

Farm Food With No Time To Spare

We live in a world where everyone's schedule is hectic and finding time to make healthy recipes is sometimes put on the back burner. We have all made a winter-long commitment to eating healthier by becoming a member of a community farm, BUT - how do we deal with the veggies on some of those days when time to think about cooking is just not going to happen? We have some staff suggestions here:

- 1) Farm Pasta -- quickly dice and sauté vegetables (anything from squash, kale, greens, etc), and throw in with a jar of sauce and whole wheat pasta
- 2) Farm Soup -- your favorite soup base plus diced items from the farm. Slightly different each week!
- 3) Farm Rice -- toss some veggies in when you cook your brown rice. Really a good trick for eating more kale and greens.
- 4) Quick steam veggies in the microwave -- add in your favorite seasoning and in five to ten minutes you have your meal.

Don't forget to share your hints with us and we will pass them on!



The beautiful colors of last week's harvest

Photos by Mary Lou Kovac

Tiny Green Thumbs

If you and your child missed the first day of "Tiny Green Thumbs" don't worry you can still come to the second day of the program on Saturday, February 27, 2010 from 9:30am-10:30am

The kids will learn the importance of tending to the crop (weeding, feeding and watering) and will go on a bug hunt!! Children must be accompanied by parent.

The kids are guaranteed to learn and have fun at the farm.

Cost for members is \$15/ non-members \$20.

Linda@fwcrd.org or call 941-723-3252



Coming in February..

We can't let Geraldson Community Farm have all the fun. Gamble Creek Farm will be hosting a Movie at the Farm on February 19 at 6:30pm.

Movie choice has not been made yet so if you have suggestions please email Linda@fwcrd.org.



In This Share*

Spinach
Cabbage
Kale
Beets
Tomatoes
Sugar Snaps
Peppers
Lettuce

Recipe & Ideas

Portuguese Green Soup

2 tablespoons olive oil
1 1/2 cups finely chopped yellow onions
1 tablespoon minced garlic
2 pounds potatoes, peeled and cut into 1/2-inch cubes
9 cups chicken stock, or canned low-sodium chicken broth
1/2 teaspoon crushed red pepper
1/2 pound chorizo or linguica, sliced crosswise into 1/4-inch pieces
1/2 pound kale
1/4 cup chopped parsley
1/2 cup chopped cilantro
2 tablespoons chopped mint
Salt and pepper
Crusty bread, as an accompaniment

In a large soup pot, heat olive oil and sauté onion and garlic until vegetables are wilted, about 4 minutes. Add potatoes, chicken stock, and minced crushed red pepper. and bring to a boil. Season with salt and pepper, reduce heat to a simmer and cook, covered, until potatoes fall apart, about 1 hour. To speed up this process, the potatoes can be mashed with a potato masher.

While the soup is cooking, roll the kale leaves so that they may be inserted into a meat grinder or shredder fitted with a small die and finely grind the kale. Alternatively, they can be shredded in a food processor fitted with a shredder blade. Set aside.

When the soup is thick and the potatoes have broken up, whisk to break up the remaining potato pieces. Add the sausage and cook for 15 minutes. Stir in the shredded kale and simmer

until the leaves are softened but still slightly crunchy and flavors have melded, about 10 to 15 minutes. Stir in the parsley, cilantro, mint, and season, to taste, with salt and pepper. Serve with crusty bread.
Serves 4 to 6

Courtesy of foodnetwork.com



Sautéed Sugar Snap Peas

1 lb. sugar snap peas
3 tbsp. vegetable oil (1/2 sesame oil is great)
1 tsp. finely minced garlic
1 tbsp. fresh ginger, finely shredded
1/2 tsp. salt
1/4 tsp. black pepper
1/3 c. julienned red onion

String peas by beginning at tip and pulling it down. If peas are very young, you can omit this step. Cut off stem ends and leave whole. Place in colander and rinse under cold water. Shake well and drain.

In large skillet heat oil. Add garlic and ginger and sauté briefly about 30 seconds. Add peas and, over medium high heat, toss and cook for 2-4 minutes, depending on how large they are. Do not overcook. Add salt, pepper, red onion just as they are finished cooking. Serve immediately.

Courtesy of Cooks.com



How To: Reviving Limp Greens

Sometimes greens can fade a bit faster than you are able to use them. Here is a tip from Michelle and Jim Papas members at Geraldson Community Farm.

1. Trim off the ends of the lettuce or stems of the greens in order to provide a fresh cut that will drink in water.
2. Submerge them in room temperature water until you feel them plump back up. You will know by touch: they will feel much fuller and firmer.
3. Finally, submerge them quickly in ice water in order to close the pores. This will keep all of the new water in the lettuce or greens.



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Contact Linda@fwcrd.org

Event Calendar

February 19-Movie at Gamble Creek Farm-6:30pm.

February 27 Tiny Green Thumbs 9:30am-10:30am- Gamble Creek Farm