

Health Care Share

Week 2: Thursday, July 16th, 2020

The Farm at VYCC is now accepting 3SquaresVT at our farm stand!

The Farm at VYCC proudly runs a seasonal farm stand on our campus in Richmond. Four VYCC Corps Members built an impressive new roadside farm stand this spring. We sell organic produce, flowers, and herbs as well as pasture raised chickens and eggs. Our products are grown on site by our amazing youth and young adult crews.

As of June 2020, we accept 3SquaresVT benefits on all eligible products. Thanks to NOFA-VT's Farm Stand Match Program, we are also able to offer a 50% discount on produce for all 3SquaresVT purchases. Come visit us this season—we love to see our Health Care Share members on the Farm!

Location: 2083 E Main St, Richmond VT

Hours: 9 am – 6 pm Daily

Payment: We accept credit/debit, 3SquaresVT, cash, check and Farm Share cards

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What's in the Share?



Apples



Fennel

Lettuce



Green Beans



Parsley



Basil



Scallions



Chard/Kale



Cucumber



Garlic Scapes



Zucchini/
Summer Squash

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Meet The Farm Crew!

The Farm at VYCC is bustling with the energy and hard work of the youth and young adults working and serving as VYCC Corps Members. Each week, we'll introduce you to some of the faces who have been working hard to grow food and maintain the farm, all for the Health Care Share!

Jill, Community Engagement Lead

Pronouns: She/Her

Jill believes that growing and eating good food and building deep relationships to land should be accessible to all. She loves working on the Health Care Share project at the VYCC farm and finding creative ways to connect with community members around food and farming. Jill grew up on a small dairy farm in Southern Vermont and feels privileged to have experienced deep relationship to place, food, and animals from a young age. As a geography student at UVM she spent time researching human connection to and valuation of natural resources in Alaska and Hawai'i, and finds great joy in observing the interdependence of our world. Jill spends her free time painting, scouting out swimming holes, and going on long walks.

Q: *What are you hoping to get out of your season working on the Food & Farm Team at VYCC?*

A: I am hoping to learn more about vegetable production, how to work as a team to produce food, and how to educate youth and others from the broader community about food and food systems.

Q: *How do you hope you can impact/influence/contribute to VYCC through your season of service?*

A: I hope I can be a positive force on the farm and support and uplift my co-workers!



Feature of the Week: Cucumbers



- Cucumbers are actually a fruit! They have seeds and grow from the ovaries of a flower.
- Part of the Cucurbitaceae family, along with squashes and melons
- Low in calories, carbohydrates, sodium, fat, and cholesterol
- Made of 95% water and high in electrolytes—which help you stay hydrated

Add some cucumber slices to a glass of ice cold water for a hydrating and refreshing beverage, or add them to a fruit smoothie for breakfast!

Cucumber, Scallion and Fresh Herb Salad

Adapted from wellnessbykristen.com

Serves 4

Time: 30 min

Ingredients:

- 2 cucumbers, thinly sliced
- 4 scallions, thinly sliced
- 1/2 cup fresh herbs (basil, parsley, mint), finely chopped
- 3 Tbsp apple cider vinegar (can substitute white vinegar)
- 1 clove garlic, minced
- 1 Tbsp honey
- 1 tsp sesame oil
- 1/4 tsp salt



Directions:

1. Toss cucumbers, scallions, and fresh herbs in a medium mixing bowl.
2. In a small bowl, whisk together vinegar, garlic, honey, sesame oil, and salt.
3. Pour dressing over the cucumber mixture and toss to coat.
4. Let sit for 10-20 min to let the cucumbers marinate and soak in the flavors. Serve and enjoy.

Recipes from the Farmhouse Kitchen

Making delicious meals together is a big part of our culture here at the Farm at VYCC. These are some of the farm crews' favorite things to do with the veggies in your share this week.



Lemony Kale and Fennel

Adapted from lifeisbutadish.com

Serves 4

Time: 20 min

Ingredients:

- 2 Tbsp cooking oil
- 1 bunch of kale, thinly sliced
- 1 fennel bulb, thinly sliced
- 1/4 tsp salt
- Juice of 1/2 a lemon

Directions:

1. Heat the oil in a large pan over medium heat.

2. Add the fennel and salt, and sauté for 5-7 min until the fennel gets soft.
3. Add the kale and sauté for another few minutes until the kale breaks down.
4. Remove from the heat and drizzle the lemon juice over the whole mixture.
5. Serve as a side with eggs, meat, or on top of pasta!

Roasted Zucchini and Summer Squash

Adapted from eatingbirdfood.com

Serves 2-3

Time: 45 min

Ingredients:

- 1 summer squash, 1/2in thick slices
- 1 zucchini, 1/2in thick slices
- 1/2 a yellow or red onion, diced
- 1 Tbsp cooking oil
- 2 cloves garlic, minced
- Salt and pepper, to taste

Directions:

1. Preheat oven to 425° F.
2. Spread the zucchini, squash and onion on a baking sheet. Drizzle with oil, sprinkle minced garlic, and season with salt and pepper. Toss with a spatula to coat evenly.
3. Roast in the oven for about 30 min, tossing once half way through.
4. Serve with a protein of your choice, use as a salad topping, or add to a veggie wrap!



Please remember to:

1. Bring your bag back each week so that we can re-use them!
2. Provide your name to the site supervisor, so we know you picked up.
3. Please pick up your share every Thursday. If you can't make it, please call Health Care Share Coordinator, Lauren Jones, at 802-434-3969 ext. 211.

Find us on
Instagram and
Facebook:
@theFarmatVYCC

What to Eat First:

1. Basil
2. Parsley
3. Lettuce
4. Cucumbers
5. Scallions
6. Kale/Chard