

Farm Works

NEWSLETTER

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VOL.2 ISSUE 9

First Grounded Harvest!

On July 16, FarmWorks completed their first small harvest of the season for Grounded restaurant. We are now all set for the coming week when we will see you all for the first week of CSA shares!



Melissa, Sarina and Sarah harvesting lettuce



This Weeks CSA Harvest

LETTUCE

KALE

ARUGULA

GARLIC SCAPE

GREEN ONION

BEANS...

And More!

Veggie/Fruit of the Week
Garlic Scapes

RECIPE

SAUTÉED GARLIC SCAPES

Ingredients

2 tbsp. olive oil
2 tbsp. dark brown sugar
8 oz. garlic scapes, trimmed
1 1/2 cups coarsely chopped tomatoes
3/4 cup dry white wine
1/4 tsp ground pepper
1 tsp salt
1 tbsp. chopped parsley
1/4 cup grilled cheddar cheese, diced

Directions

Heat oil in a sauté pan and add sugar. Stir to caramelize the sugar for about 2-3 minutes and add the scapes. Cover and sauté over medium-high heat for no more than 3 minutes, occasionally shaking the pan to prevent scorching. After 3 minutes, add the tomatoes and wine. Stir, then cover and reduce heat to low; continue cooking 5-6 minutes or until scapes are tender but not soft. Season, and then add the parsley and cheddar. Serve warm or at room temperature.



Garlic scapes are the flower stems that garlic plants produce before the bulb matures. Many farmers discard the scapes in order to force the bulb to grow bigger, but the scapes are delicious when tender and young.



FARMING! YOU CAN DO IT YOURSELF

D.I.Y. TIP #1 Planning

The first step to any successful farm comes long before any seeds are bought or land is prepared; it comes in the planning stage! During this stage it is important to make decisions about your growing space, how much produce and what produce you will be growing, your budget, and farm layout. Doing research prior to the season will optimize your progress once the ground is ready!



This new column will examine how you can start your very own mini-farm or garden in your backyard or even on your balcony! The column will deal with topics such as set-up, optimizing space, seeding, transplanting, weeding, care and harvest! Follow along and see how you can grow your own fresh produce!



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