This Week on the Farm

This week on the farm the youth just got back from their camping trip at Diamond Lake and went on a day trip to Crater Lake! We are looking forward to harvesting this week’s CSA and also running the Saturday Farmer’s Market at Lake Oswego Farmer’s Market. Tomorrow is Stone Soup day where we will all gather and prepare a meal together with any ingredients we can find. Stone Soup is day of sharing and gathering where we promote healthy eating and resourcefulness.

Food for Thought: Watering Tips / July Watering Guide

Now that July has arrived, we are having to be more careful about watering our plants and taking care of them. Plants in Oregon are used to the rain, not all of them are capable of surviving on their own with the 3 month period of little to no rain. Larger shrubs and trees will last much longer than fruit and vegetable crops. It’s very important to be thorough when you are watering your garden. Here are some techniques that may be helpful in gardening.

1. Focus watering the roots of the plant. Your plants will absorb more water, and you can save water by using this method.
2. Find out how much water your plants require. Some plants have short and narrow root systems, while others have very deep intricate root systems, knowing how deep the roots go can help you establish how long you should water your plants.
3. Overwatering is costly to both you and your plants. Knowing your plant’s needs will help you understand how much to water them. Always let the soil fully dry out before watering again, this will allow the roots to breathe.
4. Water early or late. If you use irrigation / sprinkler system, time them to come on in the early mornings or evenings. If you water in the morning you will lose less water to evaporation, than you would if you watered later in the day, also if the leaves are dry by nightfall it can be beneficial in preventing diseases or molds.
5. Look into horticultural techniques to utilize your grown space. Some techniques such as Hugelkultur establish raised beds that can absorb water more efficiently, aerate the soil, and provide more nutrients to the plants.

Arugula Bundles—Add to a salad or make a pesto

Basil—try making a pesto

Broccoli—Creamy Vegan Broccoli-Cauliflower Soup

Cauliflower—Creamy Vegan Broccoli-Cauliflower Soup

Chard Bundles—sautéed Swiss chard with parmesan cheese

Dill flowers—make a dill salad dressing

Edible flowers—add to a salad or make an herbal tea

Garlic—raw garlic—in guacamole, on buttered toast, or in homemade salsa

Kale Bunches—Cheesy kale chips, or in a fruit smoothie

Salad Mix—with avocado, onion, olive oil, and croutons

Sage—herbal tea or herb salad

Turnips—try caramelizing them in our recipe of the week

Farmer Profile:

Erik / Farm Crew Member

Erik just joined Supa Fresh this summer, he is a new youth intern and he just completed his work readiness training. His duties include all of the basic crew member duties such as weeding and other garden maintenance. Working at Supa Fresh has helped him get further in his culinary career, it has taught him skill building, teamwork, and other transferable work skills and exercises. Erik plans on attending Northwest Culinary School of Arts after he finishes his transfer program at PCC. He hopes to work for Red Lobster or Amtrak in the near future and continue building experience in the culinary arts.
Creamy Vegan Broccoli-Cauliflower Soup

**Ingredients (adjust proportions as needed)**
- 1 tablespoon extra-virgin olive oil
- 1 cup (1/2-inch) cubes sourdough bread
- 1 medium Yukon gold potato, unpeeled, cut into (1/2-inch) cubes
- 1/2 yellow onion, chopped
- 6 cups low-sodium vegetable broth
- 2 cups broccoli florets, chopped
- 2 cups cauliflower florets, chopped
- 3/4 teaspoon fine sea salt

**Directions**
Heat oil in a large pot over medium-high heat. Add bread, potato and onion and cook, stirring often, until golden brown, 5 to 7 minutes. Add broth, broccoli, cauliflower and salt, bring to a boil, cover and simmer until very tender, about 30 minutes. Carefully purée with an immersion blender, or by working in batches with a traditional blender.

**Source:** [http://www.wholefoodsmarket.com/recipe/creamy-vegan-broccoli-cauliflower-soup](http://www.wholefoodsmarket.com/recipe/creamy-vegan-broccoli-cauliflower-soup)

Caramelized Turnips

**Directions**
Place the turnips into a skillet with the water and chicken bouillon cube over medium heat, and simmer until the water has evaporated and the turnips are tender, about 15 minutes. Stir in the butter, let melt, and sprinkle on the sugar. Gently cook and stir the turnips until the butter and sugar cook into a brown, sticky coating on the turnips, about 10 minutes. Serve hot.

**Source:** [http://allrecipes.com/recipe/214157/caramelized-turnips/?internalSource=hub%20recipe&referringContentType=search%20results&clickId=cardslot%207](http://allrecipes.com/recipe/214157/caramelized-turnips/?internalSource=hub%20recipe&referringContentType=search%20results&clickId=cardslot%207)