Cultivating the future!
Chief Editor: Jesse, Culinary Editor: Andrew

This Week on the Farm

Hello from the Supa Fresh Youth Farm! This week at the farm has been very productive! Intel volunteered at Supa Fresh. They helped us plant flowers, and also install the trellises for our espaliered apple and pear trees. The Metzger area is starting to come together and in the future it will be part of the Metzger Community Park. CSA season is very busy as the youth are harvesting and washing the produce to pack in the CSAs and also run a farm stand at the Tigard Farmer’s Market.

Food for Thought: Espaliered Fruit Trees

Here at Supa Fresh, we have just finished installing espaliered apple and pear trees. So what is Espalier? Espalier is an ancient horticultural practice where trees and branches are pruned and trained to be on one plane. They’re commonly found up against a wall, fence, or trellis. It’s used not only for decorative purposes but also to maximize growing space. The practice of espaliering can help control the growth of fruit trees while supporting the tree so it can provide a bounty of fruit. Also with growing fruit trees it is common to graft them making it so you can have several varieties of fruit on each tree. Our apple and pear trees have up to six different varieties!
Basil (Full share only) – Great in caprese sandwiches
Beet greens—sauté 1 piece, bacon + steam w/ lemon and broth
Beets—Try roasting beets and making a salad with them
Chives—Goes well with mashed potatoes
Kale—Super kale smoothies or try in our recipe of the week!
Mint—Great for flavoring or homemade herbal tea
Parsley (Full share only)—Make a lovely herb butter
Raspberries—Just a little snack or mix in with yogurt / cereal
Sage—Goes great with mint in homemade herbal tea
Salad Mix—Try with olive oil and maybe add some goat cheese
Spring Onions – add to our stir fry recipe of the week! *greens also edible*
Strawberries—eat fresh by itself or mix in with yogurt
Sugar Snap Peas—Try in our recipe of the week, Chicken Stir Fry
Turnips—grate it over a green salad don’t forget to eat the greens!

Farmer Profile: Kyle

Kyle, Farm Crew Leader

Kyle has been working at Supa Fresh one year next week! His duties include everything from planting and harvesting to weeding and even helping with the monthly newsletter.

Supa Fresh has helped Kyle with his social skills; being able to work alongside other youth has also helped him with future employment, as well as given him a boost in his confidence. Kyle dreams of one day being able to develop his own video games. In the meantime, he plans on continuing his work at Supa Fresh and transition to another job where he will be successful.
### Chicken Stir Fry

**Ingredients**
- 2 tbsp sesame oil
- 1 red bell pepper, thinly sliced
- 1 spring onion, thinly sliced
- 3 large carrots, cut into matchsticks
- 2 cups broccoli florets
- 1 cup sugar snap peas
- 1 lb boneless skinless chicken breasts, thinly sliced
- 1/4 cup soy sauce
- 1 tbsp minced ginger
- 1 tbsp minced garlic
- 1 tbsp cornstarch
- 2 tbsp brown sugar
- 1/4 tsp crushed red pepper flakes

**Directions**
- Heat 1 Tbsp of sesame oil in a large skillet or wok over medium-high heat.
- Stir-fry the red bell pepper, onion, carrots, broccoli, and sugar snap peas until tender, about 5 minutes.
- Remove vegetables from heat and add another 1 Tbsp of sesame oil to the pan.
- Stir-fry the chicken until it’s almost cooked through, about 2–3 minutes.
- Mix together the soy sauce, ginger, garlic, cornstarch, brown sugar, and red pepper flakes.
- Return vegetables to the skillet, add the sauce, and bring to a boil.
- Cook until the sauce is thickened, about 5 minutes.

**Source:** [http://blackdoctor.org/449963/sugar-snap-peas-recipes/2/](http://blackdoctor.org/449963/sugar-snap-peas-recipes/2/)

### The Best Cheesy Vegan Kale Chips

**Directions (Go Nuts ’Cheese” Sauce)**
Toss all the ingredients into a blender and blend until smooth and creamy. Add water until you get the consistency of a cheese sauce. The flavor will get diluted over the kale, so don’t be scared to get generous with the seasoning.

**Directions (Kale Cheese Chips)**
Tear the leaves off the stems, make sure no spine. Wash the kale and dry thoroughly. Pour the cheese sauce over the kale until fully covered. **Oven:** place baking try on bake at 275°F for about 25 minutes flipping over half way through. **Place** on rack set to dry for 10–12 hours or overnight.

**Source:** [https://littlegreendot.com/best-ever-cheesy-kale-chips-recipe/](https://littlegreendot.com/best-ever-cheesy-kale-chips-recipe/)

### SupaFresh Youth Farm

Visit us on the web!
[www.supafreshyouthfarm.org](http://www.supafreshyouthfarm.org)

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**mmmm...**

4 tablespoons olive oil
Squeezed lemon juice
1 tablespoon fresh thyme (optional)
1/4—1/2 cup of water (consistency)

**Seasonings:**
- 2 tsp salt
- 2 tsp onion powder
- 1 tsp garlic powder
- 1 tsp cayenne pepper

**Ingredients**
- 1 cup cashew nuts
- 1 cup red bell pepper
- 1/3 cup nutritional yeast

**Directions**
- Serve over white or brown rice.

**Source:** [https://littlegreendot.com/best-ever-cheesy-kale-chips-recipe/](https://littlegreendot.com/best-ever-cheesy-kale-chips-recipe/)