Carrots

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Moroccan-Roasted Carrots with Cauliflower and Peppers

2 cups carrots, peeled and diced
1 small head of cauliflower, cut into small florets
1 red pepper, sliced
2 T olive oil
½ t cumin
½ t ground ginger
1/8 t black pepper
½ t cinnamon
¼ t ground coriander
1/8 t cayenne pepper
¼ t turmeric
1 T sugar
½ c raisins (golden raisins work well)
Salt to taste

Preheat oven to 400°F. Toss the carrots, cauliflower, and red pepper with the oil. In a small separate bowl, combine all the spices and sugar. Add spices to vegetables and toss to combine. Spread vegetables out on a baking sheet and roast for about 30 minutes or until vegetables are tender and begin to caramelize. Remove from oven and add raisins. Salt to taste. Serve either warm, cold, or at room temperature over rice.
On the Farm News

**Article by: Amanda Hawks** Things are going well on the farm but it has been HOT! We’re looking at coming earlier so that we can avoid the heat; we already come at 7 each morning, but maybe 6 would be cooler. Gotta start getting to bed earlier! Pretty much farm news includes weeding. There are so many weeds! Especially in the extra field where our pumpkins are growing. But it’s good and keeping us busy. I was having a bit of meditative thought as I pulled weed after weed today. I was realizing how weeds, although seem like the enemy, actually provide a lot of good to a system. I’m fascinated by soil nutrition. Organic matter (plant matter composed especially of carbon) is very important to the overall fertility of a system. If we can pull the weeds before they go to seed, and leave their bodies to decay, all the nutrients they removed from the soil in growth will return, as well as all the carbon that the plant produced through photosynthesis. Sometimes farmers wish there were no weeds. But how dry and unusable would soil be, if these plants didn’t provide that cycle of nutrients? There is still much I don’t understand about soil nutrition, but in an almost spiritual sense, it was gratifying for me today to realize the balance weeds can provide to a system if treated, used, and thought of correctly.

Meet your Farmers

**Name:** Katie Jewel Peterson  
**Major:** Horticulture  
**Hometown:** Providence, Utah  
**Role on the Farm:** On the Farm Intern

**Why did you choose to spend your summer on the farm?** Um...I love growing things. Yup, that’s why!  
**What is your favorite vegetable and why?** Aw, man. Probably our peas. Because nothing is eating them, and they’re not dying, and they’re delicious.  
**What form of transportation best describes your personality?** I’ve never tried it, but probably teleportation, that’s me all around.  
**If you could be a superhero, what would be your super power and how would you use it to better the farm?** It’s kinda boring, but I would probably just have a lot of money so that I could buy everything that makes farming efficient, like Batman or Iron Man. I guess that doesn’t count as a super power, but hey – it’s real life!

For more information about the USU Student Organic Farm or CSA shares visit:  
www.usu.edu/organicfarms

Special Recipe: Using Sage

Here is an excellent dish from farm volunteer Shannon Babb giving you a tasty way to use the sage you got this week.

**Herb Biscuits**

- 2 cups self-rising flour  
- 1-1/2 teaspoons fresh sage (or favorite herb), chopped or 1/4 teaspoon dried sage  
- 1-1/2 teaspoons fresh thyme (or favorite herb), chopped or 1/4 teaspoon dried thyme

**Preparation:**

Preheat oven to 400 F. Spray a nonstick 12-cup muffin pan with vegetable oil. Whisk sage and thyme into the flour. Using a large dinner fork, stir in the mayonnaise and milk (or buttermilk) until combined. Do not overmix. Divide batter evenly into muffin cups. Bake in preheated oven for 12 to 15 minutes.