



# FortWhyte

## F A R M S

GROWING YOUTH, FOOD & COMMUNITY

### Intern of the Week

Hi. My name is Bryton Watt and it's my first year working at FortWhyte Farms. I was excited to find out that I got the job at the farm because now I can support my family of five in helping to pay for the rent, groceries and utilities. I can also support my grandmother who has always been there for me. Now I get to be there for her.



**Bryton Watt**

### MY FAVOURITE JOB

My favourite job at the farm is caring for the chicks in the garage. I walk in the approach the chick pen. I see little yellow puff balls. I want to hold and cuddle with them. But I have to feed them their chick food because they can't stay small their whole life. Just like us they begin small and get bigger every day.

### Mmm... Fresh Food

Working at the farm has started to change my ideas about food. After a couple of weeks I've experienced how vegetables and livestock can be grown without adding chemicals or fake nutrition. I'm also aware from watching videos on how food is prepared by corporations that we don't really know what's in factory food or what they do to it before processing. I'd rather eat food from the farm and know where my food is coming from.



### Breaking out of a Shell

Usually I'm really quiet around people I don't know. I'm really shy. But right now at the farm I'm starting to be open around people. I'm expressing my ideas. And now most of us are friends with each other. I'm relieved. Instead of being in a shell most of my life, I'm feeling ok about being myself. We really don't know what people are like in the inside. They might look a certain way on the outside but you have to get to know a person on the inside to get to know what they're doing on the outside. At the farm, people care more about what's on the inside.

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](mailto:farms@fortwhyte.org), 895-2373.

### Weather Forecast

Monday



24°

Chance of Showers

Tuesday



29°

Sunny

Wednesday



29°

Sunny

Thursday



28°

Sunny

Friday



28°

Sunny

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## Feature Vegetable:



## Z u c c h i n i

Zucchini were an integral part of the ancient Mexican diet, dating back to 7,000 to 5,500 BCE.

Zucchini contain useful amounts of folate, potassium and vitamin A, and are an excellent source of vitamin C.

Skin colours range from dark green to yellow; the darker the squash, the more the nutrients.

With their high water content, zucchini are very low in calories: about 20 calories in a half-cup of cooked zucchini.

### Tips:

Wash zucchini but don't peel because most of the nutrients are in the skin.

## Recipes

### Zucchini Chocolate Cake

1/4 cup butter  
1/2 cup vegetable oil  
1 3/4 cup white sugar  
2 eggs  
1 tsp vanilla  
2 1/2 cups flour  
4 tsp cocoa  
1/2 tsp baking powder  
1 tsp baking soda  
1/2 tsp cinnamon  
1/2 tsp cloves  
2 cups grated zucchini  
1/2 cup sour mild  
1 cup chocolate chips

Combine butter, oil, sugar, eggs and vanilla in a large bowl, blending well. Add zucchini.

Combine flour, soda, baking powder, cocoa and spices. Add to sugar mixture alternately with sour mild. Add chocolate chips. Pour into greased 9 x 13 inch pan and bake at 325 for 45 - 60 minutes.

### Zucchini-Feta Pancakes

4 eggs, separated (yolks optional)  
4 cups coarsely grated zucchini  
1 cup finely crumbled feta cheese  
1/2 cup finely minced scallions  
1 Tbsp fresh, finely minced mint  
salt and pepper to taste  
1/3 cup flour  
oil for frying  
sour cream or yogurt for topping  
Beat the egg whites until stiff.

In a medium-sized bowl, combine zucchini, egg yolks, feta, scallions, seasonings and flour. Mix well.

Fold the egg whites into the zucchini mixture.

Heat a little oil in a heavy skillet. When it is very hot, add spoonfuls of batter, and fry on both sides until golden and crisp.

Top with sour cream or yogurt.

Yield: 4 servings

### Zucchini Bake

3 cups grated zucchini  
1 cup flour  
1 tsp baking powder  
1/2 cup chopped onion  
1/2 cup grated parmesan or cheddar cheese  
1/2 tsp salt  
1/2 cup oil  
1 clove minced garlic  
4 eggs, lightly beaten  
Mix all ingredients. Bake in a large pie plate or 9 x 13 inch pan at 350 for 30 to 45 minutes..

Yield: 4 servings