

Farm Works

NEWSLETTER

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A Visit To The Governor General's



On Friday June 13, 2014 FarmWorks was invited by Her Excellency Sharon Johnston to visit the Rideau Hall Gardens. We enjoyed a tour through the main house and saw the ballroom, tent room and some parts of the private residence. We then continued on to see the greenhouses and vegetable gardens!

After our tours, we met up with Her Excellency Sharon Johnston in the garden room to sip lemonade and iced tea, munch on cookies and share stories about overcoming struggles and the therapeutic aspects of the farm. At the end of our visit we enjoyed the company of Rosie, Her Excellency's 3 month old puppy, who was a joy to all!



Veggie/Fruit of the Week
OREGON SUGAR POD PEAS

RECIPE

ASIAN NOODLE AND PASTA SALAD

Ingredients

- 1 ½ Cups Rotini Pasta
- 1 ½ Cups Oregon Sugar Pod Peas
- ½ Cup Thinly Sliced Carrots
- 2 Red Onions, Cut into Strips
- ⅓ Cup Vegetable Oil
- 2 Tablespoons White Sugar
- 1 Package Ramen Noodles



Directions

In a large pot with boiling salted water cook rotini pasta until al dente. Rinse with cool water. In a large bowl combine cooked and drained rotini pasta, thawed sugar snap peas, thinly sliced carrots, and red onion. In small bowl combine oil, sugar, and Oriental noodle flavor packet; blend well. Pour sauce over large bowl of pasta and vegetables. Cover and refrigerate for at least 1 hour to blend flavors. Just before serving break Oriental ramen noodles into small pieces and toss into salad. Serve chilled.



The Oregon Sugar Pod Pea is a variety of snow pea. It has large double pods and a sweet flavour. These peas are excellent steamed or in stir fries. The Oregon sugar pod has very high yields and they are wonderful companion plants for many fruit and vegetable varieties.

Farmer Profile

DAVID SENDYBYL



David Sendybyl is returning to the farm this year for the second time! As a farmhand last year, David found a passion in farming and aspires to continue in the future. David is a part of Operation Come Home's new Innovation Works program where he will be creating his own small agriculture business this summer. David loves dogs, chocolate and long walks in the park!

FarmWorks Q & A

Q. When did you start farming?

"I started farming last season when FarmWorks started. I also used to help my granny tend to the vegetables in her garden."

Q. What is your favorite aspect of FarmWorks?

"Enjoying the outdoors! Learning about organic produce and being a part of the community!"

Q. What is your favorite fruit or vegetable?

"Rhubarb, Strawberries, Spicy Eggplant in Oil and Garlic! And the list goes on!"

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