



NEWSLETTER

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OUR NEW FRIENDS: EKOROOT FARM!

This past week at the wash station we met Melanie from EkoRoot Farm, a family-run farm that is establishing with the Just Food Start-Up Farming Program. Melanie, her husband, and their three children are working together as test croppers this farm season! We would like to thank Melanie so much for her support of FarmWorks!

We encourage everyone to check out EkoRoot farm at the Just Food Farm Stand, Sundays from 9:00 – 11:00am and sample their gorgeous produce!



This Weeks CSA Harvest

Lettuce

Kale

Yellow Beans

Swiss Chard

Parsley

Carrots

Basil

Mustard Greens/Arugula



Veggie/Fruit of the Week
Italian Parsley

RECIPE

GREMOLATA

Gremolata is a condiment made of parsley, garlic and lemon. It is traditionally served with veal, but can also be paired with lamb, fish and seafood dishes. It will add a wonderful brightness and aroma to your dish!

Ingredients:

1 bunch Italian (flat-leaf) parsley
1 clove garlic, peeled
1 lemon
Kosher salt & freshly ground black pepper, to taste

Preparation:

1. Wash and thoroughly dry the parsley.
2. Remove the leaves and finely mince until you have about 2 tablespoons worth.
3. Finely mince the garlic.
4. Use a lemon zester to remove about 1 teaspoon of lemon zest.
5. Combine all ingredients in a bowl and season to taste with kosher salt and black pepper. You can pound the ingredients together with a mortar and pestle or just use the back of a spoon or the bottom of a glass.



Italian parsley is a dark, green, flat leaved variety of parsley that is often used as an herb in cooking! It is more flavourful than the curly parsley, which is mostly used only as a garnish. Italian parsley has a slightly bitter flavour. Its stems are even more flavourful and can be used in cooking as well!



FARMING! YOU CAN DO IT YOURSELF

Carolyn Transplanting Our Tomatoes!



D.I.Y. TIP #5 Transplanting

When you have started your seeds indoors, it is important to understand the transplanting process, as you will be transplanting your sprouts into the ground when the time comes!

Steps to Transplanting:

1. Collect your tools (hand trowel) and sprouts and bring them out to your "mini-farmer"
2. Mark the amount of spacing you want between your plants
3. With a hand trowel, measure the depth you need and make a hole in the soil to fit the transplant
4. Insert the transplant into the hole and fill around it with the remaining soil
5. Water your new plant!

*Overview - How many plants
keep track, size garden
cover with mulch - It's fast
Done - Done - Done - Done*

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