



FortWhyte

F A R M S

GROWING YOUTH, FOOD & COMMUNITY

Intern of the Week



Justin Nobiss

Hi, my name is Justin Nobiss and this is my third year as an intern at FortWhyte Farms. I came back for a third year because of the environment. There are good people here. It's good to escape the urbanized world and come out here see the trees, see the grass and get dirty. My favourite jobs on the farm are taking care of the chickens and mowing in the orchard. These are outdoorsy jobs with nothing but the sun, sky and land.



Possibilities...

Chris Barkman was introduced to us at the beginning of summer as the new Greenhouse Coordinator. At first I thought he was kind of odd.

He was kind of quiet, and would go off and do his own thing. He was observing his surroundings as one needs to do before planting your roots, like a tree. It was pretty new to me to see someone who was absorbed by his passion. It became interesting.

I decided to ask Chris about what he does. He told me he used to be a truck driver and worked a bunch of others jobs before he found something that he liked... Trees. He talked about having a connection with trees, about standing in a grove, listening for the one that called him, climbing a Basswood tree, and sitting in its branches listening for how to prune it. He talked about bonding with the job. Real tree people bond with the job, he said. There is so much more to it than leaves and wood.

I started to see trees in a different perspective. When we went to the orchard and he started to talk about the land, he seemed pretty pumped. There's so much more than putting a tree in the ground and walking away. I started to touch trees realizing that there's more than meets the eye. There's something that I can't explain. I get this weird tickle in my stomach when I think of working with trees.

I can tell that this job is going to take me to a bunch of places. This is the kind of job where you can't stay in one province. I'd like to travel, across Canada, Europe, Asia, if possible.

It's amazing, against all odds that this is what I want to do. Wanting to do what I think of as a 'hippie' job when what I've wanted to do for years is join the army. Wouldn't it be interesting to help something heal.

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 & 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 Urban Agriculture.

CONTACT THE FARM AT

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Feature Vegetable:



K o h l r a b i

Have you ever eaten a kohlrabi? These little sputnik-shaped vegetables come in green or purple, can be eaten raw or cooked, and taste a lot like broccoli stems. The word kohlrabi is German for cabbage turnip (kohl as in cole-slaw, and rübe for turnip) though kohlrabi is more related to cabbage and cauliflower than to root vegetables. We usually eat them raw, just peeled, sliced and added to a salad, but they are also delicious cooked and are often used in Indian cuisine.

Tips: Kohlrabi is a good source of vitamin C and potassium, magnesium and copper. It is low in both sodium and calories, and high in dietary fibers and contains the dietary minerals and folic acid.

Recipes

Roasted Kohlrabi

4 kohlrabi bulbs, peeled
1 tablespoon olive oil
1 clove garlic, minced
salt and pepper to taste
1/3 cup grated Parmesan cheese

Preheat an oven to 450 degrees F (230 degrees C).

Cut the kohlrabi into 1/4 inch thick slices, then cut each of the slices in half. Combine olive oil, garlic, salt and pepper in a large bowl. Toss kohlrabi slices in the olive oil mixture to coat. Spread kohlrabi in a single layer on a baking sheet.

Bake in the preheated oven until browned, 15 to 20 minutes, stirring occasionally in order to brown evenly. Remove from oven and sprinkle with Parmesan cheese. Return to the oven to allow the Parmesan cheese to brown, about 5 minutes. Serve immediately.

Kohlrabi Ham Bake

3 Tbsp butter
4 kohlrabi, peeled and diced
8 ounces thick ham, diced
2 Tbsp fresh chopped parsley
3 egg yolks
1 cup heavy cream
2 Tbsp all-purpose flour
Pinch of mace (can substitute ground nutmeg)
Salt
Freshly ground black pepper

Preheat oven to 350°F. In a large skillet, melt the butter on medium heat. Add the diced kohlrabi and gently cook for 8 to 10 minutes.

Beat the egg yolk, and whisk in the heavy cream, flour, mace, salt and pepper until well combined.

Place half of the cooked kohlrabi on the bottom of an oven-proof casserole dish. Layer on the diced ham and parsley. Top with the remaining kohlrabi. Pour the sauce ingredients over the kohlrabi and ham.

Bake for 30-35 minutes or until lightly browned on top. Serve immediately.

Serves 4.

Kohlrabi & Apple Slaw

DRESSING

1/4 cup cream
1 tablespoon fresh lemon juice
1/2 tablespoon good mustard
1/2 teaspoon sugar
Salt & pepper to taste - go easy here
Fresh mint, chopped

1 pound fresh kohlrabi, trimmed, peeled, grated or cut into batons with a Benriner
2 apples, peeled, grated or cut into batons (try to keep equivalent volumes of kohlrabi:apple)

Whisk cream into light pillows - this takes a minute or so, no need to get out a mixer. Stir in remaining dressing ingredients, the kohlrabi and apple. Serve immediately.