Recipes

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Farm News
Hello from your local student farmers! Thanks to everyone who made it out to our farm potluck on Saturday. We appreciated the opportunity to mingle with many of you and enjoyed your company.

This past week we have been transplanting lots of spinach, broccoli, chard and seeding peas for our fall harvest. Also, our pumpkin patch is looking pretty terrific. Come Autumn time, we expect to have a pumpkins a plenty!

Thanks so much for your support! Along with all of you, we look forward to the weeks and all the farm fresh produce come.

Your USU Student Farmers, 
Bethany, Sara, Crista, Ashley, Brianne, and Blake

Farm Spotlight
Blake Beyers
(Blake and his son Andrew)
Blake Beyers is from Fort Smith, Arkansas and is studying dietetics at USU. Blake and his wife, Aubrey, have two beautiful children, Andrew (4) and Kendall (6 months). After working two summers on the farm, some highlights of working here have been seeing the “cycle of matter”, specifically the function of compounds, from the soil to the plant to how it works inside of us. Blake enjoys taking on experiments and learning new ways of becoming self reliant. Just this week, he churned his own butter!
Yellow Grilled Squash

INGREDIENTS:
4 medium yellow squash  2 cloves garlic, crushed
1/2 cup extra virgin olive oil  salt and pepper to taste

DIRECTIONS:
1. Preheat the grill for medium heat.
2. Cut the squash horizontally into 1/4 inch to 1/2 inch thick slices so that you have nice long strips that won’t fall through the grill.
3. Heat olive oil in a small pan, and add garlic cloves. Cook over medium heat until the garlic starts to sizzle and become fragrant. Brush the slices of squash with the garlic oil, and season with salt and pepper.
4. Grill squash slices for 5 to 10 minutes per side, until they reach the desired tenderness. Brush with additional garlic oil, and turn occasionally to prevent sticking or burning.

Kale, Swiss Chard, Chicken and Feta Salad

Ingredients
1/2 cup cider vinegar
2 teaspoons honey
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/2 teaspoon dried oregano (optional)
1/2 cup olive oil
1 bunch kale, torn into bite-sized pieces
1 bunch Swiss chard, torn into bite-sized pieces
1 pound grilled skinless, boneless chicken breast, sliced
1 (6 ounce) container crumbled feta cheese, or more to taste
1/3 cup raisins
1/3 cup chopped, toasted walnuts

Directions
Whisk the vinegar, honey, salt, pepper, and oregano in a bowl until the honey has dissolved. Whisk in the olive oil until evenly blended. Place the kale, Swiss chard, chicken, feta cheese, raisins, and walnuts into a bowl. Toss with the dressing to serve.

Greek-alicious Pasta Salad

INGREDIENTS:
2 1/2 cups bow tie (farfalle) pasta
1 cup Greek salad dressing
2 1/2 tablespoons mayonnaise
4 radishes, finely chopped
1/2 cucumber, peeled and chopped
1 (15 ounce) can garbanzo beans, drained
3/4 cup crumbled feta cheese

DIRECTIONS:
1. Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the bow tie pasta and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 12 minutes. Drain well in a colander set in the sink.
2. Place the Greek dressing and mayonnaise into a large salad bowl, and whisk together until smooth and well blended. Add the cooked pasta, and stir lightly to coat the pasta. Sprinkle on the radishes, cucumber, garbanzo beans, and crumbled feta cheese, and fold in gently.

Radish Top Soup

INGREDIENTS:
2 tablespoons butter  4 cups chicken broth
1 large onion, diced  1/3 cup heavy cream
2 medium potatoes, sliced
4 cups raw radish greens

DIRECTIONS:
1. Melt butter in a large saucepan over medium heat. Stir in the onion, and sauté until tender. Mix in the potatoes and radish greens, coating them with the butter. Pour in chicken broth. Bring the mixture to a boil. Reduce heat, and simmer 30 minutes.
2. Allow the soup mixture to cool slightly, and transfer to a blender. Blend until smooth.
3. Return the mixture to the saucepan. Mix in the heavy cream. Cook and stir until well blended. Serve with radish slices.