Greetings from the Supa Fresh Youth Farm! This marks our first edition of our weekly summer newsletter with news and information from the farm. We are so excited to start another season. Welcome to the farmily!

What’s in your CSA?
- Arugula
- Basil
- Garlic Scapes
- Kale - mixed bunches
- Peas (Full Shares Only)
- Shallots
- Spring Onions
- Strawberries (Full Shares Only)
- Supa Salad mix: lettuce, baby kale, baby chard, spinach
- Swiss Chard - mixed bunches

Food For Thought: Garlic Scapes
Summer is just right around the corner and we have just harvested a bounty of garlic scapes. What are garlic scapes? Garlic scapes are the stalks that grow on hardneck garlic plants. Most gardeners cut the scapes off the plant because they divert energy from the bulbs. Instead of composting the scapes we cook them into delicious snacks. Scapes can be grilled with olive oil, sautéed into quiche, or made into pesto. With this harvest there will be a variety of new recipes to try!

Seasonal Recipe: Grilled Garlic Scapes with Black Pepper
prep time - 1 min—make time - 10 mins Total time - 11 mins
By: Sherrie Castellano | With Food + Love
Makes: 4
Ingredients:
- 4 small bunches of garlic scapes
- 1 tablespoon olive oil
- black pepper, to taste
- sea salt, to taste

Heat your grill to a medium to low flame. Wash and dry your scapes. Break off the harder ends (as you would like asparagus) and leave whole.

Massage the scape with oil and sprinkle it with salt and pepper. Toss them onto the grill and brown both sides, remove them when they’re soft on the inside, crispy on the outside, a lighter shade of green and golden brown in parts. Serve the scapes hot with more fresh pepper. source: http://withfoodandlove.com/grilled-garlic-scapes-with-sea-salt/
**It's Summertime**

Our calendar is a celestial calendar that marks our year by the path of the Sun. It takes 365 days for the Earth to rotate around the Sun, or one year. The Earth spins as it rotates which causes beings on its surface to experience periods of light and dark, or day and night, and because the axis of the Earth is at a tilt, we experience a change in the length of daylight hours.

The first day of summer is marked by the Summer Solstice, or the longest day of the year. The solstice occurs when the Sun reaches its zenith in the sky, or its farthest point north of the equator. This year the Solstice is on Wednesday, June 21. Early agricultural societies celebrated this ancient solar event with feasts and festivals. It was the high point of summer as they celebrated light and the power of the sun, for every day past this point, the sun begins to lose its strength as the hours of darkness once again grow. The Solstice marks the first day of summer, the high-time of the agricultural year when nature revels in abundance.

Love Thy Farmer.

Thank you for reading our newsletter. We hope you enjoy your CSA!

Visit us at http://supafreshyouthfarm.org