Meet our Interns

It’s the start of a new summer and there is a new set of interns to match. We have five student farm interns this summer. Our farm manager is Joe and some of you may remember him from last year. Daniel is our CSA manager, and our other three interns are Ayla, Gus (Goose), and Merrisa. We will be putting in a brief intro on each of them in the coming weeks, but for now here we are. We are excited to meet you all this week!
Asparagus

We are excited to have something new to offer to our CSA members this year. The USU Greenville research farm has offered us one of their fields of asparagus (still organic) to harvest. Asparagus is one of a few perennial vegetables that are commonly grown and they take several years to establish. The field that we will be harvesting is an older one and has started to diminish in its production, but the asparagus spears that you will receive are still as succulent and tasty as ever. Asparagus is an early vegetable and as such it will not be available all summer, but we are excited to be able to enjoy it with all of you for the next few weeks.

Green lettuce, kale, red lettuce, mustard, and Tatsoi are some of the tasty kinds of produce growing in our yellow hoop house.
Ingredients:

- Pak choy: 250 grams
- Ginger sliced: 2 inch piece
- Garlic sliced: 10 cloves
- Oil: 1 tablespoon
- Corn flour / corn starch: 1 tablespoon
  → Dissolved in 1 cup of water
- Soy sauce: 1 tablespoon
- Salt: to taste
- Sugar: 1/2 tablespoon
- Sesame oil (til oil): 1 tablespoon

Cuisine: Thai
Level Of Cooking: Easy
Calories: 460.45
Carbohydrates: 48.54
Protein: 6.925
Fat: 25.815

Method:

**Step 1**
Wash the pak choy well. Heat a wok. Add a little oil. Add ginger and stir-fry for half a minute. Add garlic and continue to sate. Add pak choy and toss.

**Step 2**
Blend corn flour in a little water. Add soy sauce, salt, sugar and half a cup of water to the wok and cook.

**Step 3**
Remove the pak choy pieces and place them in a serving bowl. Add corn four to the wok and cook till the sauce thickens. Pour over the pak choy.

**Step 4**
Drizzle sesame oil and serve hot with steamed rice.