

SPRING CSA: WEEK 10

SECOND CHANCE YOUTH GARDEN

THIS WEEK'S BAG

Lettuce Baby Kale Curly Kale Carrots Radishes Green Onions Cilantro Lavender Strawberries

FEATURED RECIPE

STRAWBERRY, KALE, AND CHICKEN SPRING ROLLS



INGREDIENTS

Spring Rolls

8 rice paper wraps
1 ½ English cucumbers, sliced thinly
8 strawberries, sliced
¼ cup thinly sliced green onion
2 cups chopped kale
Shredded chicken

Dressing

½ clove garlic
1 tablespoon finely chopped red onion or shallot
Juice of 1 lemon
1 tablespoon honey
2 tablespoons olive oil
1 teaspoon poppy seeds

DIRECTIONS

Combine all dressing ingredients except the poppy seeds in a blender or whisk in a bowl. Once mixed, stir in poppy seeds.

Fill a large bowl with water. Take one spring roll wrapper and dip it halfway into water. Rotate wrapper until all sides are wet. Place wet wrapper on a flat surface. Layer a few strawberry slices across middle of wrapper. Top with a few strands of cucumbers, several onion slices, 2-3 strips of chicken, and a few kale leaves.

Fold bottom half of spring roll over filling and gently pull it tight. Fold in both sides toward center and roll it up tightly. Cut spring rolls in half and serve with a side of poppy seed dressing for dipping.

MEET OUR YOUTH

You may remember Celso from the newsletter in your 2nd Spring CSA box. At that time, Celso was planning to interview for a position as a Peer Supervisor in the Youth Garden. Each cohort has two peer supervisors who help the staff facilitate garden tasks, help the interns stay on track, and act as a role models to interns throughout the program. To be a supervisor youth must have graduated from the program as an intern and go through an interview process before being selected for the position. Celso impressed us during his interview with his professionalism and thoughtful answers, and considering how hard he worked as an intern, we decided he would make a perfect supervisor. Celso has grown and excelled in his supervisor position. He has developed the trust of the youth interns, he knows how to effectively lead a group through a task, and has strong communication skills. Celso said the program has taught him not to underestimate himself. "I realized I am capable of the things I am nervous about". Celso plans to graduate high school and go to college to become an auto mechanic. Celso has what it takes and we wish him the best!



LAVENDER

If you've ever smelled lavender, you'll understand why its widely used to reduce stress. In addition to stress reduction, this plant is full of essential oils that can help to improve mood, promote restful sleep, lower skin irritation, prevent infections, reduce inflammation, and soothe stomach bloating.



Mint and Lavender Tea Ingredients

¼ cup fresh lavender petals
1 cup fresh mint leaves
4 cups water

Instructions

Place lavender petals and mint leaves into a saucepan, pour water over lavender and mint, and bring to a boil. Turn heat to low and simmer tea until flavor is your desired strength, 15 to 20 minutes. Strain out mint and lavender petals and serve tea hot. If you prefer, let strained tea cool serve over ice.

Herbs de Provence Ingredients

1tbsp dried thyme
1 ½ tsp dried and minced lavender leaves
1 ½ tsp dried rosemary
1 tsp dried oregano

Instructions

Miss all ingredients together and store in an air-tight container

THIS IS THE LAST WEEK OF SPRING 2018 CSA!

We thank you for your support and hope you enjoyed your weekly box of fresh produce!!!! The **Summer 2018 CSA** starts Wednesday, 6/13. If you would like to continue receiving delivery of fresh fruits and vegetables, please contact Olivier - oclerc@secondchanceprogram.com

SECOND CHANCE YOUTH GARDEN

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