

Gamble Creek Farm

At the Center for Integrated Agriculture

CSA Newsletter Vol 2 No 29

June 2 & June 5

Thank you for a wonderful Season

The 2009/2010 season at Gamble Creek will officially end June 5, 2010. Thank you for your support and membership this season. We appreciate that many of you shared your experience with friends and neighbors and invited them to the farm.

Eric, Maria, Loren, and DJ worked hard not only to grow delicious healthy vegetables for the members, but also to make the farm a friendly place to come each week - a bit of calm amid the craziness of a normal week.

From the beginning of the season the farm was a buzz with activity, starting with new member orientation, then on to Tiny Green Thumb Workshops, Movie at the Farm events, several school and Extension Tours, a potluck, and U-Pick Strawberries. And of course, let's not forget the most popular event at the farm each week: feeding the cows!!

This summer the farm staff will be busy getting ready to start planting organically in both the hydroponics stacks and in the fields. So when you all come back in November things will look a bit different, but most importantly the vegetables will still be delicious!!

Thank you from the Staff at Gamble Creek Farm



New Member Orientation



Tiny Green Thumbs



Imagine School Tour

A note from Eric:

"I had a great time this season and I hope to see you all back for next season".

Remember that special returning member pricing ends June 15th. Visit www.gamblecreekfarm.org or Eric has info at the farm.



Bonfire @ Movie at the Farm



U-Pick Strawberries

In This Share*

Cucumbers
Tomatoes
Yellow/Zucchini Squash
Leeks
Florida Sweet Onions
Grape Tomatoes
Buttercup or Butternut or
Spaghetti Squash

Visit us online at www.GambleCreekFarm.org

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

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Recipe & Ideas

From the Farm Staff's Kitchen

D. J.- Bechamel Sauce-Melt 2-tblsp.-butter in saucepan. Add 1-Quarter cup finely chopped onion; cook till soft. Blend in 2-Tblsp. Flour and 1-quarter-tsp. salt. Add 1 and a half cup milk all at once. Cook quickly, stirring constantly till mixture thickens.

Maria- Cook chunky salsa like-Cut up 2-onions and fry them in oil until tender. Cut up 2-or-3 tomatoes and 2-jalapenos peppers. Mix them with onions and let them cook until correct consistency. Add a little water and salt and can be used as a side dish.

Eric- Cheese Scalloped Onions-Cook 3-med. Onions sliced lengthwise in boiling salted water until nearly tender; Place well drained onions in an ungreased 1-quart casserole. Melt 3-tblsp. Butter in a saucepan; blend in 3-tblsp. Flour and 1-quarter tsp. salt. Add 1-cup- milk and stir till mixture boils. Stir in 1-cup shredded cheese. Pour sauce over onions. Bake casserole uncovered at 350 for about 40-minutes.



Savory Zucchini Cakes

3 medium zucchini or yellow squash (any combination) grated
1 c. carrots, matchstick size
1 medium onion, diced
1 T. chopped Thyme

2 T. olive oil
3 cloves garlic
2 large eggs
1/2 c. flour or fine bread crumbs
Kosher salt and freshly ground pepper to taste.

Remove the extra liquid out of the grated zucchini/squash by wrapping in a towel, twisting and squeezing. Heat half of the oil; add carrot and onion and fry for about 5 minutes. Add the garlic and zucchini and continue frying until liquid is mostly gone. Transfer to bowl and let cool. Mix in eggs, flour or bread crumbs, herbs and spices. Heat the rest of the oil, drop in small "pancakes" pancakes of zucchini mixture, and fry until golden brown, about 7 minutes. Turn and fry another 4-5 minutes.

Serves 4

Courtesy of Fresh From Florida



Roasted Shrimp with Spaghetti Squash

1 medium spaghetti squash (about 3 pounds), halved lengthwise
Coarse salt and ground pepper
1 pound large shrimp, peeled and deveined
1 tablespoon plus 1 teaspoon extra-virgin olive oil
1 tablespoon fresh lemon juice, plus lemon wedges for serving
2 tablespoons fresh parsley, roughly chopped

Preheat oven to 375 degrees. Season squash with salt and pepper. Place cut side down in a 9-by-13-inch baking dish. Add 3/4 cup water and roast until tender when pierced with a knife, about 45 minutes. Let cool.

Meanwhile, on a rimmed baking sheet, toss shrimp with 1 teaspoon oil; season with salt and pepper. Roast until cooked through, 8 to 10 minutes.

Scoop out seeds from squash and discard. With a fork, scrape flesh into a large bowl. Add shrimp and any cooking juices, lemon juice, and 1 tablespoon oil; toss to combine. Season with salt and pepper, top with parsley, and serve with lemon wedges.



Have a Wonderful Summer!!!

Cookbooks are still available at the Farm.

Event Calendar

June 15– Special pricing for returning members ends

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