

Farm Works

NEWSLETTER

July 29, 2014

VOL.2 ISSUE 10

TOMATOES' HUMBLE BEGINNINGS



We have officially spotted our first tomatoes of the season! As the tomatoes are getting bigger and bigger, we spent time staking the plants in order to give them the support they need to grow tall and continue producing more and more lovely fruit!



This Week's CSA Harvest

Red Russian Kale

Lettuce

Green/Royal Burgundy Beans

Arugula

Mustard Greens

Peas

Swiss Chard

Raw Garlic

Veggie/Fruit of the Week
RED RUSSIAN KALE

RECIPE

Red Russian Kale Casserole

INGREDIENTS

1 bunch Red Russian Kale, chopped
1/2 red onion, chopped
2 cloves garlic, minced 1/2 tsp. olive oil
1 tsp. Tamari or other soy sauce
1 cup grated cheese
1/4 cup 100% whole wheat bread crumbs
6 eggs, beaten well
1/2 tsp. Italian Seasoning

DIRECTIONS

Preheat oven to 350F. Cut off kale stems and discard, then wash kale leaves and dry well. Chop kale into approximately 1 inch squares. Chop onion into pieces about 1/2 inch.



Heat olive oil in large heavy frying pan, then add onions and sauté 3 minutes. Add garlic and sauté about 2 more minutes, then add kale, turning over as it wilts and sautéing until kale is significantly wilted and softened. Put sautéed vegetables into large bowl and add Tamari, cheese, bread crumbs, beaten eggs, and Spike seasoning. Stir gently until ingredients are well distributed. Spray pan with olive oil or nonstick spray and pour in egg mixture. Bake 20-25 minutes until eggs are well set and the top is lightly browned. Serve hot.



Red Russian Kale is one of the heartiest and most tender varieties of all kale. It has beautiful purple veined, blue-green leaves tinted with a reddish-purple. The mild, but sweet flavor makes it perfect for salads, stir fries, kale chips and much more!



FARMING! YOU CAN DO IT YOURSELF



D.I.Y. TIP #2 Purchasing Supplies

After you have done the appropriate planning for your garden, it is now time to purchase all the supplies you will need! Assuming you are a first time “mini-farmer,” here is a checklist you can follow to ensure a smooth season!

Farmer’s Checklist!

- Seeds
- Soil
- Watering Can/Hose
- Basic Farm Tools
 - Spade
 - Hoe
 - Hand Cultivator
- Fertilizer
- Harvest Basket

Farming can come in many different forms, however the main goal remains the same; growth of delicious fruits and vegetables! Supplies can be purchased for any “mini-farmer” budget and can be found anywhere from the dollar store around the corner to a specific garden supply chain, such as Richie’s Feed and Seed! Online seed catalogues, such as Cottage Gardener, provide a wide variety and easy access to all types of seeds!



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