This Week on the Farm

This week on the farm a small group of youth attended SummerWork’s Reverse Networking Fair at Portland State University. We met with other youth who were part of unique programs similar to our own. We also attended the job fair where we met with businesses looking to acquire new youth for career programs; everything from software development to construction.

Food for Thought: Herding Aphids: How 'Farmer' Ants Keep Control

Scientists have established that certain types of aphids live in ant colonies where they are used as a food source. Chemicals secreted out of ants’ feet tranquilizes and subdues colonies of aphids keeping them slow and at the mercy of the ants. Studies show that the ants subdue the aphids because they feed of the sugary secretions the aphids release.

The ants have been known to bite off the wings of aphids in order to keep them immobile and so they don’t deprive the ants of one of their staple meals honeydew. Scientists discovered that ants produce chemicals in their glands that will sabotage the growth of aphid wings. The new study shows the ants’ chemical footprints that play a key role in manipulating the aphid colonies and keep them close to the ant colonies.

Source: https://www.sciencedaily.com/releases/2007/10/071009212548.htm
Arugula—Make a salad, add parmesan, lemon, and olive oil!
Carrots (Full share only) – Braise them in butter or cook in a stew
Chard bundles—Make a salad with beets and barley
Cucumbers (Diva and Summerdance)—Try making sour cream cucumbers, with vinegar and sweet onion
Beets (Full share only) – Try our recipe of the week, Beet sliders!
Kale bundles—You could make a salad with kale chard and cucumber
Mixed herb bundles—Basil, Mint, and Sage
Mixed peppers—Bell, Jalapeno, and more! Great for making salsa!
Tomatoes—Try in our recipe of the week, marinated garlicky tomatoes!
Turnips—Grilled turnips and greens
Zucchini (green and yellow varieties)—Fry it in panko and parmesan for a zesty Italian appetizer!

Farmer Profile:

Devonte / Farm Crew Member
Devonte started working here at Supa Fresh 3 summers ago. His duties range from weeding and planting, to contributing to the newsletter and graphic design. Supa Fresh has helped you with getting work and gaining a sense of fulfillment. Also it has helped him with learn transferable job skills, and other qualities that will help him in future careers. Devonte plans on getting construction training to become a roofer.
Marinated Garlicky Tomatoes

**Ingredients (Makes up to 8 servings)**
- 4 cups cherry tomatoes
- 3 tablespoons olive oil
- 1/4 teaspoon fine sea salt
- 1 tablespoon balsamic vinegar
- 1/2 teaspoon sugar
- 2 small garlic cloves, smashed
- 1/4 cup basil leaves, torn if large

**Directions**
- Preheat oven to 375 degrees. Toss tomatoes with 2 tablespoons oil and salt in a baking dish or a shallow baking pan lined with parchment paper. Roast until the tomatoes have softened and started to wrinkle but remain somewhat plump, 30 to 40 minutes.
- In a medium bowl, whisk together 1 tablespoon olive oil, balsamic vinegar and sugar. Stir in garlic cloves, basil and the warm tomatoes, along with any tomato juices in the pan. Let cool, then cover and chill overnight. Bring to room temperature before serving.

*Source: [http://www.midwestliving.com/food/fruits-veggies/40-fresh-tomato-recipes-youll-love/?page=5](http://www.midwestliving.com/food/fruits-veggies/40-fresh-tomato-recipes-youll-love/?page=5) Taken from The Vegetable Butcher cookbook.*

Beet Sliders

**Ingredients**
- 5 quarts water
- 1/2 cup sea salt, plus a pinch
- 1 tablespoon dried dill
- 6 dried arbol chilies
- 1/4 cup coriander seeds
- 1 tablespoon caraway seeds
- 1 large carrot, coarsely chopped
- 2 stalks celery, coarsely chopped
- 1/2 large yellow onion, coarsely chopped
- 4 tablespoons seasoning sauce (recommended: Maggi)
- 6-8 whole beets (depending on size)
- Olive oil
- Green Goddess Dressing

**Green Goddess Dressing:**
- 1 bunch fresh tarragon, stemmed, finely chopped
- 1/2 bunch fresh parsley, stemmed, finely chopped
- 1 bunch green onions, finely chopped
- 1/2 cup buttermilk
- 1 tablespoon lemon juice
- 1/2 cup white wine vinegar
- 1 cup sour cream
- 2 cups mayonnaise

**Directions**
- In a large pot, combine and the water, 1/2 cup sea salt, dill, chilies, coriander, caraway, carrots, celery, onions, seasoning sauce, and beets and bring to a boil. Boil on medium heat for 1 hour. Remove beets and let cool, discard the liquid. Once cooled, remove the skin from the beets with a peeler. (Remember to wear gloves, as the beets will stain) Cut the beets into 1/4 to 3/8-inch slices. Place the beet slices, a drizzle of olive oil, and a pinch of sea salt into a skillet over high heat and sauté until glossy and tender, about 2 1/2 minutes on each side. Remove the beets from the skillet and serve with shaved red onion and Green Goddess Dressing on a toasted slider bun. Combine the herbs, green onions, buttermilk, lemon juice, and vinegar in a mixing bowl. Let macerate for 10 minutes. Add the sour cream and mayonnaise, and blend with an immersion blender until creamy. Season with salt and pepper.