

Farm Works

NEWSLETTER

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THANK YOU!!

We would like to thank all of our residential and business CSA members for their great support. This program would not be possible without you. We are extremely appreciative for your patience with us during this season. Although we have had many challenges, we have worked as a team to overcome them and take opportunities to learn new skills. We are incredibly grateful!

To our sponsors at:

Tartan Homes Corporation

Knifewear

Beau's Brewery

Our friends at Grounded Kitchen and
Coffeehouse

And to all our residential CSA members
who made FarmWorks possible.

We thank you all!!!



Farm Update

We have a wet but warm week. We are continuing to do the extra work to protect the root vegetables.

We have tried to keep an eye on the eggplant as best as we could. However, due to frost and an invasive insect called thrips, most of the fruit were damaged and unable to be saved. The end of 2014 season is near and we are hoping to harvest as much as we can before then.

Garlic

RECIPE

Roasted Garlic and Herb Bread



- 2 heads garlic, roasted and cooled
- 1 1/4 cups white whole-wheat flour
- 1 1/4 cups all-purpose flour
- 2 tablespoons plus 1 teaspoon chopped fresh herbs such as rosemary, thyme, oregano and/or dill, or 2 1/2 teaspoons dried, divided
- 1 tablespoon baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 2 large eggs
- 1 1/4 cups low-fat milk
- 1/3 cup extra-virgin olive oil

1. Position rack in middle of oven; preheat to 375°F. Line a 9-by-5-inch (or similar-size) loaf pan with parchment paper; generously coat the paper and sides of the pan with cooking spray.
2. Peel roasted garlic cloves, keeping them whole.
3. Whisk whole-wheat flour, all-purpose flour, 2 tablespoons fresh herbs (or 2 teaspoons dried), baking powder, baking soda, salt and pepper in a large bowl. Whisk eggs, milk and oil in a medium bowl. Add the wet ingredients to the dry ingredients and gently stir together until almost combined. Add the garlic cloves and gently fold into the batter until evenly combined; do not overmix. Scrape the batter into the prepared pan and smooth the top; sprinkle with the remaining 1 teaspoon fresh herbs (or 1/2 teaspoon dried).
4. Bake the bread until lightly browned on top and a toothpick inserted in the center comes out clean, 40 to 45 minutes. Let cool in the pan on a wire rack for 15 minutes. Run a knife around and under the loaf to loosen it and turn out onto the rack. Let cool at least 30 minutes before slicing.



Alright guys, it's almost Halloween, evil will loom during this time of year but if you want to drive evils spirits, vampires, insects or even some of the treat-or-treaters away then use garlic, also known as a stinking rose. Its usages do not end there. There has been many scientific research conducted on garlic. It is considered a **SUPER FOOD** and has been attributed to having many medicinal properties and is used as an antiseptic, anti-parasitic, and anti-viral, lowering high blood pressure, cholesterol, and fighting off many diseases and illnesses. It contains many great vitamins and minerals such as Vitamin C, b6, manganese, selenium and other antioxidants. Garlic belongs to the **Allium** family, which includes onions, leeks, and chives. It gives off its pungent smell and flavor when its cells break during chemical reaction especially just after mincing. Garlic is a versatile and deliciously flavoured that can be included to many dishes. Try it during this Fall season!!

24 Hours of Homelessness

24 Hours of Homelessness was a great success. Several students from the Community and Justice Services program at Algonquin College volunteered to experience what it is like to be on the streets for 24 hours at Minto Park. They've raised \$2,500 from panhandling on the streets and an additional \$1,500 from pledges donated to them by their family and friends. We are grateful for their dedication and hard work while battling the cold sleepless night to raise money for Operation Come Home, as well as awareness for homelessness. A HUGE thank you to the students and coordinators of the Community and Justice Service program!!



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