This Week on the Farm

This week on the farm is very hot! We are trying to stay cool and this week’s farm stand has been cancelled. We still have one CSA pickup and we are keeping the produce cool and out of the heat. We are also constructing new signs for our farm stand to be used in the future! We hope you enjoy this newsletter along with your fresh produce!

Food for Thought: 7 Hacks To Keep Your Produce Fresh

In the United States, 40% of all food products are never eaten but thrown away. Your produce that is not stored properly or that you’ve forgotten about may be contributing to this statistic. Here are 7 hacks to keep your produce lasting longer.

1. Always Keep Your Refrigerator Clean—Cleaning your fridge keeps molds and other contaminants out of your food. Leave open spaces in your fridge for air circulation.
2. Store Fruits and Vegetable Whole—only cut fruits and vegetables when you are about to eat them. Produce spoils faster when the flesh is exposed to the air.
3. Store Your Perishables Away From Heat—heat speeds up the ripening process.
4. Dry Mushrooms before Storage.
5. Wash Your Produce Thoroughly Before Storing.
6. Dip Your Herbs in Water—soaking herbs in water will keep them fresh for longer.
7. Learn What To and Not To Keep Together—certain foods release ripening gas such as apples & bananas. Onions also cause foods like potatoes to sprout.

Source: https://www.carolinafarmstewards.org/7-hacks-to-keep-your-fruits-and-vegetables-fresh-for-longer/
Cabbage—Try making a summer slaw! Add cucumbers too!
Corn (Spring Treat, Full shares only)—buttered grilled corn is the best!
Cucumbers (lemon, summer dance)—Try our recipe of the week!
Diva Cucumbers (full shares only)
Garlic (Spanish Roja)—Try making a garlic basil butter!
Herb bundles—peppermint, mint, dill flower, basil, and sage
Kale—Try our recipe of the week!
Mixed peppers (coraci, cayenne, goliath, bell)—grill peppers with goat cheese!
Potatoes (Huckleberry gold)—roasted garlic potatoes, or mashed potatoes!
Summer Squash—Try making a loaf of summer squash bread!
Swiss Chard—roast the chard with feta!

Farmer Profile:
Kevin / Graphic Design Specialist
This is Kevin’s second summer working at Supa Fresh. His duties include painting, designing flyers, graphic design, advertisements, and the regular garden tasks. Supa Fresh has helped Kevin with being more social and has helped him learn to work with people in teams. It has also taught and prepared him for future work endeavors. He plans on becoming a successful YouTuber. If YouTube doesn’t work out then he is thinking about starting a career in the military.
Braised Kale Frittata

Ingredients
- 6 large eggs
- 4 large egg whites
- 3/4 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1/2 ounce Gruyère or Parmesan cheese, grated (3 TBSP)
- 2 tablespoons chopped oregano
- Cooking spray
- 2 cups
- 3/4 cup chopped cherry tomatoes

Directions
1. Preheat oven to 375°F. In a large bowl, whisk the first 6 ingredients (through oregano).
2. Lightly coat an 8-inch ovenproof cast-iron or nonstick skillet with cooking spray. Heat over medium. Add the kale and tomatoes. Cook, stirring, until hot (about 3 minutes). Add the eggs and swirl to distribute.
3. Transfer to the oven and bake until set and hot (about 20 minutes). Cut in wedges.

Source: http://www.health.com/health/recipe/0,,50400000125998,00.html

Tangy Cucumber-Dill Salad

Ingredients
- 2 tablespoons red wine vinegar
- 1 tablespoon olive oil
- 1 tablespoon chopped fresh dill
- kosher salt and black pepper
- 1 cucumber, sliced
- 1/4 small red onion, sliced

Directions
In a large bowl, whisk together the vinegar, oil, dill, ½ teaspoon salt, and ¼ teaspoon pepper. Add the cucumber and onion and toss to combine.

Source: https://www.realsimple.com/food-recipes/browse-all-recipes/cucumber-dill-salad