



Heritage Project

Hello!
We are Ruth & Kristen
(mom & daughter)

Kristen, who is a busy staff person at The Jungle Farm, was influenced by her avid gardener mom, Ruth!



Ruth Jefferson was born and raised in Stony Plain, and didn't really have many plans to stray too far until she met Monty when she was just 18. They married soon after and have traveled the world together since!

"He grew up in Calgary and was in town for work – he worked in oil and gas for 28 years as an electrical instrumentation engineer," said Ruth. "I picked him up the first day I saw him! I saw him walking into the bar and I wasn't even old enough to go in yet. My friend and I were just tootling around in our car, so we asked if he could pick us up a case of beer while he was in the bar. When he came out with the beer, we all went to a field and had a nice visit while we got to know each other."

"He was a new person in town, so everyone was interested in him. We got married pretty quickly and our three kids were born we moved around a lot – all over Central Alberta, but also Argentina and Saudi Arabia. Our kids were with us in Malaysia for two and a-half years."

Kristen Dirks, who is the middle child, has worked at The Jungle Farm for the last few years. She's primarily hustling in the commercial kitchen, preparing preserves, baking pies and a myriad of other tasks like market prep and greenhouse work. In her relatively short time at the farm, she has quickly taken on expanded and diverse tasks!

"My grandad was a great gardener and had a huge garden in Stony Plain," said Kristen. "There was a lot of canning and preserving in their house, and my mom passed those skills onto me. We all still garden and I also cook and bake. Mom was the influence there, too!"

When she's not busy with her own three children and working at the farm, Kristen is also taking courses in chemistry, biology and math in preparation for a post-secondary program. She's still not sure whether it will be horticulture or psychology – her interests are broad!

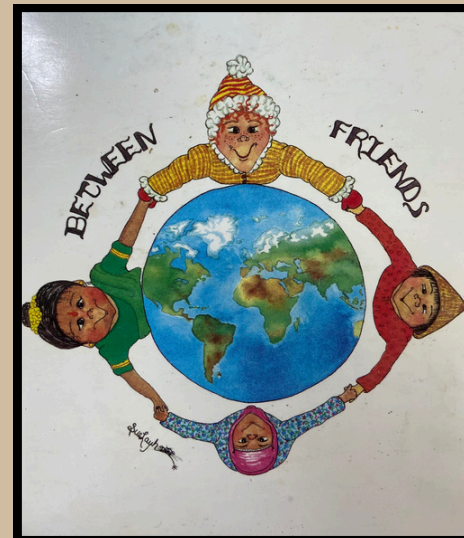
Kristen and her two siblings enjoyed the food while they were in Malaysia and the family frequented the street markets. All of these influences sparked Kristen's interest in recipes for things beyond the food she prepares. She has brought in samples of her homemade soaps and lotions, some of which will be carried in The Jungle Farm General Store this summer!

Ruth & Kristen's Recipe - Mix Veggie Pickle

Ruth helped prepare a cookbook, along with people from all over the world, while the family lived in Malaysia (the photo at left is Ruth and Kristen in Malaysia in 1987). This recipe is from that cookbook. It comes with the note 'This Indian recipe is hot but delicious!'

Ingredients:

- 2 cucumbers – remove seeds
- 1 large carrot
- 1 cup sliced cauliflower
- 2 cubs cabbage
- ½ cup onion
- ¼ cup garlic, sliced
- ½ cup roasted sesame seeds (optional)
- ½ cup sugar
- 2 Tbsp salt, 4 Tbsp chilli powder mixed with a little water to make paste.
- 2 chillies (green or red) cut into thin slices
- 350 ml bottle vinegar



Method:

- Chop all ingredients finely. Soak them with one bottle vinegar for half an hour, then squeeze the vinegar out of veggies.
- Put 2 Tbsp oil in frying pan, fry chilli paste on slow fire, add sugar, salt, 2 Tbsp water, bring to boil.
- When thickened, mix onto veggies. Refrigerate.