

Farm Works

NEWSLETTER

JUNE 3, 2014

VOL. 2 ISSUE 2

Introducing... FarmWorks Youth Crew 2014



- Farm Hand David
- Farm Hand Melissa
- Farm Hand Terry
- Farm Hand Marcey

We work Monday to Friday from
7:00am to 12:00pm on the farm!

This Week on the Farm

First Seeds Planted!

This week we were able to directly sow our first 3 beds of produce. We seeded two types of beans, Royal Burgundy Bush Beans and Tender Green Bush Beans. We also seeded Sugar Pod Peas and our first batch of heirloom Leaf Lettuce!



Permanent Raised Beds Handmade!

This year we are making permanent raised beds that are 3 ft. wide by 60 to 75 ft. long. There will be a total of 52 rows once the operation is complete.



Veggie/Fruit of the Week
Eva Purple Ball Tomato

RECIPE

PICANTE SALSA

4 ½ lbs. Eva Purple Ball Tomatoes: Scalded, Peeled and Chopped

3 Mild Green Chilies, Chopped

1 Large Spanish Onion, Chopped

1 Large Green Pepper, Chopped

1 Medium Red Pepper, Chopped

3- 6 Whole Jalapeno Peppers, Chopped

5 ½ oz. Tomato Paste

¾ Cup White Vinegar

¼ Cup Brown Sugar

1 tbsp. coarse (pickling) Salt

2 tsp. Paprika

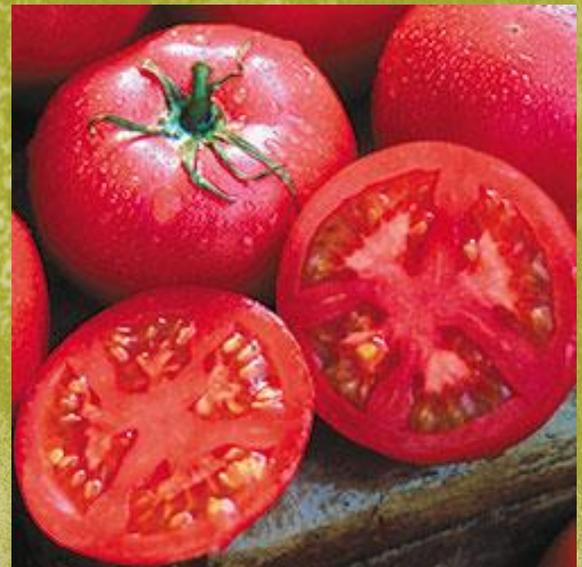
3 Cloves Minced Garlic

½ tsp. Cumin



Combine all ingredients in large pot. Bring to a boil, uncovered, over medium heat stirring occasionally. Boil gently for 60 minutes, stirring occasionally, until thickened to desired consistency. Close to the end of cooking, taste to see if you would like to add more jalapeno peppers. Add as many more as you like. Pour into hot sterilized jars to within ¼ inch of top. Seal. Serve with nachos that have melted cheese, sour cream and green onions on them.

Makes 10 half pints. Enjoy!



The Eva Purple Ball Tomato comes from the Black Forest in Germany and originated around the late 1800s. It is often called one of the world's most beautiful tomatoes. The tomatoes are about 6-8 ounces, perfectly round and have a deep pink colouring. This tomato is known for its tangy and sweet flavor and is very juicy and refreshing.



Farmer Profile

CAROLYN MCCLELLAND



Carolyn McClelland is an integral part of the Operation Come Home staff community. As a Drop-In Staff during the morning she works front line receiving youth and helping them towards their goals. In the afternoons Carolyn turns her attention towards FarmWorks where she is the backbone of the operation. She provides social supports to the youth employed at the farm and works behind the scenes with our CSA members to ensure the season produces excellent results!

Carolyn's FarmWorks Q & A

Q. When did you start farming?

"I was born a farmer! I grew up on my family farm in west Quebec. My dad grew up on the farm and so did his dad. Our family built the farm when they came over from Ireland in late 1800's so it's in my blood!"

Q. What is your favorite aspect of FarmWorks?

"I don't know! So many things! I think most of all I like to see youth learning about food growth and getting back to nature. It's also nice to see people appreciating how therapeutic farming can be."

Q. What is your favorite fruit or vegetable?

"This is a hard one. I like to eat whatever's in season because it's freshest. My favorite farm veggie would probably be beets. I like pickled beets, especially!"

2014 Sustainable Sponsors

