



# FortWhyte

## F A R M S

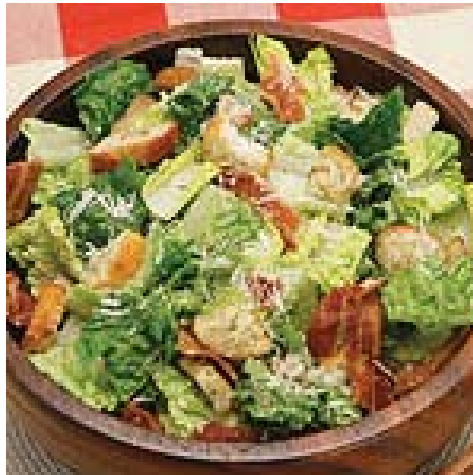
GROWING YOUTH, FOOD & COMMUNITY

### Intern of the Week

Hi, my name is Destiny Ballantyne and it's my first year at FortWhyte Farms. I got this job through coming to the farm every Thursday with Freight House. I'm happy about working here because I get to work with animals. I also like the growing of vegetables because I always liked growing things when I was little. I remember growing flowers when I was a girl. I was so interested in how a seed could become a big flower.



**Destiny  
Ballantyne**



### I Love Caesar Salad

I have always loved the taste of fruits and vegetables, but especially lettuce. I love salads, especially Caesar salad. Usually I buy Caesar salads. Sadly, I do not know how to make it, but if I did I would always eat Caesar salads. I love the crunch of the lettuce, the flavor of the cheese, the aroma of the bacon and chicken. Mmm, I love Chicken Caesar Salad.

### My First Animal

When I was five years old I got my first cat named Sabrina from a hippie woman. I remember a lot of cats, dread locks and the smell of incense filling her home. Sabrina was small, pitch black with big green eyes and didn't meow much. I was excited to have my first kitty. Years later, that's my favourite thing about the farm – the animals. I like the chickens and the pigs. It's kind of sad that they'll be made into food eventually, but it makes me want to make their every living moment special. I talk to them, make fun of them as they follow me around and generally give them attention.



### Rain on the Farm

I have no idea when it will stop. Everything is getting wet and soaked. There will be a lot of puddles in the garden. This is not what we need right now. Flashes of lightening are scary and they're making us nervous. Four seconds later the thunder cracks and everyone gets excited. Everyone is waiting. Waiting for the next lightening strike. Waiting for the rain to stop so we can get back to work. Ok, we actually like these breaks. We've been working hard, weeding in the garden today. It has just calmed down. Now we just have to wait and see. This is life on the farm.

*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, pasture raised meats & other locally produced fare are grown, harvested, & 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 agriculture.*

**CONTACT THE FARM AT**

**895 2373 OR AT [WWW.FORTWHYTE.ORG/FORTWHYTEFARMS](http://WWW.FORTWHYTE.ORG/FORTWHYTEFARMS)**

# GROWING YOUTH, FOOD & COMMUNITY

## Feature Vegetable:



## G a r l i c

Garlic belongs to the family of Onion. Garlic is used both for cooking and medicinal reasons. It has a pungent and spicy flavor. Garlic is found to be effective cure for Heart disease, high cholesterol, high blood pressure and even cancer. For Heart patients garlic acts as a blood thinner, similar to aspirin. Garlic also helps to regulate blood sugar levels, cure worm trouble, digestive disorder. Garlic also possesses anti bacterial properties..

### Tips:

Store garlic at room temperature. Garlic in oil should be prepared and stored in refrigerator and not kept in room temperature.

## Recipes

### Cesar Salad

1 head romaine lettuce  
2 cups croutons  
1/4 cup grated Parmesan cheese  
Dressing:

1/4 cup vegetable oil  
2 tbsp grated Parmesan cheese  
1 tbsp white wine vinegar  
2 tsp Dijon mustard  
2 tsp anchovy paste  
2 cloves garlic, minced  
1/2 tsp each salt and pepper  
1/2 tsp Worcestershire sauce  
3 tbsp light mayonnaise

Dressing: In bowl, whisk together oil, cheese, vinegar, mustard, anchovy paste, garlic, salt, pepper and Worcestershire sauce.

Whisk in mayonnaise until smooth.  
(Make-ahead: Cover and refrigerate for up to 1 day.)

Tear lettuce into bite-size pieces to make about 20 cups; place in large bowl. Add dressing, croutons and cheese; toss to combine.

### Variations:

Chicken Caesar Salad: Place 4 boneless skinless chicken breasts on greased grill over medium-high heat; close lid and cook, turning once, for about 12 minutes or until no longer pink inside. Slice into thin strips; add to salad.

### Swiss Chard Galette

#### Pastry: (double recipe)

1/4 cup ice water  
3 Tbsp buttermilk  
1 cup flour  
1/4 cup cornmeal  
1 tsp sugar  
1/2 tsp salt  
7 Tbsp butter, cubed

#### Filling:

2 Tbsp oil  
2 bunches swiss chard, chopped  
small red onion, chopped  
2 garlic cloves, minced  
2 Tbsp fresh basil, chopped  
1/4 tsp salt  
1/8 tsp pepper

3 eggs  
1/2 cup cream  
1 cup parmesan

Pastry: Combine cold water and buttermilk and set aside. In a large bowl combine flour, cornmeal, sugar and salt. Using a pastry blender cut in butter until pastry resembles the size of small peas. Add buttermilk mixture, 1 tsp at a time until a ball of dough is formed. Wrap in plastic wrap and set aside in fridge.

Filling: Saute chard, onion and garlic in oil. Add basil and cool. Mix eggs, cream, parmesan, salt and pepper in large bowl. Stir in saute mixture.

Roll out dough on floured surface to 18 inch diameter. Place filling in center of circle leaving 3-inches of dough around the outside. Fold edges of dough over chard mixture, leaving 4 inches wide in the center. Bake at 350 for 40 minutes.

Yield: 8 servings