

# AOVS URBAN FARM NEWSLETTER

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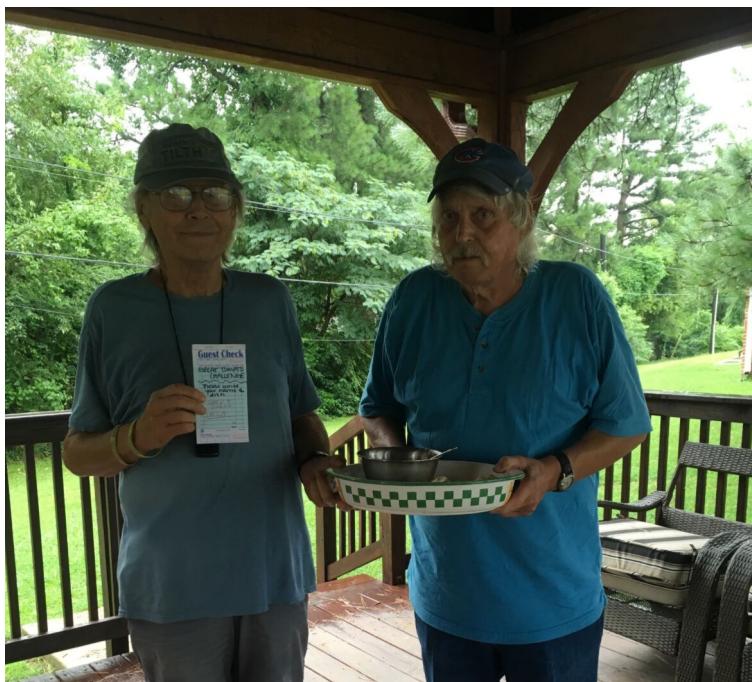
## Farm Update AUGUST

This month we launched the first *Great Tomato Challenge* at the AOVS Urban Farm. Jerry and Garth were our winners in the cook-off. They made an exquisite 'Salza' featuring AOVS grown tomatoes and peppers. Judges Faron Levesque, Chris Peterson, and John Bridgeforth deliberated briefly, ultimately voting unanimously to award first place to these gentlemen.

In the coming months we will be hosting more *Great Challenges* to continue discovering innovative recipes using fresh produce grown at the AOVS Urban Farm.

In other news, it's been **hot**. Like viciously hot. Which means the farm team had really had to examine our working hours. Farming, like many facets of life, is all about balance.

It's all too easy to burn yourself out on one activity and push through in an effort to make it to the finish line. However, that approach is not sustainable. It is important to recognize our limits and implement care strategies that will sustain us for the long haul. In the field, that looks like limiting our hours outside and working smarter not harder.



# Featured Vegetable

## HOT PEPPERS →

Hot peppers get their heat from an element called capsaicin (pronounced kap-SAY-sin), which is also where they hold their health benefits. Capsaicin lowers blood cholesterol levels, can help reduce blood pressure as well as the formation of blood clots.

Additionally, capsaicin messes with the pain receptors in the mouth, nose and stomach releasing feel-good endorphins!

Capsaicin has a reputation for relieving certain kinds of pain, and is a widely used ingredient in over-the-counter topical creams and ointments for arthritis.

But when trying different kinds of hot peppers for the first time, beware of their heat! Drinking water will do nothing but move the heat around in your mouth- so if you need to cool down after something spicy, drink milk or eat a piece of cheese. Casein, a protein found in cow's milk, will attach to capsaicin compounds and sweep them away.



## Featured Recipe

### HOT SAUCE

- 1 pint of hot peppers
- 1 small onion
- 4 tablespoons canola oil
- 1 tablespoon olive oil
- Minced garlic
- Dried Cilantro
- Lemon juice
- Salt and pepper to taste

**Wear gloves when handling hot peppers!** Prep the peppers by first de-stemming and slicing open to remove seeds and membranes.

After you have prepared the peppers, throw them in a skillet with the garlic and onions and olive oil until blistered (3-4 min).

In a blender, combine skillet ingredients, salt, pepper, cilantro, lemon juice, and canola oil. Blend until creamy. You may need to continue to add canola oil and seasoning to achieve your desired texture and taste. If the heat is too intense, you can add a tablespoon of honey to sweeten.

**Yum yum gimme some! - Dusty**

*Faron Levesque,  
Community Kitchen  
Coordinator*

### Questions about the AOVS Urban Farm?

Contact Becca Hart, Community Garden Organizer  
[becca@memphistilth.org](mailto:becca@memphistilth.org) or 774-6768 ext. 607

Memphis Tilth has partnered with AOVS to build an urban farm and garden project in an effort to share knowledge and build power with AOVS residents. Memphis Tilth is a nonprofit collective housing like-minded initiatives for land, food, people, and place.

[memphistilth.org](http://memphistilth.org)

