

Farm Works

NEWSLETTER

September 16, 2014

VOL.2 ISSUE 17



A Warm Send Off to Nick!

FarmWorks would like to send a warm send off to Nick, our one of two peer leaders on the farm this summer, as he begins his year of full-time fatherhood with his beautiful two month old daughter Moira. Nick's partner is pursuing a second degree at Algonquin College this year and so Nick is busy with his little lady Moira. Nick will still be helping us out one day per week on the farm until the end of season – but we sure miss his expertise all those other days! Thank you for all of your hard work this summer, Nick!! Moira is one lucky girl!



This Weeks CSA Harvest

Potatoes	Beets
Tomatoes	Carrots
Chard	Lettuce
Cilantro	Parsley
Basil	Beans

Veggie/Fruit of the Week
Green Bell Peppers

RECIPE

FETA, BULGUR AND HERB PEPPERS

INGREDIENTS

1 cup water
½ cup uncooked Arborio rice
2 green bell peppers, halved and seeded
1 tablespoon olive oil
2 green onions, thinly sliced
1 teaspoon dried basil
1 teaspoon Italian seasoning
1 teaspoon salt
1 pinch ground black pepper
1 tomato, diced
½ cup feta cheese, crumbled

DIRECTIONS

Preheat oven to 400 degrees F. Lightly grease a baking sheet. In a medium saucepan, bring water to a boil. Stir in the rice. Reduce heat, cover, and simmer for 20 minutes. Remove from heat, and set aside.



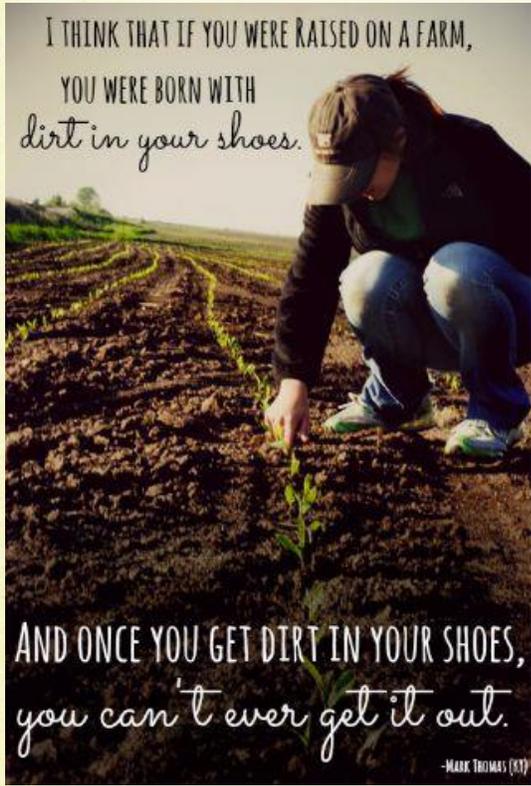
Place the peppers cut-side down on the prepared baking sheet. Roast 25 to 30 minutes in the preheated oven, or until tender and skin starts to brown. While the peppers are roasting, heat oil in a medium skillet over medium-high heat. Cook the onions, basil, Italian seasoning, salt, and pepper in oil for 2 to 3 minutes. Stir in the tomato, and cook for 5 minutes. Spoon in the cooked rice, and stir until heated through. Remove from heat, mix in the feta cheese, and spoon the mixture into the pepper halves. Return to the oven for 5 minutes. Serve immediately.



Green bell peppers are members of the nightshade family of vegetables along with eggplant, potatoes and tomatoes. The various colours of bell peppers all come from the same plant, but differ in their level of maturity. Green bell peppers are harvested before they are ripe and have a slightly bitter flavor.



THE FUNNY FARMER!



AGRICULTURE 101 #3 the Solution!

BY KELLY HAUSER + MALAKA CHARIB

TO HELP STOP THE HUNGER CYCLE, DEVELOPMENT AGENCIES, NGO'S AND GOVERNMENT EXTENSION WORKERS CAN HELP FAMILIES BY...

- SHARING GOOD FEEDS (#1 BEANS!)
- SHOWING THEM HOW TO PLANT IN ROWS.
- USE FERTILIZER.
- CATCH WATER.
- STORE HARVESTED CROPS FOR A LONG TIME.
- FIND OUT WHAT THE MARKET PRICES ARE.

AS a RESULT, THE FAMILY GROWS MORE + MAKES MORE MONEY.

- HIGHER INCOMES MEANS PARENTS CAN PUT MORE FOOD ON THE TABLE.
- AND KIDS CAN GO TO SCHOOL.
- FAMILIES CAN ALSO BUY THINGS FROM THEIR NEIGHBORS WHICH MEANS MORE INCOME + FOOD FOR THEM.
- BOTTOM LINE? WITH AID + SUPPORT, EVERYBODY WINS.

THE END!

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