

Farm Works

NEWSLETTER

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Veggie/Fruit of the Week
English Telegraph Cucumber

RECIPE

Cucumber Herb Salad

Ingredients

4 cucumbers
½ cup fresh coriander leaves
4 green onions, sliced
2 tbsp. chopped fresh mint

Dressing

3 tbsp extra-virgin olive oil
2 tbsp lemon juice
1 tbsp white wine vinegar
1 shallot, minced
1 clove of garlic, minced
¼ tsp salt
¼ tsp pepper



Directions

Peel, quarter and seed cucumbers; chop and place in large bowl. Coarsely chop coriander; add to bowl along with green onions and mint.

Dressing: In bowl, whisk together oil, lemon juice, vinegar, shallot, garlic, salt and pepper. Pour over salad; toss to combine. Refrigerate for 2 hours.



The English Telegraph Cucumber is a variety of cucumber that was originally developed to be grown in greenhouses, but now are farm favourites! They are long, thin-skinned fruit and have a mild, crunchy flavour; great for salads or snacking!



Farmer Profile MELISSA CLIFF



FarmWorks Q & A

Q. When did you start farming?

“At FarmWorks! This year is my first experience with farming.”

Q. What is your favorite aspect of FarmWorks?

“Being outside! Transplanting is also so much fun!”

Q. What is your favorite fruit or vegetable?

“Strawberries!”

Melissa Cliff joins the FarmWorks crew this summer after finishing her year at the Rogers Achievement Centre at OCH. This is her first time working in a farming capacity, but she has watched her family members' gardens grow over the years. In addition to working this summer, Melissa will be completing her high school GED in August. Melissa loves animals and hopes to start her own pet store, kennel or grooming business in the future.

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