This Week on the Farm

This week on the farm has been very relaxing. Yesterday the youth went on a day trip to Sandy River, where they spent the day sun bathing and swimming. Today we are harvesting produce for the CSAs and farm stand. Tomorrow we will be ending the week with Stone Soup; a day where the youth gather produce from the garden and cook a meal together.

Food for Thought: Portland Urban Beekeeping

According to a nationwide bee colony survey released in May, Oregon beekeepers lost 32.3 percent of their bees from summer 2016 to the end of winter this year, on par with the national average of 33.2 percent. For backyard beekeepers with smaller operations, the losses were even greater, with 45 percent of their colonies lost, according to the research nonprofit Bee Informed Partnership.

Habitat loss, disease and pesticides have been blamed for colony collapse disorder, a phenomenon that began a decade ago characterized by the disappearance of significant proportions of bee colonies in the U.S. and elsewhere. While the losses have slowed recently, the disorder has caused a decline in the health and population of bees. The problem has prompted Portland area bee enthusiasts to do what they can to help bees recover their numbers and thrive. The enthusiasts host bees — sometimes multiple colonies — in their own backyards and community gardens.

Bee researcher Ramesh Sagili said Oregon’s honeybee loss rate is normally much lower than the national average. If not for a new mite infecting hives and longer periods of cold weather this winter, Oregon’s hives would have fared much better, Sagili said. There’s a variety of reasons that we see bees dying off so quickly, there’s pesticides, a lack of diversity of pollen and nectar," Sagili said of the overall decline in bee populations across the U.S. "It’s a perfect storm." In addition to amateur backyard beekeepers, enrollment in beekeeping education is up too. Program coordinators for Oregon State University’s master beekeeper course say they have a lengthy wait list that keeps getting longer.

Broccoli—Try making a broccoli cheddar quiche
Cauliflower—Try roasting in garlic!
Chard—Sauté Swiss chard with onions
Cherry Tomatoes—Great in a salad with avocados and olive oil
Cucumbers—Make a refreshing cucumber lemonade!
Herbs—Basil, Rosemary, Peppermint, Sage, Spearmint
Kale—Cheesy Kale chips!
Peppers—Roast peppers in olive oil or make a salsa
Squash—Try in our recipe of the week!
Tomatoes—Make a delicious pasta sauce or salsa
Turnips—Roast turnips in sea salt and olive oil

Farmer Profile:
Fabian / Farm Crew Member
Fabian started working at Supa Fresh two summers ago, this is his third summer here. His duties include all the basics from planting and harvesting to weeding and maintaining the garden plots. Working at Supa Fresh has helped Fabian learn transferable work skills and financial responsibility. Fabian plans on working at Adidas and working his way up to become a digital marketing manager.
**Pickled Cucumbers and Red Onion**

**Directions**
Using a sharp knife, finely slice the cucumbers and red onion. Put in a mixing bowl with the dill sprigs and a pinch of salt while you prepare the pickling solution.

In a small pot over medium heat, combine white vinegar, sugar, allspice and salt. Stir well until the liquid is simmering and the sugar has completely dissolved. Pour pickling liquid over red onion and cucumbers and stir to ensure everything is evenly coated. Allow to cool to room temperature, then cover with plastic wrap (press the plastic wrap down onto the cucumbers so there is no air) and refrigerate. Chill for at least 4 hours to cool completely before serving.


**Mom’s Zucchini Bread**

**Ingredients**
- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 tablespoon ground cinnamon
- 3 eggs
- 1 cup vegetable oil
- 2 1/4 cups white sugar
- 3 teaspoons vanilla extract
- 2 cups grated zucchini
- 1 cup chopped walnuts

**Directions**
- Grease and flour two 8 x 4 inch pans. Preheat oven to 325 degrees F (165 degrees C).
- Sift flour, salt, baking powder, soda, and cinnamon together in a bowl.
- Beat eggs, oil, vanilla, and sugar together in a large bowl. Add sifted ingredients to the creamed mixture, and beat well. Stir in zucchini and nuts until well combined. Pour batter into prepared pans.
- Bake for 40 to 60 minutes, or until tester inserted in the center comes out clean. Cool in pan on rack for 20 minutes. Remove bread from pan, and completely cool.