

Farm Works

NEWSLETTER

July 15, 2014

VOL.2 ISSUE 8

CONGRATULATIONS NICK!

On July 2, 2014 our FarmWorks Team Leader, Nick McLaughlin, became a father to a beautiful baby girl, Moira. Congratulations to the proud parents, Nick and Candice! We wish you all the best with your new addition to the family!



Thank You Herbivor Farm!

We would like to give a great thank you to Justin and Lisa from Herbivor Farm for their donation of tomato, pepper, onion, and eggplant transplants this season!



Weeding for Herbivor Farm as a thank you!

Veggie/Fruit of the Week
Cosmic Purple Carrots

RECIPE

Sicilian Glazed Carrots

Ingredients

- 2 tablespoons olive oil
- 4 garlic cloves, thinly sliced
- 1 teaspoon red pepper flakes
- 2 pounds cosmic purple carrots, peeled and sliced 3/4-inch on the diagonal
- 1 cup water
- 2 tablespoons sugar
- 1 teaspoon salt
- 2 tablespoons julienne lemon zest
- 1/3 cup golden raisins
- 1/4 cup pine nuts, toasted

Instructions



In a large saucepan, heat the oil over low heat. Add the garlic and cook until golden brown, about 1 minute. Add the red pepper flakes, and stir to combine.

Add the carrots, water, sugar, and salt and bring to a boil. Reduce the temperature slightly and cook rapidly until the liquid has evaporated, the carrots are tender and glazed, about 10 minutes. Add the lemon zest, raisins, and nuts and toss to combine.



Cosmic Purple Carrots are an heirloom variety of carrots that are very sweet. They have bright purple skin and orange or yellow flesh. Purple carrots have many more nutrients than the average orange carrot! They are also an excellent choice for kids who won't eat their veggies because of their fascinating colour!



Pick Up Times and Locations 2014

Operation Come Home Pick Up

150 Gloucester Street

Thursdays

4:00pm - 5:30pm

Farm Pick Up

Just Food Farm – 2389 Pepin Court

Thursdays

3:00pm – 5:30pm

Knifewear Pick Up

800 Bank Street – The Glebe

Thursdays

4:00pm – 7:30pm

If you have any questions regarding your pick up location and/or time, please feel free to contact Carolyn at:

(613) 230-4663 or

carolyn@operationcomehome.ca

** Please note pick up locations and times are for residential customers only. Businesses have been arranged on an individual basis.

Farmer Profile NICK MCLAUGHLIN



Nick comes to FarmWorks this season as a team/peer leader on the farm. This is his second year in the FarmWorks program. Nick is passionate about the farming process and is always surprising us with his vast amount of knowledge. In his spare time Nick enjoys silk screening and will be working on creating FarmWorks t-shirts later in the summer. Nick also has a beautiful baby daughter, Moira, who is now lighting up his life.

FarmWorks Q & A

Q. When did you start farming?

I've been helping out in my mom's garden since I was a toddler but I did my first year on the farm last year with FarmWorks.

Q. What is your favorite aspect of FarmWorks?

Watching the veggies grow! The camaraderie on the field and it feels good to be part of a program that is helping at-risk youth.

Q. What is your favorite fruit or vegetable?

Broccoli! Cause of cream of broccoli soup!

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