

Farm Works NEWSLETTER

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A Warm Send Off to Sarah!

FarmWorks would like to send a warm send off to Sarah, our one of two peer leaders on the farm this summer, as she begins her second year at Algonquin College studying in the Child and Youth Worker program. She is excited to be starting her program placement at Churchill Alternative School working with children from kindergarten up to grade 6. She is passionate about one day coordinating alternative therapeutic programming for youth, such as gardening, music or animal therapy. She will be graduating in April of 2016. We wish you all the best in your future endeavours, Sarah! We will miss you!



Farm crew harvesting yellow zucchini from our "fun field"! The crew decided to order seeds and plant some veggies of their own along with our CSA produce - and these are our first veggies to pick!



This Weeks CSA Harvest

Lettuce
Carrots
Beans
Beets
Chard
Parsley
Basil
Dill
Cilantro

Veggie/Fruit of the Week
Black Cherry Tomatoes

RECIPE

**ROASTED CHERRY TOMATO AND
ZUCCHINI RISOTTO**

INGREDIENTS

2 cups black cherry tomatoes, halved
2 cups zucchini, chopped
1/4 cup extra virgin olive oil
4 cups vegetable stock
2 shallots, peeled and chopped
1 cup arborio rice
1/2 cup dry white wine
1/2 cup parmesan reggiano cheese
2 tablespoons Italian parsley, chopped
salt and freshly ground pepper

DIRECTIONS

Preheat the oven to 350 degrees. Toss the cherry tomatoes with 1 tablespoon of olive oil and season with salt and pepper. Do the same thing with the zucchini. Spread the cherry tomatoes evenly over a cookie sheet or other oven proof dish. Do the same thing with the zucchini ~~on another~~ cookie sheet. Roast both in the oven for about 20-30 minutes. Remove from the oven and set aside. Meanwhile, prepare the risotto by heating the remaining 2 tablespoons of olive oil in a heavy bottomed pan over medium heat. Add the shallots and sauté until softened. Stir in the rice, coating it with the oil, and cook for another two minutes. Pour in the white wine and stir until absorbed. Slowly add the vegetable stock 1/2 a cup at a time, stirring until it's absorbed before adding more stock. Continue adding stock and cooking until the rice is al dente. Once the rice is cooked, stir in the roasted tomatoes, the roasted zucchini, the parmesan, and the parsley. Season to taste with salt and pepper.



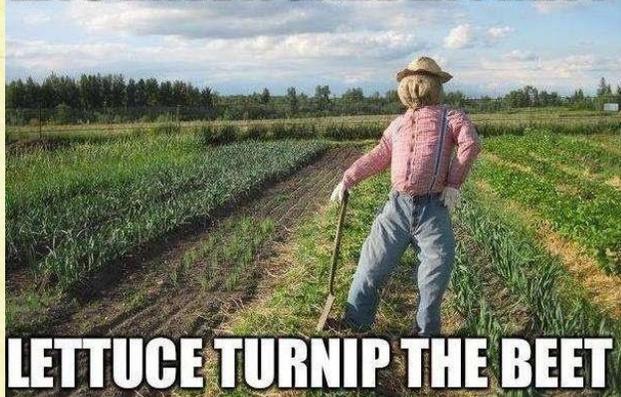
Black cherry tomatoes are the blackest cherry tomatoes available! They are about 1 inch round and are a deep mahogany brown colour. These cherry tomatoes have a typical black tomato taste; rich, full and sweet with a hint of smokiness.



THE FUNNY FARMER!



LETS HAVE A GARDEN PARTY



LETTUCE TURNIP THE BEET



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