

# Gamble Creek Farm

At the Center for Integrated Agriculture

CSA Newsletter Vol 1 No 1

January 28th & 31st



photo by Logan Beal

The early stages of growth in the hydroponic system.

We are so excited that you are here for our first week in the inaugural season.

The anticipation for this season is very high among the staff as we are sure it is with you too. The freezing temperatures during the last few weeks has been a huge setback, but many of hardy plant survived.

We hope the you enjoy this first week. Please always let us know what you think and if you have any questions give Jacob a call at 812-3594.

## Recipes and Ideas

### Braised Cabbage

Here are two ways: *butter braised and broth braised:*

#### Butter Braised:

4-6 tablespoon butter  
2-3 teaspoon curry powder (optional)  
8 cups finely sliced cabbage (this goes quickly with a sharp knife or a food processor)  
Salt & pepper to taste

Heat 4 tablespoons of the butter with curry powder (if using) in a large saute pan. Add the sliced cabbage and stir to coat with butter.

Cover, lower heat, and cook gently for 5-6 minutes, stirring occasionally, or until the cabbage is

tender. Season with salt and pepper. Add more butter if you like.

#### Broth Braised Cabbage

8 cups finely sliced cabbage (this goes quickly with a sharp knife or a food processor)  
1/2 Cup chicken, beef or vegetable broth (or wine)  
Salt & pepper to taste  
2 tablespoon butter (optional)

Put all ingredients in a covered saucepan, bring to a boil, and cook for 5-6 minutes or until just tender, stirring or tossing occasionally.

Or, cook covered in a preheated 350 degree oven for 20 minutes

or longer, until tender. The timing depends on the cabbage variety and the size of the slices.

*Courtesy of MariquitaFarm.com*



### *In this Share\**

Lettuce  
Spinach  
Mustard Green OR Collards  
Cabbage  
Radishes  
Broccoli or Cauliflower  
Kolhrabi

Visit us online at [www.GambleCreekFarm.org](http://www.GambleCreekFarm.org)

\*Produce in share may change according to availability of that day

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## More Recipes and Ideas

### Sauteed Radishes & Sugar Snaps with Dill

*Note: To remove strings from fresh peas, just snap off the stem end and pull string lengthwise down each pod.*

- 1 tablespoon butter
- 1 tablespoon olive oil
- 1/2 cup thinly sliced shallots
- 12 ounces sugar snap peas, trimmed, strings removed
- 2 cups thinly sliced radishes (about 1 large bunch)
- 1/4 cup orange juice
- 1 teaspoon dill seeds (optional)
- 1 tablespoon chopped fresh dill

Melt butter with oil in large non-stick skillet over medium heat. Add shallots and saute until golden, about 5 minutes.

Add sugar snap peas, cook for one to two minutes, and radishes sauteing until crisp-tender, about 3 to 4 minutes more. Add orange juice and dill seeds (optional); stir one minute. Season with salt and pepper. Stir in fresh chopped dill. Transfer to bowl; serve.

*Courtesy of SmittenKitchen.com*



### Kohlrabi with Cheese

- 2 kohlrabi
- water
- salt
- 1 tablespoon butter
- 1 tablespoon all-purpose flour
- 1/2 cup milk

- 1/8 cup grated cheese
- 1/2 tablespoon chopped fresh parsley
- dash of freshly ground nutmeg

Cut tops off and pare thick stems of kohlrabi. Slice stems and place in salted water to cover. Boil for about 20 minutes, or until just tender. Drain well.

Boil tender leaves separately until tender; drain. Chop leaves finely and combine with cooked stems. Melt butter in small saucepan over low heat. Add flour and stir well until smooth and blended.

Gradually add milk and cheese, stirring constantly, until cheese is melted and sauce is thick. Add cooked kohlrabi and cook until hot. Garnish with parsley and nutmeg.  
*Courtesy of about.com*



### Hot Collard Stew

- 1/8 cup olive oil
- 1 tablespoon cider vinegar
- 1 tablespoon whole-grain mustard
- 1/4 teaspoon salt
- 1/4 teaspoon fresh-ground black pepper
- 1/4 teaspoon pepper
- 1 clove garlic, crushed
- 8 cups collard greens, washed, dried, and cut horizontally into 3/4-inch strips (or mustard greens)
- 1/4 pound thick-cut bacon, cut into 1/2-inch strips, cooked

In a small bowl, combine 3 tablespoons olive oil, vinegar,

mustard, salt, pepper, and sugar and set aside. In a large saucepan over medium high heat, heat remaining olive oil.

Add garlic clove and the greens and sauté until tender--5 to 6 minutes. Add the vinegar mixture and toss to distribute evenly. Transfer to a serving dish, top with bacon pieces, and serve immediately.

*Courtesy of Delish.com*



### Spinach & Onion Couscous

- 1 medium onion, chopped
- 2 garlic cloves, minced
- 2 tablespoons olive oil
- 1 can chicken broth
- 1 bunch fresh spinach, chopped
- 1 (10 ounce) package couscous
- 3/4 cup fresh grated parmesan cheese
- 2 tablespoons lemon juice
- salt (to taste)
- fresh ground pepper (to taste)
- 1/2 cup chopped pecans, toasted

In a saucepan, cook and stir onion and garlic in hot oil until tender. Add the broth and spinach; cook and stir frequently until the spinach wilts.

Bring mixture to a boil and add in couscous; stir to combine. Cover, remove pan from heat, and let stand 5 minutes or until liquid is absorbed. Add remaining ingredients; stir to combine. Serve immediately.

*Courtesy of Recipazaar.com*