

Protecting the Crops

As you have all noticed we have been experiencing some chilly weather and it looks like we have more in store for our weekend!

These cold nights and windy conditions can really take a toll on crops, causing plant damage and, in extreme cases, severe crop loss. To prevent any significant losses we cover our vulnerable crops (as seen in the picture) in order to insulate the plants. If it gets cold enough we turn on our irrigation to provide a mist under the covers that keeps the temperatures above freezing.

Although this gives us added protection during a freeze there is no fool-proof way of protecting the crops, especially when the cold nights are as persistent as they have been, so we ask that you bear with us through this time as we work tirelessly to protect the crops you all have invested in.



Movie at Geraldson Community Farm

Geraldson Community Farm will be hosting another movie at the farm night showing "Ratatouille" Saturday, January 23 at 6:30pm. Donation upon entrance is appreciated.

Just bring chairs and a blanket and have fun!!!



Protecting the vegetables Photos by Owrang Kashef

Cookbook Recipe Cards

Share your favorite recipes with the cookbook committee. Pick-up a recipe card(s) at the farm and be apart of what will be a useful tool for preparing wonderful meals with your farm fresh ingredients.

Thanks to the members who have already submitted recipes feel free to submit as many as you like.

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.

Limited spots available. Email Linda@fwcrd.org or call 941-723-3252



Danilo planting a seed photo by Laura Morton

In This Share*

Cauliflower
Lettuce
Peppers (Colored)
Kale
Bok Choy
Asian Greens
Spinach
Radishes

Gamble Creek Farm

At the Center for Integrated Agriculture

Recipe & Ideas

Crispy Kale Chips

4 handfuls of kale, torn into bite-sized pieces and tough stems removed
2 tablespoons olive oil
Sea salt or Kosher Salt

Preheat oven to 350 degrees. Line a baking sheet with parchment paper.

Place the kale leaves in a salad spinner and spin all of the water out. Dump the water and repeat one or two more times just to make sure that the kale is extra dizzy and dry. Use the towel to blot any extra water on the leaves. Place the kale on the baking sheet.

Drizzle olive oil over the kale leaves and use your hands to toss and coat the leaves. Bake in the oven for 17-20 minutes until the leaves are crisp. Use a spatula or tongs to touch the leaves; if they are paper-thin crackly, the kale is done. If the leaves are still a bit soft, leave them in for another 2 minutes. Remove from oven, sprinkle with salt and serve.

Courtesy of steamykitchen.com



Gingery Bok Choy

1/4 cup low-sodium soy sauce
1 tablespoon grated fresh ginger
2 teaspoon sugar
1 tablespoon water
1 teaspoon corn starch
1 lb. bok choy

1 jalapeno (preferably red), sliced (seeded for less heat)

In a small bowl, combine the soy sauce, ginger, sugar, 1 tablespoon water and 1 teaspoon cornstarch.

Heat the remaining tablespoon of oil in a large skillet over medium-high heat. Add the bok choy and cook, turning until just beginning to soften, 1 to 2 minutes. Add the soy sauce mixture and jalapeno and cook until the liquid has thickened slightly and the bok choy is tender, 3 to 4 minutes.

Courtesy of Real Simple Magazine



Spinach Pie

3 bunches of spinach, chopped
1 bunch green onions, chopped
2 small sprigs of mint, chopped
Salt and Pepper to Taste
1 cup butter
1/2 cup oil
1 lb. pkg. filo dough thawed
1 (16 oz) Tub Ricotta Cheese
1 (8oz) pkg. cream cheese
8 oz. feta cheese
1 egg, beaten

Combine spinach, onions, and mint. Season with salt and pepper. Place butter and oil in a small saucepan and heat until melted. Grease a cookie sheet and line it with 12 sheets of filo. Brush each sheet of filo with oil/butter mixture. Mix cheeses and egg into spinach and onion mixture and

layer over filo. Place 12 more sheets of filo over top, brushing each sheet with butter/oil mixture. Cut into 1 1/2 inch squares and bake for 45 minutes at 375 or until golden brown.

Variation: Layer filo on cookie sheet and cut into squares. Place a tablespoon of spinach mixture in center and pull corners up to form a "purse". Cook as above and when cooled, tie top in a bow knot with a strip of green onion.

Courtesy of Wyoming Cookbook



Interested in Sponsoring this Newsletter?

Contact Linda@fwcrd.org

Event Calendar

January 4-15 Submit recipes for Farm Cookbook via farm or email Linda@fwcrd.org

January 23— 7:00pm-Movie at the Farm-Geraldson Community Farm

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

Visit us online at www.GambleCreekFarm.org

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