

# Farm Works

## NEWSLETTER

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### FarmWorks Trip to... The Canadian Agriculture and Food Museum!

On August 18, 2014 FarmWorks went on a field trip to the Canadian Museum of Agriculture and Food, sponsored by the museum's youth fund. This was a fun, educational and team-building experience! Thank you to the museum!



### This Weeks CSA Harvest

Carrots

Lettuce

Kale

Swiss Chard

Beans

Parsley

Basil

Cilantro



Veggie/Fruit of the Week  
**Bull's Blood Beets**

**RECIPE**

**DARK CHOCOLATE BEET BROWNIES**

**INGREDIENTS**

2 large beets, peeled  
3 large eggs  
2/3 cup brown sugar  
2/3 cup sugar  
1/2 cup oil  
2 tsp vanilla extract  
1 1/4 cup cocoa powder  
3/4 cup all-purpose flour  
1 tsp baking powder  
1/2 tsp kosher or sea salt  
1 cup chocolate chips, at least 60% cocoa

**DIRECTIONS**

In a medium saucepan cover the beets with water by an inch. Place the pot over medium high heat and bring the water to a boil. Reduce the heat to medium and simmer the beets until they are soft enough to easily be pierced through the center with a knife, about 25 min. 

Drain the beets and puree them. You may need to add a tablespoon or two of water to the beets to get them to puree smoothly, add only what you need. Set the beet puree aside to cool.

\*Preheat your oven to 350 degrees.

In a large bowl whisk together the eggs, oil, and sugars. Add the vanilla extract and beet puree and whisk to fully combine. Mix the flour, cocoa powder, baking powder and salt into the wet ingredients. Stir in the chocolate chips.

Pour the batter into a 9x13 inch baking pan Bake for about 30 minutes.



*Bull's Blood Beets are a variety of beets with beautiful reddish-purple leaves and pink rings inside the beet. These beets are very sweet and their baby leaves can be used in salads!*



# FARMING! YOU CAN DO IT YOURSELF



## D.I.Y. TIP #6

### Plant Care and Maintenance

Once baby plants are beginning to grow, they must be taken care of; row by row!

Some examples of plant care and maintenance are:

- ✓ Weeding
- ✓ Watering
- ✓ Staking
- ✓ Trellising
- ✓ Pruning

In order for plants to produce big, beautiful fruits and vegetables, you will need to watch over them daily to see and meet their needs!

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