

THIS WEEK'S BAG

Baby Kale Pea Tendrils Onions Radishes Zucchini Yellow Guavas Cilantro Lettuce

FEATURED RECIPE

PEA TENDRIL SAUTE



INGREDIENTS

- 1 bunch pea tendrils
- 2 teaspoons minced garlic
- 1 tablespoon olive oil
- Juice from half a lemon
- Salt, to taste

DIRECTIONS

- Gently clean pea tendrils by wiping them with a slightly damp paper towel.
- Cut off the woody end of the pea tendrils, about one inch of the thick end.
- Heat oil in frying pan over medium high heat.
- Add pea tendrils, garlic, lemon juice and salt.
- Cook approximately 3 minutes, until pea tendrils are just wilted and still vibrantly green.
- Remove from pan immediately to avoid Overcooking, then serve.

MEET OUR STAFF

Kristin Kvernland, Youth Garden Program Manager

Kristin ("KK") has been working with Second Chance since 2013. Before managing the Youth Garden, she helped install gardens for Urban Life Farms, the International Rescue Committee and Crawford and Hoover High Schools here in San Diego. She also helped write and create garden-based curriculum for youth.



KK has an MS in Food Systems & Society and presented a thesis on how to make the sustainable agriculture movement more inclusive of low-income people of color. She also earned a certificate in Farmer Training from the University of Vermont. Originally from New York, KK has also worked on a variety of farms on the east coast. She is newly back to work following maternity leave after welcoming her daughter, Juniper, this past January!

JOHNNY'S SELECTED SEEDS

Johnny's Selected Seeds is a privately held, employee-owned seed producer and merchant in Winslow, Maine. Johnny's is one of the nine original signers of the "Safe Seed Pledge", in which they agreed to never knowingly sell genetically modified seeds nor breed new varieties using genetic engineering. Johnny's prides itself on its high quality standards, and we pride ourselves on our conscious selection of safe and healthy seeds to grow in our youth garden. We believe natural and sustainable gardening should take a holistic approach; we must not only use good practices in our garden but be aware of the products we use, how we get them, who our purchases support and how they were made. Every decision we make has an impact, and we want that impact to be positive for our communities and the environment. If you're in search of quality seeds



for your own garden, check out Johnny's website where you'll find a vast catalog of vegetables, fruits, herbs and flowers along with a blog of great gardening tips! www.johnnyseeds.com.

Youth Garden Canvas Tote Bags for Sale!

Youth in our most recent cohort learned how to screenprint, and we have a limited quantity of hand-printed bags for sale. Each bag is \$20.00 and is washable, so they're perfect for carrying fresh fruits and veggies!

To purchase, email KK at kkkvernland@secondchanceprogram.org



SECOND CHANCE YOUTH GARDEN

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Second Chance