

THE FOOD SYSTEM

1

Heart and Spade Farm practices safe, sustainable and wholesome techniques to provide its customers with delicious and nutritious produce.

2

Our farm operates on a **shared space** with several independent farmers, allowing Heart and Spade to grow and expand affordably with land dedicated to agriculture.

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Crops are distributed within 23 miles from Heart and Spade to OHSU. This preserves its quality and lowers our carbon footprint

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We use **minimal plastic** for packaging crops

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Each crop uses **drip irrigation with scheduled watering times** to help conserve this resource

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We use **minimal plastic packaging** for packaging crops

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Our farm strives for **zero waste**. Some ways we do this is composting scraps on site and donating extra produce to local food banks.

8

Heart and Spade practices land stewardship. We do not compact soil or use pesticides or fertilizers. This preserves the soil's integrity and nutrient quality.

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Store produce like cucumbers, cabbage, lettuce and salad greens **in the fridge**. Keep potatoes, onions, and winter squash in a **cool, dark cabinet**.

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Certain produce are **gas releasing or gas sensitive** and need to be kept separate to slow ripening. Tomatoes, avocados, bananas, and apples are gas releasing. Broccoli, cabbage, cucumbers, peppers and leafy greens are gas sensitive.

LET'S COOK!

Kohlrabi Fritters

Shred and mix your kohlrabi with an egg and a couple tablespoons of flour. Heat oil in a skillet and fry till crispy!

Garlic Bok Choy

Heat 1 tablespoon of oil into a skillet with 2 garlic cloves. Chop bok choy and add to skillet. Cook with salt, pepper or other seasonings!

Roasted Beets

Preheat oven to 400 degrees. Cut beets into chunks and toss onto a baking sheet with 3 tablespoons olive oil, 1 1/2 teaspoons thyme, 1 teaspoon black pepper and 1/2 teaspoon of salt. Bake 35-40 minutes.

Sautéed Swiss Chard

Heat 2 tablespoons of oil with 4 cloves of garlic and 1 teaspoon of crushed red pepper flakes. Add chopped Swiss chard to pan and cook for 5 minutes. Top with 2 tablespoons fresh lemon juice.