

Farm Update

Like many of the other farms in the area we did not make it through this recent cold spell without crop damage. The farm's freeze protection protocol worked as well as could be expected (thanks to the diligent work of the staff) and saved the farm from devastating losses, even with temperatures as low as 21 degrees. Although we will not know the full extent of the crop damage until we can fully remove the protective covers mid-week, we are remaining optimistic that the damage will be mostly superficial and our members will hopefully not be noticing a significant impact to their weekly shares. Thanks for your continued support and we will keep you all informed when we know more!



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

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

Recipes Still Needed

Share your favorite recipes with the cookbook committee. Pick-up a recipe card(s) at the farm and be part 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.

Just to clarify what was meant by "original recipe". We did not mean that you had to create the recipe yourself it was simply to establish that we could not publish word for word a recipe from a cookbook or a website.

Family recipes are fine or if you have adapted a recipe from a cookbook or website i.e. used kosher salt instead of sea salt or found that you would rather use tofu in place of a protein.

If you have questions please email Linda@fwcrd.org or call 941-723-3252



In This Share*

Tomatoes
Grape Tomatoes
Swiss Chard
Peppers
Cauliflower
Turnips or Beets
Lettuce

Gamble Creek Farm

At the Center for Integrated Agriculture

Recipe & Ideas

Baked Tomatoes

There are several versions of this using a variety of herbs such as basil, dill, and oregano.

4 Ripe Tomatoes sliced in half
1/8 cup grated Romano cheese
1/2 cup fresh bread crumbs
1 clove garlic, minced
2 sprigs fresh parsley, chopped
Salt and pepper to taste
1/2 teaspoon dried oregano
1 tablespoon olive oil

Preheat oven to 400 degrees. Coat a shallow baking dish with cooking spray.

Place tomato halves close together in prepared baking dish. Sprinkle with cheese, bread crumbs, garlic, parsley, salt, pepper, and oregano. Drizzle with olive oil

Bake for 20 minutes in the preheated oven, or until cheese is lightly toasted.
4 servings.

Courtesy of allrecipes.com



Roasted Beets

Joy Kay a member of Geraldson Community Farm submitted this beet recipe from *World's Healthiest Foods*

6 small whole beets
2 small yellow onions
2 TBS balsamic vinegar
2 TBS extra virgin olive oil
2 medium cloves garlic, pressed
2 TBS coarsely chopped walnuts
salt and cracked black pepper to taste

1 TBS chopped fresh parsley

Preheat oven to 400F/200C. Wash beets well and place in a baking dish just big enough to hold beets, and onions without crowding them. If onions are small, just leave whole with skin on. If they are medium sized, cut in half leaving the skin on.

Cover and roast for about 55 minutes, stirring occasionally, until you can slide tip of sharp knife into the center of the beets fairly easily. Remove from oven.

When beets and onions have cooled enough to handle, peel and cut into bite-sized pieces. Toss with vinegar, olive, oil, garlic, and chopped walnuts. Add salt and pepper to taste. Top with chopped parsley.



Chipotle Cheddar Chard

2 teaspoons canola oil
1 small onion, chopped
1 bunch chard, stems and leaves separated, chopped (see Note)
1 medium tomato, chopped
1/4 cup reduced-sodium chicken broth or water
1/4 -1/2 teaspoon ground chipotle pepper (or cayenne pepper)
1/4 teaspoon salt
2/3 cup shredded sharp Cheddar cheese

Heat oil in a large skillet over medium heat. Add onion and chard stems and cook, stirring often, until softened, 3 to 5 minutes.

Add tomato, broth (or water), chipotle to taste and salt; bring to a simmer.

Add chard leaves and cook, covered, stirring once, until just tender, about 2 minutes. Scatter cheese evenly over the chard and cook, uncovered, until the cheese is melted, 1 to 2 minutes more. Serve immediately.

Note: After washing the chard for this recipes, allow some of the water to cling to the leaves. It helps steam the chard and prevents a dry finished dish.

Make ahead tip: Cover and refrigerate for up to 2 days.

COOKBOOK COMMITTEE MEETING

January 20 AT 5:30PM
At RC&D Office
945 25th Dr. E. Suite 11
Ellenton, FL 34222

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

Event Calendar

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