

Gamble Creek Farm

At the Center for Integrated Agriculture

CSA Newsletter Vol 2 No 2

November 18 th & 21st

The Season Begins

It has been a long wait since May when we last had fresh vegetables from our CSA at Gamble Creek Farm. This week marks the start of Season Two.

Here are a couple of tips to remember when picking up: Look for Eric's sign telling CSA members how much of each vegetable is in the share and remember to bring bags, sacks, or a basket to carry home your vegetables.

Our vegetables are grown sustainably, but that does not eliminate the need for the vegetables to be washed prior to preparing them.

Half Share Members—Please remember to pick-up your magnet that lists the future pick-up dates.



Thank you for your help

Thank you to all our members who heard our request for help in getting the word out about our CSA. Through your efforts to hang flyers and hand out brochures, we have had several additional new member sign-ups.

There are still shares available, so let friends and family know about our local, healthy source of vegetables.



Eric with his Tiny Helpers

photo by Laura Morton

Market Stand with U-Pick Strawberries Opens

U-Pick Strawberries are currently available at the farm. U-Pick is open on Wednesday 10 a.m.—5 p.m. and Saturday 9 a.m.—2 p.m. We will also be offering selected items for sale to the general public during these time slots via an onsite farm stand. Produce offered at the farm stand will only include what is available above and beyond what our members have invested in. The availability will be limited, but we will try to offer it when possible in an effort to increase participation within the community and to help draw more members to our CSA. Please encourage your friends and neighbors to come and try it out!

Prices are set based on market rates. Members of Gamble Creek Farm will receive a 25% member discount on both the U-Pick and farm stand.



In This Share*

Radishes
Lettuce
Bok Choy
Kohlrabi
Beans - Pick Your Own (PYO)
Green Bell Peppers
Swiss Chard

Visit us online at www.GambleCreekFarm.org

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

Gamble Creek Farm

At the Center for Integrated Agriculture

Recipe & Ideas

Swiss Chard Ravioli

1 large bunch Swiss chard, leaves only
1 tablespoon olive oil
1 clove garlic, minced
Pinch of dried red pepper flakes
24 won ton wrappers
Olive oil, Parmesan cheese and
toasted pine nuts for garnishes

Stack Swiss chard leaves and cut into thin strips. Place leaves in a saucepan with about 1 1/4 cups water. Cook about 6 minutes over medium-high heat, until tender. Drain well, in colander, pressing out excess water.

Heat olive oil in a large skillet over medium-high heat. Add 1 clove minced garlic and a pinch of dried red pepper flakes. Add the pre-cooked Swiss chard leaves and sauté until heated through, about 4 minutes. Salt to taste.

Place about 2 teaspoons of the sautéed Swiss chard in the center of each won ton wrapper. Moisten edges of wrapper with a little water. Fold in half to form a triangle; press seams together. Cook in a large amount of boiling salted water until tender, about 3 to 4 minutes; drain.

Serve drizzled with extra-virgin olive oil. Top with freshly grated Parmesan cheese and toasted pine nuts.

Courtesy of The Good Earth Institute



Baked Radish Chips

10 radishes
1 teaspoon chili powder
1/2 teaspoon garlic salt
1/2 teaspoon paprika

Thinly slice radishes. Steam in microwave for 5 minutes. Put in bowl with spices and stir to coat. Bake in a 350 degrees F. oven for 10 minutes, flip the chips, and bake for another 10 minutes.

Courtesy of The Good Earth Institute



Bok Choy Chicken Soup

3 cups chicken broth
10 leaves bok choy, thinly sliced
2 teaspoons soy sauce
2 teaspoons Asian sesame oil
1 teaspoon red pepper flakes
1 garlic clove, peeled, chopped

Bring the chicken broth to boil in a medium saucepan. Stir in the seasonings (the red pepper flakes, soy sauce, asian sesame oil), and the chopped garlic.

Add the bok choy. Simmer for up to 10 minutes, until the bok choy leaves turn dark green and are wilted and tender.

Courtesy of Linnie Williams



Connect with the Farm

Stay in touch with what is happening at the farm by visiting www.gamblecreekfarm.org and become the farm's friend on Facebook.



Newsletter Sponsor

Thank you to our generous anonymous sponsor of the Gamble Creek Farm and to our Geraldson Community Farm sponsor. Dates become available for sponsorship opportunities on December 14th. If interested, email Linda@fwcrd.org.



Event Calendar

November 18 & 21— First pick-ups for Full Share and Half Share Group A

November 25 & 28—First Pick-up for Half Share Group B

December 23 & 26 NO CSA
Pick-up this week

Visit us online at www.GambleCreekFarm.org

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