This Week on the Farm

Hello from the Supa Fresh Youth Farm!

This week has been a very fun week here at the farm. The weather's been getting cooler but it still seems to be getting very hot. This week we had most of the kids learn about composting. They learned how to turn the compost, making it fresher and allowing everything to retain more heat and moisture. We’ve also made educational posters to inform the youth on how to correctly use the composting. A few of our farmers are going to the Summer Works Job Club. The summer works job club is a networking event. We thank you for taking an interest in us, members. Until next time, see ya later tomater! :)

Food for thought: Composting 101

In this week’s food for thought we strive to teach you the basics of homemade composting, and hopefully persuade you to start making your own compost for your own gardens. There are three very important things for composting that you need to start. First, you need a compost bin to keep the composting materials together. A well designed bin should retain heat and moisture, allowing the process to be a lot faster. And of course, it should be just the right amount of height for you to be able to easily ‘turn’ the soil. Second, you have to have to get the ingredient mix right. A simple compost pile has brown and green plant matter. Brown would be wood chips, dry leaves, and shredded newspaper. Green would be kitchen waste and grass clippings and other similar things. Remember to keep adding to the compost and remember to turn the compost with a pitchfork.
**TOMATO BASIL SALAD**

**INGREDIENTS**

- 1/4 cup olive oil
- 5 cloves garlic, finely minced
- 1 pint red grape tomatoes, halved lengthwise
- 1 pint yellow grape tomatoes, halved lengthwise
- 1 tablespoon balsamic vinegar
- 16 fresh basil leaves, chiffonade, plus more if needed
- Salt and pepper

**Directions**

In a small skillet, heat the olive oil over medium-high heat. Add the garlic and stir, lightly frying for about a minute and removing from the heat before the garlic gets too brown (it can be golden). Pour it into a mixing bowl and allow to cool slightly. Add the tomatoes, balsamic, basil and some salt and pepper to the bowl. Toss to combine, and then taste and add more basil if needed, and more salt if needed.

**Source:** [http://bit.ly/2anVZn1](http://bit.ly/2anVZn1)

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**SOUR CREAM CUCUMBERS RECIPE**

**INGREDIENTS:**

- 1/2 cup sour cream
- 3 tablespoons white vinegar
- 1 tablespoon sugar
- Pepper to taste
- 4 medium cucumbers, peeled if desired and thinly sliced
- 1 small sweet onion, thinly sliced and separated into rings

**Directions**

In a large bowl, whisk sour cream, vinegar, sugar and pepper until blended. Add cucumbers and onion; toss to coat. Refrigerate, covered, at least 4 hours. Serve with a slotted spoon. **Yield:** 8 servings


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**This Week’s Harvest**

**Bouquets:** made with love!

**Tomatoes:** BLT season

**Cucumbers:** Try them in our recipe of the week!

**Cabbage:** Add some to your tacos!

**Kale:** Make eggs Florentine

**Summer squash:** Grate and freeze extra for zucchini (or in this case, summer squash) bread

**Edamame:** Steam and serve with sea salt!

**Green beans:** steams and add butter and lemon

**Ground cherries:** Good for a snack!

**Tomatoes:** BLT season!

**Eggplants:** Make lasagna

**Tomatillos:** Add them to your salsa

**Salad mix:** Letuce, chard, kale, and edible flowers, mustard and beet greens. Triple washed and ready to go!

**Basil:** Time for pesto and caprese salad

**Kohrabi:** Peel, Slice & Eat!
**Interview 1:**

**Farmer Profile: Levi**
Levi’s decision to work at the farm came from him wanting to keep himself busy this summer, and to make new friends. His favorite part of the job is the people. He loves how everybody is so nice and caring here at the farm. His favorite food is the onions. He enjoys cooking them at home. He describes himself as a nice hardworking guy. His workers describe him as a silly, outgoing, sharing, and caring, cause sharing is caring. His plans after the farm is going to college to become a youth counselor.

**Interview 2:**

**Farmer Profile: Gaby**
Gaby decided to start work at the farm because she was interested in a summer job and a teacher told her about supa fresh. Her favourite part about the job is learning new things, gaining experience. Her favorite food is kale. Her co-worker would describe as funny, outgoing. Her plans for after the farm is simply just to graduate high school, and either go to college or get another job.