Cultivating the future!

Chief Editor: Jesse

This Week on the Farm

This week on the farm we just got a fresh new batch of youth for our Summer internship program! We are excited to kick off the summer with work readiness training where the new youth can learn valuable work skills such as resume building, career exploration, food handler training, and a variety of other useful and transferable skills.

It’s been a very productive week with the veteran youth running the farm and harvesting for our CSA and farm stand.

Food for Thought: Calendula

This week we have an abundance of Calendula, a medicinal herb that has been used in cooking for centuries. Calendula often referred to as pot marigolds but not to be mistaken for the common marigold in the Tagetes family. It is made into an oil that is used as an anti-inflammatory, antitumor agent, and a remedy for healing wounds. Some studies have suggested that Calendula extracts have antiviral and antigenotoxic effects. As for Culinary use, the flowers are a common ingredient in German soups and stews, the petals are also added to dishes to add color. Calendula as a tea is used for the various health benefits as well as it’s soothing flavor.

Calendula has a variety of uses it can be made into tea, homemade soap, herbal deodorant, eye drops, a burn salve, lotion, and even lip balm!

For more information on Calendula:
https://theherbalacademy.com/calendula-uses-our-14-favorite-recipes-and-remedies/
Garlic — try making a garlic butter great with swiss chard
Herbs—great for adding flavor to soups
Kale Bunches—Try our recipe of the week Vegetarian Kale Soup
Raspberries (Full shares only) — complements rhubarb recipes
Rhubarb (Full shares only) — rhubarb raspberry crunch with brown sugar
Onion— braised in butter with chives
Salad Mix—goes great with croutons , olive oil, and goat cheese
Strawberries (Full shares only)—just as a snack or have with whipped cream, in a parfait.
Sugar Snap Peas—sauté in olive oil with garlic and onion
Swiss Chard— Try our recipe of the week or cook in garlic and olive oil

Farmer Profile:
Gabby / Farm Crew Leader

Gabby has been working at Supa Fresh for one year now, this will be her second summer here. Gabby’s duties include running the farm stand, planting, weeding and harvesting. She has been helping out with the garden at Durham Elementary working in a small team of youth. When Gabby isn’t working at Supa fresh she is attending Tigard High school, working towards her diploma. Gabby plans on graduating her diploma and transferring her skills at Supa Fresh to another job. Her dream career is to be an ELT Teacher so she can teach
**Vegetarian Kale Soup**

**Ingredients**
- 1 yellow onion, chopped
- 2 tablespoons chopped garlic
- 1 bunch kale, stems removed and leaves chopped
- 8 cups water
- 6 cubes vegetable bouillon (such as Knorr)
- 1 (15 ounce) can diced tomatoes
- 6 white potatoes, peeled and cubed
- 2 (15 ounce) cans cannellini beans (drained if desired)
- 1 tablespoon Italian seasoning
- 2 tablespoons dried parsley
- salt and pepper to taste

**Directions**
Heat the olive oil in a large soup pot; cook the onion and garlic until soft. Stir in the kale and cook until wilted, about 2 minutes. Stir in the water, vegetable bouillon, tomatoes, potatoes, beans, Italian seasoning, and parsley. Simmer soup on medium heat for 25 minutes, or until potatoes are cooked through. Season with salt and pepper to taste.

**Source:** [http://allrecipes.com/recipe/132785/vegetarian-kale-soup/](http://allrecipes.com/recipe/132785/vegetarian-kale-soup/)

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**Slow-Cooked Salmon with Turnips and Swiss Chard**

**Ingredients**
- 4 6-oz. pieces skinless salmon fillet
- 4 tablespoons olive oil, divided
- 1 teaspoon finely grated lemon zest
- Kosher salt
- 4 garlic cloves, peeled, smashed
- 1½ pound small turnips, scrubbed, halved, quartered if large
- Freshly ground black pepper
- 2 bunches Swiss chard
- 1 small shallot, finely chopped
- ¼ cup chopped fresh cilantro
- ¼ cup chopped fresh flat-leaf parsley
- 1 tablespoon fresh lime juice
- 1 teaspoon toasted sesame oil
- Toasted sesame seeds (for serving)

**Directions**
Preheat oven to 250°. Place salmon in a large baking dish; drizzle with 2 Tbsp. olive oil, sprinkle with lemon zest, and gently rub into flesh. Season with salt and scatter garlic around. Bake until salmon is medium-rare (mostly opaque but still slightly translucent in the center), 30–35 minutes. Meanwhile, combine turnips, 1 Tbsp. olive oil, and 1 cup water in a large skillet; season with salt and pepper. Bring to a simmer, cover, and cook until turnips are fork-tender, 15–20 minutes. Uncover and cook, tossing occasionally, until liquid is evaporated and turnips are golden, 5 minutes. While turnips are cooking, remove ribs and stems from Swiss chard leaves. Thinly slice ribs, stems, and leaves crosswise. Heat remaining 1 Tbsp. olive oil in another large skillet over medium-high heat. Cook shallot and Swiss chard ribs and stems, stirring often, until beginning to soften, about 3 minutes. Add Swiss chard leaves and cook, tossing often, until leaves are wilted, about 2 minutes. Toss in cilantro, parsley, and lime juice; season with salt. Drizzle salmon with sesame oil. Serve salmon with Swiss chard and turnips, topped with sesame seeds.

**Whine Pairing (Optional)** pairs well with fruity and acidic whine.