

News from the farm: In keeping with the theme of introducing you to our cast and crew, I tip my hat to Intern Matt. This season, Matt is one of two interns participating in a pilot program between Osprey Hill & Cloud Mt Farm Center. This is a farmer training program that includes both a hands on component as well as an educational piece. Matt is with us 4 days per week and he spends the 5th day at Cloud Mt where the focus is education and business development.

We are so lucky to have Matt on board this season. He's one of those calm, centered types with a willing attitude and warm smile. How about that on a hectic day? It's reassuring to say the least.

Matt joined us earlier this season from his home state of New Hampshire. He's a recent grad of Bates University (ME) who is exploring the path of agriculture and its implications in our society. His senior thesis, which I've only thumbed thru but was floored by its relevancy and thoughtfulness, is entitled *Transplanting Culture Back into Agriculture*. The highly distilled version begins with acknowledging the crisis in modern day food production and ends with a hopeful alternative of a culture that adopts a more agrarian-based lifestyle. So don't give up your gardens folks! For true resiliency and food security, our community needs as many hands in the soil as possible.

Matt will be returning home in early October and his eventual plan is to start a Field to Fork Cafe. Matt's been the instigator and head cook at our riverfront potlucks this season and he is one of the strong hands behind the weekly CSA box. Thank you Matt!

Here's what's in your box: Carrots, Salad Mix, Kale, Rosemary, Corn on the Cob, Eggplant, Napa Cabbage, Purple Beans, & Padron Peppers

Did you know? Sustainable Connections has a beginning farmer training program too! It's called Food to Bank On. Osprey Hill serves as a mentor to beginning farmers and we're available to our mentees when things go hay-wire or when some good old fashioned advice is all that's needed. The first ever Field to Flame event was held last weekend to raise funds for this program. Check out our Field to Flame gallery on Facebook.

"the method for feeding ourselves, both farming practices and food system related activities, has grown amorphous in scale and directly threatens the well-being of future generations"

Intern Matt Mosca

Recipe:

SPICY EGGPLANT AND TOFU ON CABBAGE "NOODLES"

sesame oil & olive oil
1 large eggplant, diced into 1" pieces (leave skin on)
1/2 pound lite firm tofu, 1" cubes
1-2 tablespoons garlic, minced
1/2-1 tablespoon fresh ginger, shredded
1 tablespoon seasoned rice vinegar
2 tablespoons lite soy sauce
1 teaspoon garlic chili sauce
2 cups cabbage, cut in half, turn on side and slice into long thin strips to get a "noodly" feel
1/2 white onion, diced
1/4 cup broth (chicken or veg)
1/2 teaspoon sea salt

1. Heat sauté pan to med/high then add sesame oil. Add tofu and eggplant and toss to coat. Let fry for about 5 min, stirring every occasionally to allow the eggplant and tofu to brown. Next, stir in the garlic, ginger, rice vinegar, soy sauce, and chili sauce, drop the heat to med and cook 10 min. You want it to cook down but not burn, so stir frequently.
2. Heat another sauté pan to med then add olive oil and onion. Allow the onion to become translucent (about three or four minutes) and then add the cabbage and broth and cook 3-5 min more.
3. Line a bowl with the cabbage "noodles" and heap a scoop of the eggplant mixture on top. Depending on how much sriracha you used, you may want to serve with a large glass of iced green tea!

Preparation Time: 15 minutes

Cooking Time: 15 minutes