



Interns of the Week



*"You gotta do what you gotta do."
 Lawrence Meekis*

Hi my name is Lawrence Meekis. I have graduated at Gordon Bell High School and have been working as an intern at Fort Whyte Farms for my third year now.

Since I've been working here at Fort Whyte Farms, my taste for food has changed, because I'm eating more vegetables than meat. In fact, My experience at the farm is growing everyday and I'm still learning where all vegetables are in the garden. I'm happy to work at Fort Whyte Farms, because it's good to work with people with experience and I'm able to learn from them.

My goal for this whole summer is to have fun and work as hard as I can.



*"Go Green!"
 Leah-Marie Sutherland*

Hi, my name is Leah-Marie Sutherland. I heard about FortWhyte Farms from a teacher at Gordon Bell. After I had been here a few times I wanted to go to class. All week I was looking forward to Tuesday when our group would head down to the farm to prepare and seed the garden.

We received a gift card for coming but that wasn't what kept me coming back. I just love being outside, in the garden planting, weeding, watching the plants grow. It's interesting that a little seed can become this crazy looking plant. It's really rewarding.

Weeding

By Leah-Marie

I enjoy weeding. I know that sounds weird but it's true. It all started last summer when I got my first job at Spence Neighbourhood Association. We would move from garden to garden in the neighbourhood, weeding, transplanting and cleaning up the community.

Here at the farm, it's nice just to come to work, walk out into the garden, find a bed that has a lot of weeds in it, and just sit out in this big open space and weed. Meanwhile rather than hearing the sirens and traffic of downtown, I can hear the chirping of crickets and birds. It's like meditation. The only thing I hate about weeding is spiders.



BEES SWARMING

By Lawrence Meekis

One day at the farm everybody was working quietly, I was cutting grass around the fence when I saw a swarm of bees on a branch on the ground. I almost mowed over the swarm of bees, because I had ear muffs with iPod. I stopped and look at them for awhile then I went to go tell Ian. The bees were in a sphere form flying towards the bison field and then they disappeared.

The other time bees swarmed was in the back of the garden. This time the swarm was swarming on a small branch that was hanging down because of too much weight weighing it down. Like a ball on a stick, this time Jon took two other interns with bee suits and a box. They got the swarm and put them back into a super.

There were more other times when the bees swarmed but I can't remember all the times when they swarmed. This summer I got stung twice, one on the hand and below the eye.



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.

Feature Vegetable: Zucchini

Zucchini is a summer squash and is available from approximately mid to late summer. It does not tolerate cold and will end its season by the first frost or before if temperatures are frequently cool. Unlike their winter squash relations, zucchini and other summer squashes are not known for their storability, but instead are a seasonal treat associated with the bounty of summer.

Like all squashes, zucchini is descended from native species originating in South America, though it's believed to have been developed in Italy.

Information and recipes: From Asparagus to Zucchini, A Guide to Cooking Farm-Fresh Seasonal Produce

Zucchini Cooking Tips

- Simply rinse off zucchini- no need to peel
- Grill zucchini sliced in half lengthwise (facedown) or skewer chunks for shish kabob
- Substitute zucchini in a potato pancake recipe
- Add slices to your favorite tomato sauce, pizza, quiche, or other baked dishes



Zucchini Chocolate Cake

What you need:

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| 1 tsp baking soda | ½ cup margarine |
| ½ tsp baking powder | ½ cup oil |
| ½ tsp allspice | 1 ½ cup sugar |
| ½ tsp cinnamon | 2 eggs |
| ¼ cup cocoa | ½ cup sour cream or yogurt |
| 2 ½ cups flour | 1 cup chocolate chips |
| 1 tsp vanilla | 2 cups grated zucchini |

What to do:

Sift baking soda, baking powder, cinnamon, allspice, cocoa and flour together. Cream margarine, sugar and oil. Mix in dry ingredients. Beat in eggs, sour cream (or yogurt), vanilla and chocolate chips. Stir in zucchini. Pour into greased and floured 9" x 13" cake pan and bake at 350 for 40-45 minutes.

Ice with chocolate icing if desired.

Sweet Zucchini Biscuits

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| ½ cup margarine or butter, softened | ½ teaspoon ground mace |
| 1 cup packed light brown sugar | ¼ teaspoon salt |
| 2 eggs | 1 ½ cups shredded, drained zucchini |
| 1 tablespoon orange or lemon juice | ½ chopped pecans |
| 1 ½ cups all- purpose flour | 1 tablespoons grated orange zest
(orange part of rind only) |
| 1 teaspoons baking powder | powdered sugar |
| ½ teaspoons ground cinnamon | |

Heat oven to 350 degrees; grease 2 baking sheets. Beat margarine until fluffy. Beat in sugar, eggs, and orange juice. Combine flour, baking powder, spices and salt; stir in zucchini, pecans, and orange zest. Drop by teaspoonfuls onto cookie sheets. Bake about 10minutes. Cool on racks. Sprinkle with powdered sugar before serving. Make 5 dozen biscuits.

Zucchini Side Dish

Fill a large frying pan with chunks of green onion or leek, zucchini, any other summer squash, bell pepper, tomato, and eggplant (optional) and salt and pepper to taste. Add garlic and fresh herbs. Toss with light coating of olive oil, cover, and allow to simmer in its own juices until everything is very tender...even approaching mushy!

Serve as side dish or over spaghetti.