



FortWhyte

F A R M S

GROWING YOUTH, FOOD & COMMUNITY

Intern of the Week

Hi. My name is Alex Beardy and it's my first year working at FortWhyte Farms. I have only been here for a couple of weeks now and I love this place. This is my first full time summer job and I have to say this doesn't feel like work. We're all working hard and I'm excited about all the different kinds of work that we do.



Alex Beardy

Friday Field Trip

On Friday afternoon all the summer interns and farm assistants went to a dairy farm. They showed us many interesting things. The first thing they showed us was the barn where they keep the cows. I thought I knew what a cow looked like, until I got up close and personal. The first thing I noticed was their huge eyes and the cows themselves were massive in size. Feeding the cows was simple. They just put hay on the floor in front of them. Automatic machines milk the cows until a gauge indicates that the milking is finished. The highlight of the field trip was visiting the calves. It felt weird when we stuck out our hands in front of them and they nibbled on our fingers with their gums. This was the best field trip so far.



MY FAVOURITE JOB

One of my favourite jobs is feeding the chickens out in the orchard. Chicken is one of my favorite foods, especially when it's deep fried. I like feeding the chickens because they act crazy in a humorous way. After we move the chicken shelter and as soon as we put the feed in the chicken feeder they all come at once crowding around competing for their food.

How FortWhyte Changed Me

I never would have thought of waking up at 7 in the morning on a summer day. But now that I'm working at FortWhyte Farms, I'm waking up at 7 a.m. every morning. If I wasn't working here, I'd be waking up at 2 in the afternoon, playing video games, eating and sleeping. Now even when I'm not at work, I'm doing more chores around the house: I'm taking out the garbage, washing dishes and sweeping. My family is surprised. I'm working out more often, playing basketball and hockey with my friends. I'm becoming a more mature and responsible person than I ever thought I would be. I like the person I'm becoming.

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:



O n i o n s

Onions were grown in Ancient Egypt, and eventually arrived in Rome and became known as the word onion (from the Latin word UNIO, which means large pearl). To reduce tearing when peeling or slicing an onion, chill for 30 minutes or cut off the top, but leave the root on. The root has the largest amount of sulphuric compounds, which is what causes tears when the onion is peeled or cut. Remove the root prior to cooking or eating.

Tips:

Store fresh onions in a cool, dark place. If greens are still attached, store in fridge.

Recipes

French Onion Soup

2 ounces of butter
1 pound of onions, sliced
1/2 clove garlic, crushed
1 teaspoon flour
4 cups beef stock
salt and pepper to taste
2 ounces of Gruyere cheese, grated
1 teaspoon Dijon mustard
4 slices French bread

Melt the butter in a large saucepan and add the onions. Slowly brown the onions. It is important to brown the onions VERY slowly. It takes about an hour to do. Just check them every once in a while. They should end up very soft, golden brown and transparent. Add the garlic after the onions have been cooking for about 45 minutes.

After the onions are cooked, turn up the heat to medium, stir in the flour and cook for 1 minute.

Add the stock, and stir until it boils.

Season with salt and pepper and simmer the soup for 20 to 30 minutes.

Preheat the oven to 400°F. Mix the grated cheese with the mustard and pepper. Spread this on the bread slices and put one slice of bread on the bottom of each onion soup bowl. Pour the soup in. The bread will rise to the top.

Bake the soup in the oven, uncovered until the bread and cheese mixture is bubbling.

Alex's Sandwich Spread

2 tins tuna or salmon
2 Tbsp mayo
1/2 onion, finely chopped
Optional: chopped celery or green peppers
8 slices of bread

Mix ingredients together in a bowl. Season with salt & pepper. Spread onto bread. Top with bread slice. Makes 4 sandwiches

Steak and Onions

1/2 kg (1 lb) top round steak
2 tsp olive oil
2 Tbsp minced garlic
1 white onion, sliced
1 green bell pepper, thinly sliced
1 red pepper, thinly sliced

Slice the steak into thin strips. Try to follow the lines made by the butcher's tenderizing machine.

Heat olive oil in a nonstick pan. Then add the steak and garlic and brown for about 2 minutes.

Add the onion and peppers, and cook till soft (2 to 3 minutes). Serve immediately.

Yield: 6 servings