This Week on the Farm

This week on the farm, the youth have been hard at work renovating the garden at Durham elementary school. Some time has passed and the weeds are overgrown, so now we are working towards cleaning it up and restoring it back to working order! We are also now running a farm stand at the front of Bethlehem House of Bread, where we will sell our extra produce every Thursday from 2pm to 6pm.

Food for Thought: Basil: The Miracle Herb

Basil (Ocimum basilicum), also known as Saint Joseph’s Wort, is an herb belonging to the mint family - Lamiaceae. It is often used as a seasoning in cooking. Basil is native to India and other tropical areas of Asia. The herb is well known for its use in Italian cuisine – it is one of the primary ingredients in pesto sauce. Basil is also commonly included in Indonesian, Thai, and Vietnamese cuisine. There are different types of basil, which differ in taste and smell. Sweet basil (the most commercially available basil used in Italian food) has a strong clove scent because of its high concentration of the chemical agent eugenol. Alternatively, lime and lemon basil have a strong citrus scent due to their high concentration of limonene.

Here is a list of 4 health benefits of Basil

1. Reduce inflammation and swelling
2. Anti-aging properties
3. Rich in antioxidants
4. Antibacterial properties

Basil—Tomato Basil grilled cheese or Margherita pizza
Cucumbers—Pickle them!
Dill Flowers—Flavor for pickling cucumbers
Garlic—try making garlic croutons with butter, French bread, and garlic!
Kale Bunches—Supa Kale Smoothies with berries, juice / coconut water.
Sage—Browned Sage butter, super delicious best sage recipe ever!
Salad Mix—Have by itself for with your favorite dressing
Swiss Chard Bunches—Swiss Chard pie with garlic seasoning and olive oil dough

Farmer Profile:
Shelly / Farm Crew Member
Shelly started working at Supa Fresh this spring on Comcast Cares Day. Her duties consist of watering, planting, harvesting and prepping for CSAs and Farmer’s markets. Working at Supa Fresh has helped her become more social, and has taught her transferable job skills like customer service and garden maintenance. She plans on attending cosmetology school so she can become a beautician.
Tomato-Basil Grilled Cheese

Ingredients
(1 serving) Adjust portions as needed
- 2 ounces fresh mozzarella cheese, sliced
- 1—2 tablespoons cup minced fresh basil
- 1/2 medium tomato, sliced
- 2 slices sourdough bread
- Salt and pepper to taste
- 1/2 tablespoons butter, softened

Directions
Layer the cheese, basil and tomatoes on four bread slices. Sprinkle tomatoes with salt and pepper. Top with remaining bread. Spread outsides of sandwiches with butter.

Cherry Tomato Pizza Margherita

Ingredients
- 1 13.8-ounce tube refrigerated pizza dough
- 1 tablespoon extra-virgin olive oil
- 1 12-ounce bag cherry tomatoes, stemmed
- 1 garlic clove, pressed
- 1/2 teaspoon fennel seeds, coarsely crushed in plastic bag
- 1/4 teaspoon dried crushed red pepper
- 1 4-ounce ball fresh mozzarella in water (ovoline), diced
- 4 ounces whole-milk mozzarella, diced
- 1/3 cup chopped fresh basil leaves plus small leaves for garnish

Directions
Position rack in top third of oven and preheat to 425°F. Unroll dough on heavy large baking sheet; pull to about 12x8-inch rectangle, pinching any tears to seal. Fold over edge of dough to make border.

Heat large skillet over high heat 2 minutes. Add oil, then tomatoes; sprinkle with salt and pepper. Sauté until tomatoes are charred and beginning to break down, about 5 minutes. Transfer to large bowl. Mix in garlic, fennel, and crushed red pepper. Using back of fork, crush tomatoes in bowl, leaving large chunks intact. Season mixture with salt and pepper. Toss cheeses and chopped basil in medium bowl. Sprinkle cheese mixture evenly over dough, right up to border. Spoon on tomato mixture in dollops, leaving some cheese uncovered. Bake pizza until crust is crisp and brown, 25 to 30 minutes.

Loosen pizza with metal spatula and slide onto board. Garnish with basil leaves.

Source: https://www.bonappetit.com/recipe/cherry-tomato-pizza-margherita

Source: https://www.tasteofhome.com/recipes/tomato-basil-grilled-cheese