

Farm Works

NEWSLETTER

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VOL.2 ISSUE 12

FARM CREW AT MONT CASCADES!

Our FarmWorks Crew partook in an OCH trip to Mont Cascades Water Park this past week.

After all their hard work in the sun this season, they had a fabulous time relaxing in the water!



This Weeks CSA Harvest

Lettuce

Red Russian Kale

Yellow/Green/Purple Beans

Peas

Swiss Chard

Parsley

Arugula

Baby Carrots (first sampling)

Veggie/Fruit of the Week
Atomic Red Carrots

RECIPE

CARMELIZED CARROTS WITH QUINOA

INGREDIENTS

2 tablespoons Olive Oil
2 pounds Carrots (peeled and cut into pieces)
Salt and Freshly Ground Pepper
1/2 teaspoon Ground Cinnamon
1 teaspoon Ground Cumin
1/4 teaspoon Ground Coriander
2 Scallions (sliced)
1/4 cup Goat Cheese (crumbled)
1/4 cup Dried Cherries
1 cup Dry Red Quinoa (cooked)
For the Dressing:
1/2 Orange (juiced)
2 tablespoons Red Wine Vinegar
1 tablespoon Dijon Mustard
1 tablespoon Real Maple Syrup
1/2 cup Olive Oil

DIRECTIONS

Dressing: In a large bowl, whisk together the orange juice, red wine vinegar, dijon mustard, and maple syrup. Whisk in the olive oil in a steady stream. Season with salt and freshly ground pepper to taste. Add the dried cherries.

Heat a cast iron skillet medium-high heat. Add carrots to a large bowl, toss with olive oil, and then pour into cast iron pan. Cook the carrots undisturbed for a few minutes, allowing them to caramelize. Cook for 10 minutes and then add the cinnamon, cumin, and coriander. Cook until carrots are tender. Combine with quinoa and dressing. Top with scallions and crumbled goat cheese. Serve warm.



Atomic Red Carrots are a variety of carrots that are known for their brilliant red colouring! This variety is very flavourful and the colour grows even darker when cooking! Atomic Red Carrots will have good uniformity and will grow up to 10 inches long!



FARMWORKS AND KNIFEWEAR IN THE NEWS

Rogers and CTV News Promoting Wednesday Knife Sharpening at Knifewear!

Heather Erven, of Knifewear Ottawa, arranged two news segments to promote Knifewear's Wednesday knife sharpening by donation, with 100% of proceeds going to FarmWorks in July & August! In addition, some of the FarmWorks team joins her to talk about the businesses' partnership and the



A FarmWorks-Knifewear Partnership

FarmWorks is so fortunate to have an incredible partnership with Knifewear, a shop specializing in Japanese knives, teaching knife care and use, and providing knife sharpening services! Each month throughout the year Knifewear donates 50% of their knife sharpening proceeds to FarmWorks. They also work alongside FarmWorks staff to promote the program and assist with finding future employment opportunities for the youth crew. The Knifewear-FarmWorks partnership is truly indispensable and so appreciated by each member of the FarmWorks team!

THANK YOU KNIFEWEAR!

KNIFEWEAR OPENING HOURS

Every Day: 10:00am – 6:00pm

Thursday: 10:00am – 8:00pm

FARMING! YOU CAN DO IT YOURSELF



D.I.Y. TIP #4 Drying Raw Garlic

Curing is the process of letting your garlic dry so it can be stored. Garlic is great because it stays fresh, once cured, for long periods of time! So you can eat your garlic right away or store it for the winter!

STEPS TO CURE

1. Find a dark, dry place
2. In bundles of 5-10, tie the tops of the stalks together
3. Hang the bundles, bulb down
OR
Lay them on a screen or sheet
4. Watch for the whole stalk to go brown and the bulb to form several layers of papery skin
5. Garlic is now ready to clean and store!

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