Hello from the Supa Fresh Youth Farm! This weekend we had our farmer’s market stand at the Lake Oswego Farmer’s Market. And this week we will be at the Tualatin Farmers Market on Friday. We will have our usual selection of deliciousness: Garlic, beets, kale, cabbage, salad mix, and much more. As always, it should be very fun and delightful to see new faces. We hope to see you at some of our Future farmer’s markets. We will be at the Lake Oswego market this Saturday and on Saturdays 8/6, 8/20 and at the Tualatin Farmer’s Market on Fridays, 8/12, 8/19 & 8/26.

This week we went on our annual “Youth vs. Wild” camping trip at Lost Lake, near Mt. Hood. We had a ton of fun laughing, fishing, hiking, swimming, and boating out on the lake. One of our campers sadly dropped his fishing pole while out fishing in the middle of the lake where it sank to the bottom never to be retrieved. It must have seen a fish it wanted. Andrew made us a delicious peach cobbler. And a few farmers got some slight sunburns throughout the trip. We saw some beautiful sites, explored the Gorge and did a lot of bonding with our team. Yes there were lots of s’mores involved!

Upcoming: next week we will be hosting some volunteers from Portland state for some leadership training for our farmers.

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! :)

Food for thought: Home Cooking vs. Eating Out

Cooking meals at home is a great way to cut down on costs. You also know what is in the food you eat and know how it will taste when you prepare it yourself. Home cooking is also healthy and better than eating out because you know what is in the food and where it comes from. It is also a great way to bring your family and friends together and create memories. Home cooking reduces the temptation to eat food that is bad for you and unhealthy. It makes it easier to live a healthy lifestyle, which also increases the amount of energy you have. According to a John Hopkins study, “home cooking is a main ingredient in a healthier diet”. According to this study home cooking is associated with lower calorie, fat, sugar and carbohydrate intake, not to mention the lack of preservatives and chemical colorings. This is why we love CSAs so much—it’s the perfect way to eat—you get what’s in season so it’s freshest and healthiest, and then plan your meals around those ingredients, rather than the other way around. We commend you on your choice to cook at home with your family!
**Spaghetti with Roasted Cherry Tomatoes, Feta, and Herbs**

**INGREDIENTS**

12 ounces spaghetti
Handful of small cherry or grape tomatoes
Olive oil
Kosher salt and freshly ground black pepper
6 cloves garlic, minced
1/4 cup packed minced fresh herbs such as parsley, chives, and basil
About 1 cup crumbled feta

**DIRECTIONS:**

Preheat the oven to 375°F. On a large rimmed baking sheet, toss together the cherry tomatoes with a drizzle of olive oil and a sprinkle of salt and pepper. Roast the tomatoes until lightly caramelized and shriveled, about 20 minutes. While the tomatoes are roasting, bring a large pot of salted water to a boil. Cook the pasta to al dente according to package directions. While the pasta is cooking, warm 1/4 cup olive oil in a large frying pan over medium heat. Add the garlic and cook, stirring, until sizzling and lightly colored. Add 1/2 cup of the pasta cooking water and bring to a boil, stirring. Add the pasta and toss and stir to coat with the garlic mixture. Add the tomatoes and herbs and toss to combine. Transfer the pasta and sauce to a large shallow warm serving bowl. Toss in the feta. Season with salt.

**Sources:** http://bit.ly/2akqKlt

---

**Rhubarb Berry Jam**

**INGREDIENTS:**

2 cups chopped fresh rhubarb
9 cups fresh or frozen blackberries
3 cups white sugar
6.5 tbs fresh lime juice

**DIRECTIONS:**

Combine the rhubarb, sugar and blackberries into large pot. Bring to a rolling boil over medium-high heat, and boil for 10 minutes longer. Simmer over low heat until jam passes the spoon test: (Info on spoon test: http://www.portlandpreserve.com/testingthejellypoint.pdf)

Next add the lime juice. Transfer to sterile jars or freezer tubs, and cool. Freeze any jam you don't intend to use right away. Use a hot water bath or pressure canner to seal jars if you do not intend to freeze them.

This is the perfect time of year to stock up your canned goods. Jams and preserves make excellent gifts around the holidays, and they ensure that you will have a little piece of summer on those cold winter mornings.

**Sources:** Katrin & Recipes.com