



FortWhyte

F A R M S

GROWING YOUTH, FOOD & COMMUNITY

Intern of the Week

Hi, My names Ansley Sinclair-Henderson and I'm proudly Intern of the week this week!

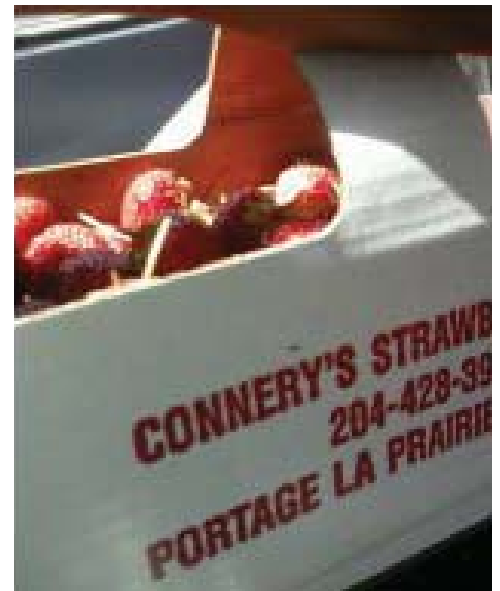
I'd like to take initiative and say thank you and that I couldn't have done it without the staff and co-workers who also do such a great job at FortWhyte.



Ansley
Sinclair Henderson
Intern of the Week

What has FortWhyte Done for you so Far?

The farm has shown me how to build characteristics so that I can become the best I can be. I've noticed my attitude is growing to become so positive and strong. When I'm offered a task, I'll tackle it and get the job done. Finishing what I started gives me a good sense of accomplishment. Working at FortWhyte is a non-stop learning ride. Just knowing that I'm learning something makes me feel more ambitious to see what else is out in the world. It has definitely opened my eyes because FortWhyte is such a great adventure and I'm glad to be part of the team.



Strawberry Picking

For the past couple of work days at FortWhyte, we've been going out to different farms like the Connery's Strawberry Farm, which was my favourite outing of them all. As a team we set out to the gigantic fields and tackled four long rows of strawberries. We ended up eating two for every ten we picked and wow my taste buds tingled like crazy! And I soon actually became full of them. The next great part was that Christian (our staff leader) let us take a box home. My box didn't even make it to my apartment because I shared mine with my friends on the way coming home.

What do you Like about FortWhyte ?

Taking care of livestock was a first for me and quite frankly it's kind of fun just because we get to watch them as they were so small grow into adulthood. The labour work in taking care of these livestock mainly consists of hauling water and food, moving their shelters, and hauling them off to be harvested in the end. I like working a sweat up here or pumping some iron as they say. Plus having great conversations and getting to know people. But most of all, getting out of busy downtown Winnipeg into this beautiful environment. Being able to catch a deep full fresh breath of air is priceless for me. I hope this program will proceed and be ongoing for many years to come for other youth.

As a catalyst in the creation of sustainable communities, FortWhyte Farms engages inner-city youth in innovative urban agriculture projects. Products such as honey, vegetables and other locally produced fare are grown, harvested, and sold at market. FortWhyte Farms offers young people increased self-reliance while providing insightful experience in a business operation. Youth leave the program with a sense of hope, place, and purpose, combined with valuable experience in sustainable urban agriculture. For more information, contact us at farms@fortwhyte.org, 895-2373.

Weather Forecast

Monday



25°

Chance of Thunder Showers

Tuesday



24°

Chance of Thunder Showers

Wednesday



26°

Sunny

Thursday



22°

80% Chance of Showers

Friday



26°

Sunny

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Feature Vegetable:



C h i v e s

A hardy, fast growing herb in the lily family, chives are cultivated for their long slender leaves. They are used in salad dressings, herb butters and vinegars, soups, stews, etc. The flowers are also edible. Chives are believed to strengthen nails and teeth, and have antibiotic properties. It is said that chives are an appetite stimulant, relieve high blood pressure, and are a natural insect repellent.

Tips:

Store fresh chives in the refrigerator in a plastic bag for up to a week.

Do not wash until ready to use them, as excessive moisture will promote decay.

Recipes

Chives, Green Eggs & Ham

8 eggs
2 Tbsp milk
1/4 tsp salt
1/4 tsp black pepper
1/4 cup chopped chives
1/8 cup chopped fresh parsley
1 (4 ounces) thick slice or chunk of cooked ham, cut into 1/4-inch diced pieces
1 Tbsp butter
1/4 cup grated Parmesan cheese
Additional parsley for garnish

Place eggs, milk, salt, black pepper, chives, and parsley in a blender and pulse until herbs reach a minced stage, but not completely pureed. Heat a large non-stick skillet over medium heat until hot. Add butter and swirl to cover bottom of the pan. Add ham and saute about 30 seconds to heat. Lower heat to medium-low.

Pour egg mixture over warmed ham. As the mixture cooks, push up cooked portions with a heat-

proof spatula and tilt pan so uncooked portion reaches the pan to cook. Remove from heat when eggs are still soft, but not runny. Sprinkle with Parmesan cheese. Cover and let rest for 1 minute before serving to let eggs set and cheese melt a bit.

Yield: 4 servings

Chives Chip Dip

1 cup sour cream
1/2 cup mayonnaise
1/4 cup snipped chives
1 tablespoon herbed vinegar, such as tarragon
Dash white pepper
Potato chips or assorted vegetable dippers

In a medium mixing bowl stir together the sour cream, mayonnaise, chives, vinegar, white pepper, and 1/8 teaspoon salt. Cover and refrigerate for up to 48 hours. Serve with potato chips or vegetable dippers.

Chive Mashed Potato

2-1/2 pounds (about 8 medium potatoes, peeled and cut into 1-inch cubes)
1 (8-ounce) package cream cheese, cut into 1-inch cubes, at room temperature
3/4 to 1 cup hot milk
1-1/4 teaspoons salt
1/4 teaspoon ground black pepper
1/2 cup chopped fresh chives

Cover potatoes with 2 inches of water. Boil gently until tender, 10 to 15 minutes. Drain and return to the pan.

Add cream cheese, milk, salt, and pepper to the potatoes and mash together until blended. It's okay if there are a few lumps. (If you don't want lumps, pass potatoes through a ricer instead of mashing before adding the rest of the ingredients.)

Rewarm over low heat if necessary, then fold in the chives. Serve chive mashed potatoes hot.

Try using unpeeled red rose potatoes for added color and nutrition.

Yield: 8 servings