

Family Fun last Friday Night

If you didn't make it out last Friday night for "Ratatouille" you missed a perfect night under the stars with your family. The kids played flashlight tag and roasted marshmallows. Families came early and participated in U-Pick Strawberries.

Don't miss next month's movie on March 19. Please share your ideas for Movie choice.



Crop Update

Yes, this is a reprint from last week to make sure that all members receive the update.

We had some cold temperatures and high winds over the weekend, but it does not look like the recent weather pattern will result in any significant damage that would impact the CSA. The cold will continue through much of the week but we are hoping to avoid any temperatures below freezing. Strawberry production has not picked up quite as much as forecasted due to the lower temperatures, but the plants are still healthy and ready to explode once we have a couple of warm, sunny days.



Greenhouse at Gamble Creek

Photo by Logan Beal

SPOTS STILL AVAILABLE

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



U-Pick Strawberries

Gamble Creek's delicious strawberries are available this week. Enjoy the fresh local berries priced at market rate. Don't forget members get a 25% discount. Tell your friends!!

Interested in Sponsoring this Newsletter?
Contact Linda@fwcrd.org

*In This Share**

Broccoli
Spinach
Grape Tomatoes
Swiss Chard
Cabbage
Lettuce
Cauliflower

Gamble Creek Farm

At the Center for Integrated Agriculture

Recipe & Ideas

Sesame Spinach

Coarse salt
2 pounds spinach, stems trimmed, washed
1 1/2 tablespoons toasted sesame oil
1 1/2 tablespoons naturally brewed soy sauce
1 1/2 tablespoons rice vinegar
1 1/2 tablespoons mirin (rice wine)
3 tablespoons sesame seeds, toasted

Prepare an ice-water bath; set aside. Bring a large pot of water to a boil; season with salt. Add spinach, and cook just until wilted, about 30 seconds. Drain immediately in a colander, and plunge into prepared ice bath. Let spinach cool completely, about 30 seconds; drain again. Using your hands, squeeze excess water out of spinach, and transfer to a work surface. Coarsely chop spinach, and place in a medium bowl; set aside.

In a small bowl, whisk together sesame oil, soy sauce, rice vinegar, and mirin. Add dressing and sesame seeds to the spinach; mix to combine. Spinach may be refrigerated for up to 2 days.
Serves 4

Courtesy of wholeliving.com



Pasta w/ Roasted Cauliflower

1/2 medium cauliflower, cored and broken up into 3/4-inch florets (4+

cups)
1 pint cherry tomatoes
Olive oil
Salt
Freshly ground black pepper
1 1/2 teaspoons dried sage
4 large cloves garlic
4 ounces of prosciutto
8 ounces orecchiette pasta
5 ounces baby arugula or spinach, cleaned and coarsely chopped
1 cup grated Parmesan cheese

Preheat oven to 425°F. Lay out cauliflower and tomatoes in a roasting pan, coat with olive oil and sprinkle with salt and pepper. Roast until just lightly browned and cooked through, about 15 minutes.

Bring a large pot of salted water to a boil (1 teaspoon salt for every quart of water).

While water is heating, pulse garlic, sage, and prosciutto together in a food processor until coarsely chopped. Once cauliflower has browned lightly, remove from oven, toss cauliflower with garlic prosciutto mixture, and return to oven to cook for 5-7 minutes more.

Boil pasta uncovered (rolling boil) for 9-10 minutes until firm, but done (al dente). Reserve one cup of pasta liquid. Drain water from pot. Add cauliflower, arugula (or spinach), and Parmesan to the pasta. Stir in enough cooking water to moisten. Add salt and pepper to taste.

Courtesy of simplerecipes.com



Swiss Chard with Tomatoes

1 tablespoon extra virgin olive oil
1 small yellow onion, sliced
2 cloves garlic, finely chopped
1 bunch Swiss chard, stems and leaves chopped separately, divided
Sea salt and ground black pepper
2 tablespoons low-sodium chicken broth, vegetable broth or water
1 cup halved cherry tomatoes or 1 tomato, cored and chopped
2 ounces feta cheese, crumbled
2 tablespoons pine nuts, toasted

Heat oil in a large, deep skillet over medium heat. Add onion, garlic and chard stems and cook, stirring occasionally, until softened, about 5 minutes. Cover and cook 5 minutes more. Uncover, add chard leaves, salt, pepper and broth and cook, covered, until chard leaves are bright green and tender, about 5 minutes more. Remove from heat and gently stir in tomatoes. Scatter cheese and pine nuts over the top and serve.
Serves 4.

Courtesy of wholefoodmarket.com

Event Calendar

February 27 Tiny Green

Thumbs 9:30am-10:30am-
Gamble Creek Farm

March 19 Movie at Gamble

Creek-suggestions
Linda@fwcrd.org

Visit us online at www.GambleCreekFarm.org

*Produce in the share may change according to the availability that day