Zucchini

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Broiled Zucchini and Potatoes with Parmesan Crust
Recipe adapted from foodnetwork.com

4 small new potatoes
2 T butter
1 clove garlic, minced
1 t fresh thyme, chopped
1 t fresh rosemary, chopped
2 small zucchini, cut in 1/2 lengthwise and into 1” pieces
Pinch kosher salt and freshly ground black pepper
1/4 cup grated Parmesan

Bring a medium pot of water to boil over high heat. Add potatoes and cook until just tender, about 8 to 10 minutes. Drain potatoes and let cool. When cool, cut potatoes in half.

Place a medium sauté pan over medium heat. Add butter, garlic, thyme and rosemary and let cook until butter is melted. Meanwhile, season the cut sides of zucchini and potatoes with salt and pepper. Carefully place zucchini and potatoes cut side down in the melted butter. Let them cook until golden brown.

Preheat broiler. Place browned zucchini and potatoes on a baking sheet cut side up. Sprinkle the tops with Parmesan. Place in broiler until cheese is golden brown, about 4 minutes. Transfer to a plate and serve.

Article by Amanda Spackman

The zucchini is kind of a mysterious vegetable. Growing up, I remember our sweet old neighbor who came to our door every week kindly offering fresh produce from his garden. Strawberries and carrots were quite the treat, but every time he brought a zucchini over no one knew what to do with it. The strange, sometimes bendy and dimpled green vegetable sat on the counter until it was too old to do anything but make bread with. Don't get me wrong, I love zucchini bread as much as the next person, but I've come to discover in recent years that we really didn't know what a treasure our kind elderly neighbor was giving us. Zucchini is delightful. It tastes great raw, steamed, sautéed, or roasted with a hundred different spice combinations. They can even be coated with bread crumbs and baked into more “wholesome” fries. I made a zucchini/young potato combo, it was so good that I ate the entire recipe for lunch. Break out of your zucchini comfort zone like I did, you won't regret it.

Article by: Jillian Cartwright

Blanching and Freezing Greens

I was on the farm the other day, harvesting some lovely kale. I was assigned to harvest a certain section, so I went at it. And it just kept going and going and going and going. I’m sure you know this story... you’ve been getting quite a bit of dark leafy greens in your baskets lately. I’m a fan of these vitamin-packed leaves, but even I wouldn't know what to do with all of them. Here is a method to significantly decrease the size of your greens while also preserving your kale for those colder months when you wish you had fresh farm produce. This method may look familiar... we adapted it from our chard newsletter, with a few differences of course :)  

- Bring a pot of water to boil.  
- Dip your greens (still bundled) into the water for 10 seconds.  
- Squeeze out any water from the greens. They should be much more compact.  
- Store in a plastic bag. Freezes great from this point or can be kept in the fridge.

Article by Jillian Cartwright

On the farm intern Erin studiously keeping records.
On the Farm News

Article by: Amanda Hawks

Meet your Farmers

**Name:** Camille Dawn Lowder  
**Major:** Horticulture  
**Hometown:** Providence, Utah  
**Role on the Farm:** Organic Gardening Outreach Intern

**Why did you choose to spend your summer on the farm?**  
Because I really support what the farm stands for, which is supporting local agriculture. And not only that, it is really helpful for students who really want to get their hands in the dirt and learn how to farm and manage a farm and learn how to be completely in charge of it.

**What is your favorite vegetable and why?**  
Probably tomatoes, which is actually a fruit., should I pick something else? Well tomatoes because they go so well with lots of different things. You can do a lot with a tomato.

**What form of transportation best describes your personality?**  
Bike riding because I love riding my bike. And I like being open to the outdoors.

**If you could be a superhero, what would be your superpower and how would you use it to better the farm?**  
I've always really wanted to fly. To better the farm, I would probably just help fix the hoop houses, and put the shade cloth on.

Announcements

The final payment for the CSA shares is due August 1st.

The farm is pleased to offer a preservation class on Wednesday, August 8 at 6 PM at the USTAR building in room 158. The cost of the class is $5, which is to cover the cost of some delicious samples. Come learn how to preserve your soon-to-be bounteous shares so you can enjoy your produce all year round.

How is our Farm Organic?  
**Article by: Amanda Hawks**

Another great aspect of being certified organic is keeping careful records of seeding, transplanting, harvest, field activity, inputs, and finally maps of the farm and hoop houses showing exact locations of each vegetable. These records are vital for demonstrating that our farm is actually producing the amount of vegetables that we claim to be. Keeping these records every day can be a bit tedious, but it’s not only required for being certified organic (and the certifier checks to make sure they are all kept), but these records become incredibly useful the following year as the class plans for the new season.

Also, we buy organic seed which have not been treated, genetically modified, and have been grown without pesticide or fertilizers. With this, we keep a seed inventory and keep the seed packets after the seeds are used up as proof of purchase. There are a lot of things to keep track of for the organic certification!