This Week on the Farm

This week and the last couple of weeks have been very productive at the farm. From a relaxing swim at Sandy River, learning how to make cob at PCC Newberg Education Center, and lastly, the prescreening of a documentary the youth helped make for the new Metzger Community Park! This summer has been a big success and we are looking forward to the Fall, so we can appreciate the rain.

Food for Thought: 10 Reasons Why You Should consume more cucumbers

Considered a vegetable to most, the cucumber is a fruit related to melons. Cucumbers aren’t just a garnish for a cold beverage; it is also a very hydrating with over 90% of water and also jam-packed with nutrients. Conventionally grown cucumbers are often heavily sprayed with pesticides according to the EWG and they are coated in synthetic waxes to preserve them for shipping. Organic cucumbers are coated with an organic wax that is easily washed off. Unlike conventional cucumbers, organic has synthetic petroleum-based wax coatings.

1) Highly alkaline—Balances out acidity in the stomach, soothes the stomach.
2) High in silica—Important for constructing bone and binds aluminum to offset its toxicity and flushes it out of the body.
3) Cancer reduction risk—Phytonutrients in cucumbers may have anti-cancer properties.
4) Prevent brain health decline—Flavonol and fisetin, anti-inflammatory in cucumbers protects against memory loss and cognitive decline according to animal testing.
5) Support Digestion—Contain insoluble fibers that aid in digestion and moves the food through faster.
6) Rich in antioxidants—Rich in Vitamin C, A, and flavonoids which have various health benefits.
7) Inflammation resistance—Animal studies with cucumber extracts have demonstrated their ability to pro-inflammatory enzymes.
8) Stress relief / management—High in B1, B5, and B7. These are water-soluble vitamins that support the nervous system.
9) Heart support—Contains potassium, a vital electrolyte associated with a healthy heart.
10) Beneficial for weight loss— creates softgel in the stomach, insoluble fiber makes you full faster and a low calorie food.

http://www.naturalnews.com/049402_cucumber_nutrients_antioxidants_alkalinity.html
Beets—pickle them and eat as is or make a garden dog!
Broccoli—sauté in water and olive oil with red pepper flakes, salt, and pepper.
Cucumbers (Summer dance, Diva, Lemon)—Try in our recipe of the week!
Eggplant—Bake in olive oil and sprinkle salt and pepper. Cut and eat as is or mix it into a salad or pasta
Mixed Herbs—Basil, mint, parsley, pickling dill, sage
Mixed Kale bunches—Ty a super kale smoothie! Add your favorite berries & juice
Mixed Peppers—Roasted Bell peppers in garlic and dried oregano
Summer squash (Zucchini, Yellow Zucchini, Crookneck)—Combine with basal and feta and sauté
Swiss Chard—Garlicky Swiss chard, recipe lookup needed
Tomatoes—Oven fried cherry tomatoes, recipe lookup needed
Turnips—Oven roasted turnips with ginger., recipe lookup needed

Farmer Profile:
Josh / Farm Crew Member
Josh started working at Supa Fresh three summers ago. His duties include harvesting for the CSAs and arranging the contents of the CSAs. Working at Supa Fresh has helped Josh financially, learn works skills, and with transportation aid. Josh plans on training at PCC to become a firefighter. In the future he is interested in working for the National Park Service as a wildland firefighter.
Blueberry Zucchini Bread

- 1 pint blueberries

Directions
1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease 4 mini-loaf pans.
2. In a large bowl, beat together the eggs, oil, vanilla, and sugar. Fold in the zucchini. Beat in the flour, salt, baking powder, baking soda, and cinnamon. Gently fold in the blueberries. Transfer to the prepared mini-loaf pans. Bake 50 minutes in the preheated oven, or until a knife inserted in the center of a loaf comes out clean. Cool 20 minutes in pans, then turn out onto wire racks to cool completely.

Source: http://allrecipes.com/recipe/74657/blueberry-zucchini-bread/

Creamy Dill Cucumber Toasties

Ingredients
- 1 (8 ounce) package cream cheese, softened
- 1 (.7 ounce) package dry Italian-style salad dressing mix
- 1/2 cup mayonnaise
- 1 French baguette, cut into 1/2 inch thick circles
- 1 cucumber, sliced
- 2 teaspoons dried dill weed

Directions
1. In a medium bowl, mix together cream cheese, dressing mix and mayonnaise. Spread a thin layer of the cream cheese mixture on a slice of bread, and top with a slice of cucumber. Sprinkle with dill. Repeat with remaining ingredients.

Source: http://allrecipes.com/recipe/14811/creamy-dill-cucumber-toasties/