This Week on the Farm

This week on the farm has been busy. The new youth are gaining more valuable skills in Work Readiness Training, learning how to budget and interview. The youth in training have just taken their mock interviews to prepare them for future employment. Some of the older youth have been tending to the farm and keeping the plants hydrated during the summer months. We enjoy the summer months but a little bit of rain every now and then is more than welcomed.

Food for Thought: Hardneck vs. Softneck Garlic

There are two general types of garlic: hardneck and softneck. They both have their own culinary uses in the kitchen. The “neck” in the names refer to the stalk that grows up from the bulb. Hardnecks have a stalk that stems from the center of the bulb and turns rigid at maturity. Softneck stalks are made up of leaves rather than a central stalk. Softneck garlic varieties are best to grow if you live in a milder climate. They don’t form scapes and generally contain several small cloves per bulb. They mature more quickly than hardneck varieties. Also, Softneck varieties tend to store better than hardneck, making it appealing for long-term storage. Hardneck garlic varieties as their name implies, are generally hardier than softneck varieties. Hardneck are the best option for Northern gardeners. They are also the best choice if you want to enjoy garlic scapes in early summer: hardnecks are the only type that sends up a strong central stalk in spring. Hardneck varieties tend to form fewer cloves per bulb than softneck varieties, but they tend to be a bit larger.

Source: https://www.thespruce.com/hardneck-and-softneck-garlic-2540056
Beats—Try beet goat cheese and honey tarts

Chard bundles—Saute swiss chard with onions, or our recipe of the week.

Kale bundles—Fry with garlic and olive oil, serve with a main course

Peas—Roast with sesame seeds, sesame oil, and sea salt

Salad mix—Try with strawberries, gorgonzola, and poppy seed dressing

Shallots—Try our recipe of the week: wilted chard with shallots and vinegar

Spanish Roja Garlic—Try our roasted garlic recipe, goes great with potatoes!

Spring Onions—make into a delish spring onion soup with peas and lettuce

Farmer Profile: Jaime
Jaime, Farm Crew Leader

Jaime has been at Supa Fresh for 2 summers now. His duties consist of using tools like the weed whacker and lawn mower which only a few of the youth can use at the farm. He also plants crops and harvests produce for the CSAs and markets.

Supa Fresh has helped him stay out of trouble and learn about farming. Jaime also busses tables at Outback Steakhouse when he’s not working at Supa Fresh. His goals are to get into an industry with a good union. He is interested in plumbing, construction, fire and rescue, and forestry.
**Wilted Chard with Shallots and Vinegar**

**Ingredients** (4 SERVINGS)
- 1 bunch Swiss chard, ribs and stems separated from leaves
- 2 tablespoons olive oil
- 2 large shallots, thinly sliced into rings
- 2 garlic cloves, grated
- Kosher salt
- 2 teaspoons Sherry vinegar or red wine vinegar

**Directions**
Cut Swiss chard stems into very small pieces. Tear leaves into 2" pieces and rinse well (you’ll want some water still clinging to the leaves).
Heat oil in a large skillet over medium-high. Add chard stems, shallots, and garlic and season with salt. Cook, stirring occasionally, until vegetables are starting to soften but haven’t taken on any color, about 2 minutes. Add chard leaves, season with salt, and cook, tossing occasionally, until leaves are tender and have released some liquid, about 3 minutes (stems will have a bit of crunch). Mix in vinegar; taste and season with more salt if needed.

**Source:** [http://www.bonappetit.com/recipe/wilted-chard-shallots-vinegar](http://www.bonappetit.com/recipe/wilted-chard-shallots-vinegar)

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**Roasted Garlic**

1. Preheat your oven to 400°F (205° C). (A toaster oven would work as well.)
2. Peel and discard the outer layers of the whole garlic bulb, leaving intact the skins of the individual cloves of garlic. Using a sharp knife, cut 1/4 to a 1/2 inch from the top of cloves, exposing the individual cloves of garlic.
3. Place the garlic heads in a baking pan, cut side up. (A muffin pan works great for this, it keeps the garlic bulbs from rolling around.) Drizzle a couple teaspoons of olive oil over each head, use your fingers to rub the olive oil over all the cut, exposed garlic cloves. Cover the bulb with aluminum foil. Bake at 400°F (205°C) for 30-35 minutes, or until the cloves feel soft when pressed.
4. Allow the garlic to cool so it doesn’t burn you. Use a small knife to cut the skin slightly around each clove. Use a cocktail fork or your fingers to pull or squeeze the roasted garlic cloves out of their skins.

Eat as is or mash with a fork and use for cooking. Can be spread over warm French bread, mixed with sour cream for a topping for baked potatoes, or mixed in with Parmesan and pasta.

**Source:** [http://www.simplyrecipes.com/recipes/roasted_garlic/](http://www.simplyrecipes.com/recipes/roasted_garlic/)