoons Herbs De Provence or basil
1 teaspoon onion powder
salt and pepper, to taste

DIRECTIONS:
1. Preheat the oven to 400 degrees F. Place potatoes in a large bowl; pour olive oil over them to coat.
2. Add the nutritional yeast, Herbs De Provence, onion powder and as much salt and pepper as you like and toss to coat.
3. Pour into a large baking dish (I usually use a 9x13” glass baking dish) or a large cookie sheet with a rim and bake for 1 hour, stirring once halfway through.
These are so easy, but turn out nice and crispy and browned! You could add any other spices you like, but I think they’re best just plain.


Glazed Carrots and Ginger

INGREDIENTS:
5-10 carrots, peeled but with 1-inch green top left on
1 tablespoon butter
1 tablespoon honey
One 3-inch-by-1/2-inch-piece ginger, peeled and cut into 1/4-inch-thick matchsticks
1/2 teaspoon thinly sliced red chili pepper

DIRECTIONS:
Bring a pot of water to a boil. Add carrots; cook until just tender, 3 to 4 minutes. Drain carrots; pat dry with paper towels.
Melt butter in a large skillet set over medium-low heat. Add the carrots, honey, and ginger, and cook, turning carrots frequently, until carrots and ginger are browned, about 8 minutes. Add the chili pepper, and continue to cook until chili is softened, about 1 minute more. Remove from heat, and serve.
(You can omit the chili pepper to make it less spicy)


Dinosaur Kale: Blanch and serve in pasta!
Garlic: Add it to salad dressing!
Cabbage: You can pickle that!
Brussels Sprouts: Roast with balsamic & honey!
Carrots: What’s up Doc?
Yellow Finn Potatoes: Try them in our recipe of the week!
Salad Mix: Triple washed with edible flowers—ready to go!
Onions: Add them to teriyaki marinade for extra flavor!
Shallots: Add some to the “cheezy” potatoes!
Summer Squash: Cut in 1/2, remove seeds, add basil, shallots & cheese, roast!
Basil: Caprese salad every day!!!
Bouquets! Made with love as always!