Cultivating the future!
Chief Editors
Kevin J. Stone M.

This Week on the Farm
Hello from the Supa Fresh Youth Farm!

This week has been rather quiet here at the farm. Especially after getting back from our trip to lost lake! Tuesday was a peaceful and tranquil day. We started the day off with some yoga with josh to ease the muscles from tension and to begin the day. After yoga we started on our weekly Stone Soup kitchen meal. We harvested fresh potatoes and kale straight from the farm for our dishes. The meal consisted of chorizo, Eggs with kale, potatoes, banana bread, and zucchini bread. It was probably one of the best meals we’ve made! We also had the Wednesday market which went very smooth. We sold a moderate amount of produce that day, while just enjoying the sun.

Until next time, See ya later tomater!

Food for thought: Why CSA is better

CSA (community supported agriculture) is, as you all know, a very good way to support your local farmers and gardeners. Instead of buying all of your fruits and vegetables from a middle man or a grocery store, with a CSA the same people that grew and harvested the fruits and vegetables is are the same people who hand you your fruits and vegetables when you come to pick them up. Another very important a beneficial thing is that, most of the time, the fruits and vegetables you receive were freshly harvest the morning of the day they get to you. Having a CSA also helps with cooking creatively because sometimes you just don't know what new foods will make it to your kitchen! Also, it inspires one to eat healthier because nobody wants to see so many fresh vegetables go to waste. You save money as well. Having a CSA membership definitely helps a lot with saving time, because instead of having to go to the grocery store, browse the aisles for the best and freshest produce, waiting a in a line till you can get your vegetables, with a CSA membership it’s a lot easier. All you have to do is come by and pick up your box and you’re set!

Quick Cabbage with Tomatoes

**Sources:** http://bit.ly/2anWc9T

**INGREDIENTS:**
- 2 tablespoons unsalted butter
- 1 small green cabbage, halved, cored, and cut lengthwise into 1/2-inch wedges
- 1/2 cup water
- Coarse salt and ground pepper
- 1 pint cherry tomatoes, halved
- 2 tablespoons red-wine vinegar
- 1/4 cup roughly chopped fresh parsley

**DIRECTIONS:**
In a large skillet, melt butter over medium-high heat. Add cabbage and cook, stirring occasionally, until it begins to soften and brown around edges, 4 minutes. Add water, cover, and cook until cabbage is crisp-tender, 5 minutes. Uncover and season with salt and pepper. Add tomatoes and cook, uncovered, until they soften, 3 minutes. Stir in vinegar. Season to taste with salt and pepper and top with parsley.

**Quick Cabbage with Tomatoes Bouquets:**
- Bouquets: for that special someone! ;)
- **tomatoes:** Who doesn't love marinara sauce!
- **Cucumbers:** infuse them in water for a delicious drink.
- **Cabbage:** Don't throw it in the garbage!
- **Kale:** Dino kale a great evolution for dinosaurs.
- **Summer squash:** Why not put it in your soup for an extra boost of flavor.
- **Potatoes:** roasted, boiled, mashed, or fried these potatoes are delicious anyway you serve them.
- **Herbs:** great for the extra kick in any dish.
- **Carrots:** whether its duck season or rabbit season. This old fashioned vegetable is good anyway you cook it.

**SAUSAGE, POTATO AND KALE SOUP**

**INGREDIENTS**
- 1 pound bulk Italian sausage
- 4 cups half-and-half
- 3 cups cubed potatoes
- 2 cups low-sodium chicken broth
- 2 cups whole milk
- 1 onion, chopped
- 1/2 teaspoon dried oregano
- 1/2 teaspoon red pepper flakes
- 2 cups torn kale leaves (bite-size pieces)

**DIRECTIONS:**
Heat a large soup pot over medium-high heat. Crumble sausage into pot; cook and stir until browned, about 10 minutes. Drain and discard grease. Stir half-and-half, potatoes, chicken broth, milk, onion, oregano, and red pepper flakes into sausage, bring to a boil, and reduce heat to low. Simmer until potatoes are tender, about 30 minutes. Season with black pepper; stir kale into soup. Simmer until kale is tender, 10 to 15 more minutes. The feta. Season with black pepper.

**Source:** http://bit.ly/2anVZn1

Visit us on the web! www.supafreshyouthfarm.org
INTERVIEWS:

Interview 1:

**Farmer Profile: Trentin (aka Joker)**
Trentin decided to work with out program to further his work experience while also helping the community. Trentin is 17 and started working at the farm this summer, and works with the janitorial staff at Tualatin High School. His favorite thing about working is learning valuable new skills everyday. Trentin loves to hangout with his friends after work when he's not skateboarding. His friends would describe him as tall, a duck lover, and silly. After Trentin leaves the program he plans to graduate from high school and eventually train with his cousins to become a FireMan.

Interview 2:

**Farmer Profile: Kayla (aka Sweet Pea)**
Kayla decided to work at the farm for new experiences. Kayla is 20 and started working at the farm this summer, she is usually harvesting or weeding. Her favorite thing about working here is meeting new people and friends. Kayla loves to practice photography and ride horses. Her friends would describe her as kind, shy, and overall fun to be around. After the summer she plans on going to college for photography while continuing to work at the farm.