The Farm Newsletter

USU Student Organic Farm

Follow this and additional works at: https://digitalcommons.usu.edu/student_orgfarm

Part of the Agriculture Commons

Recommended Citation
https://digitalcommons.usu.edu/student_orgfarm/88

This Newsletter is brought to you for free and open access by the Plants, Soils, and Climate at DigitalCommons@USU. It has been accepted for inclusion in USU Student Organic Farm Newsletter by an authorized administrator of DigitalCommons@USU. For more information, please contact digitalcommons@usu.edu.
"Agriculture is the most healthful, most useful, and most noble employment of man."

– George Washington

Meet the Farm Manager

Joe Montoya

Joe is a junior majoring in Agricultural Education with a minor in Plant Science. This is his second year working on the farm and he has accepted for the season to manage farm production. He is passionate about gardening and he hopes to someday teach horticulture to high-school students. He is from Virginia, but he lives for the present here in Logan with his wife, two dogs and eight chickens. Joe loves to travel and wants to go all over the world teaching the benefits of sustainable food production.

In The Box

Spinach
Kale
Galactic Red Lettuce
Simpson Lettuce
Butter crunch Lettuce
Cilantro
Arugula
Asparagus

Nutritional Fact About Spinach

100 g of fresh greens provides 402% of daily vitamin-K requirements, and 47% of daily-recommended levels of vitamin C. –Nutrition-and-you
Spanish Asparagus Revuelto

Source: David Tanis, www.cooking.nytimes.com/

INGREDIENTS:

- Olive oil
- 2 peeled garlic cloves, plus 1/2 teaspoon minced garlic
- 2 cups bread cubes, made with day-old bread, cut in 1/2-inch cubes
- Salt and pepper
- 2 ounces diced Spanish chorizo
- 1 bunch thin asparagus, about 1 1/2 pounds, cut in 1- to 2-inch lengths
- 1 bunch green onions, chopped
- 8 large eggs, beaten
- 1/2 teaspoon pimentón
- 2 tablespoons roughly chopped Italian parsley

DIRECTIONS:

STEP 1: Put 3 tablespoons olive oil in a cast-iron skillet over medium-high heat. Add peeled garlic cloves and let them sizzle until lightly browned, then remove. Add bread cubes, season with salt and pepper, lower heat to medium and gently fry until lightly browned and crisp, about 2 minutes. Remove bread and set aside to cool.

STEP 2: Add chorizo and fry lightly. Add asparagus, season with salt and pepper, and stir-fry until cooked through but firm, 3 to 4 minutes. Add green onions and minced garlic and cook 1 minute more.

STEP 3: Season eggs with salt, pepper and pimentón. Pour into pan and cook, stirring with a wooden spoon, just until soft and creamy, 2 to 3 minutes. Add parsley and serve immediately, topped with the fried bread cubes.