

From the Farm Staff Kitchen

We see the farm staff seeding, planting, and tending to our harvest each week. This week they decided to share with us how they have been using some of the vegetables .

Eric – Oven Roasted Beets (350 oven - place in small baking dish and toss w/ 2 tablespoons olive oil – cover with foil and bake for 1 hour) tasted sweet – like candy

Maria – Bok Choy – Stir fried with shrimp – also tried with pork – the Shrimp was better with the Bok Choy than the pork.

DJ – Asian Greens “Longevity” (similar to tatsoi) chopped in with barley soup. It added a lot of flavor to the soup.

Loren – Kohlrabi – Cut it thin and stir fried it with veggies. It tasted like broccoli.



Strawberries Available

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!!



Eric on Pick-up day

Photos by Logan Beal

Vegetable Highlight: New Asian Greens- Longevity and Yukina Savoy

Both of these are very similar to tatsoi. It is great in stir fries, in soups or just sautéed with garlic and olive oil. With longevity greens, you can also put these in a salad. If you are looking for other recipes, search for "bok choy" or "tatsoi." Experiment and have fun! Some of our favorite recipes are those we find on our own or make up.



March Movie

“UP”

Based on the enjoyment had by all last month we are planning another Movie Night at the Farm, Friday, March 19 at 7:30pm.

“UP”-Carl Fredicksen, a retired balloon salesman, is part rascal, part dreamer who is ready for his last chance at high-flying excitement. Tying thousands of balloons to his house, Carl sets off to the lost world of his childhood dreams. Unbeknownst to Carl, Russell, an overeager 8-year old Wilderness Explorer who has never ventured beyond his backyard, is in the wrong place at the wrong time - Carl's front porch!

Have a Family date night with the staff at Gamble Creek Farm.

All you need is a blanket or chair and flashlight and you are ready to enjoy the show.



In This Share*

Asian greens
(longevity or yukina savoy)
Lettuce
Kohlrabi
Tomatoes
Kale
Broccoli
Cabbage
Celery

Gamble Creek Farm

At the Center for Integrated Agriculture

Recipe & Ideas

Strawberry Salmon Salad w/Mustard Vinaigrette

Filets of Baked Salmon (amount varies depending on how much fish you prefer in your salad)
1 head lettuce, washed and separated
1 handful arugula, washed
1 bulb kohlrabi, sliced into matchstick size cuttings
1 bunch fresh herbs (thyme, basil, parsley work well), loosely chopped
1 cup sugar snap peas, washed and stemmed
4 ounces goat cheese or fresh ricotta, crumbled
1/2 cup strawberries, sliced
1/4 cup walnuts, chopped

mustard vinaigrette (recipe follows)
1 part whole grain mustard (Dijon makes an excellent one)
1 part lemon juice
1 part olive oil
1/4 teaspoon salt
1/4 teaspoon cumin

Toss all prepped ingredients and serve with dressing on the side.

Vinaigrette: Add all ingredients to a jar and shake just before applying to salad. This vinaigrette is wonderful over many fish dishes

Serving: 4

Courtesy of Mixingbowl.com



Rice with Kale and Tomatoes

1 cup chicken stock
1 cup water
1 cup long grain rice
2 Tbs. olive oil
2 cloves garlic, crushed
4 cups kale or Romaine lettuce, finely chopped
3-1/3 cups recipe-ready crushed tomatoes
1/4 tsp. salt (optional), or to taste

Combine stock and water in a saucepan over medium high heat. Stir in rice and bring to a boil. Immediately reduce heat to low. Cover and **simmer** 20 minutes or until rice is tender and liquid is absorbed. Heat oil in a heavy nonstick skillet over medium heat. Sauté garlic 3 minutes or until golden. Stir in kale and tomatoes. **Sauté** another 10-12 minutes, stirring occasionally, or until kale is tender. Transfer to a bowl. Fluff rice with a fork and combine with tomato-kale mixture. Season with salt and pepper to taste. Serves 4

Courtesy of Mealsforyou.com



Roasted Broccoli

2 pounds broccoli
3 tablespoons olive oil
3/4 teaspoon coarse salt
1/4 teaspoon ground pepper

Preheat oven to 450 degrees. Trim 1 inch from stems of broccoli. Using a vegetable peeler, peel outer layer of stems; cut diagonally into 1/2-inch slices. Separate florets into bite-size pieces.

In a large bowl, toss florets and stems with olive oil, salt, and pepper. Spread in a single layer on a rimmed baking sheet; roast, turning broccoli halfway through, until tender, about 15 minutes.



Local Food Buying Club

The Local Food Buying Club is a membership club that brings community members together so they can purchase organic, free-range meat & eggs directly from local Florida farmers. Members place orders once a month and pick up the first week of the month. Members pick-up orders at Gamble Creek Farm, Geraldson Community Farm or the RC&D office. For more information contact logan@fwcrd.org or at fwcrd.org under announcements.



Event Calendar

March 8-Buying Club Email

March 19 Movie at Gamble Creek-"UP" 7:30pm.

Visit us online at www.GambleCreekFarm.org

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