

Gamble Creek Farm

At the Center for Integrated Agriculture

CSA Newsletter Vol 1 No 2

February 4th & 7th



photo by Logan Beal

The early stages of growth in the hydroponic system.

The farm was hammered by cold weather these last few weeks and some more is still on the horizon.

So far our damages have been minimal - other farms in the area have lost a lot more crops than us.

To prepare for the freezing weather we cover the crops and turn on the irrigation to help provide protection. However, we only have one well at this time making the freeze protection not as effective as we would like.

We will continue to work hard to protect the crops, but we ask for your patience as we get through the last few weeks of winter.

Recipes and Ideas

Penne with Spinach Sauce

1 pound whole wheat or multi grain penne
3 garlic cloves
2 ounces goat cheese
1 ounce reduced fat cream cheese
3/4 teaspoon salt
1/2 teaspoon freshly ground black pepper
6 ounces fresh baby spinach leaves
2 tablespoons freshly grated Parmesan

Bring a large pot of salted water to boil. Add the penne and cook until it is tender but still firm to the bite, stirring occasionally, about 12 minutes.

Mince the garlic in a food processor. Add the goat cheese,

cream cheese, 3/4 teaspoon of salt, 1/2 teaspoon of pepper, and half of the spinach leaves. Blend until the mixture is smooth and creamy. Set the cheese and spinach mixture aside.

Meanwhile, place the remaining spinach leaves in a large bowl.

Drain the pasta, reserving 1 cup of the cooking liquid. Spoon the pasta atop the spinach leaves in the bowl. Scrape the cheese and spinach mixture over the pasta mixture and toss to coat, adding enough reserved cooking liquid to moisten.

Season the pasta, to taste, with salt and pepper. Sprinkle the Parmesan

over and serve.

Courtesy of Giada DeLaurentiis on FoodNetwork.com



*In this Share**

Lettuce
Spinach
Broccoli or Cauliflower
Tangelos
Peppers
Radishes

Visit us online at www.GambleCreekFarm.org

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

Gamble Creek Farm

At the Center for Integrated Agriculture

More Recipes and Ideas

Broccoli with Garlic and Soy Sauce

1 head garlic, peeled (about 16 cloves)
1 cup good olive oil
1 teaspoon crushed red pepper flakes
1 teaspoon kosher salt
4 stalks broccoli, cut into florets
2 tablespoons soy sauce

Put the garlic cloves and oil in a small heavy-bottomed saucepan. Bring to a boil and cook uncovered over low heat for 10 to 15 minutes, until the garlic is browned and tender. Turn off the heat and add the red pepper flakes and 1/2 teaspoon salt.

Immediately pour into a heat-proof container to stop the cooking. Allow to cool to room temperature.

For the salad, blanch the broccoli florets in a large pot of boiling salted water for 2 to 3 minutes, until crisp-tender. Drain well and immerse immediately into a large bowl of ice water until the broccoli is cooled. This process stops the cooking and sets the bright green color. Drain well.

In a large bowl, toss the broccoli with 1/2 teaspoon salt, 1/4 cup of the oil used to cook the garlic, the soy sauce, and 8 or more cloves of cooked garlic. Taste for seasonings and serve cold or at room temperature.

Courtesy of Ina Garten on www.foodnetwork.com



Oven-Roasted Cauliflower with Garlic, Olive Oil and Lemon Juice

2 to 4 cups cauliflower florets, about 1 1/2 inches in diameter
1/8 cup extra-virgin olive oil
1/2 tablespoon sliced garlic
1/2 tablespoon lemon juice
1/2 teaspoon salt
1/4 teaspoon black pepper
1 tablespoon grated Parmesan
Chopped chives, for garnish

Preheat the oven to 500 degrees F. Place the cauliflower florets in a large saute pan or a roasting pan. Drizzle the olive oil over the cauliflower, and season with the garlic, lemon juice, salt and pepper.

Place the saute/roasting pan in the oven and cook for 15 minutes, stirring occasionally to ensure even roasting. Remove from the oven and sprinkle with the Parmesan. Garnish with chopped chives and serve immediately while still warm.
Courtesy of www.FoodNetwork.com



Fettuccini with Sweet Peppers & Pinenuts

1 (16-ounce) package uncooked fettuccini pasta
1/3 cup extra-virgin olive oil
3 large cloves garlic, coarsely chopped

2 large sweet pepper, cored, seeded and julienned
1/2 cup pine nuts
1/2 cup fresh parsley or basil leaves, chopped
1/2 cup Kalamata olives, pitted and halved
1/4 cup capers, drained
1 tablespoon freshly ground pepper or to taste
1 tablespoon coarse kosher salt

Cook fettuccini pasta according to package directions to al dente; drain and return to pan to keep warm.

In a large, heavy skillet heat the olive oil. Add garlic and peppers, and cook for 10 minutes, stirring continuously. Add pine nuts and cook approximately 4 minutes or until they turn golden brown. Gradually stir in basil or parsley. Add olives and capers and heat through. Add salt and pepper to taste. In a serving bowl, toss sauce mixture with pasta.

Courtesy of whatscookingamerica.net



Raspberry Vinaigrette

1/2 cup extra virgin olive oil
1/4 cup chopped strawberries
3 tablespoons raspberry vinegar
1 tablespoon yogurt
Salt and pepper to taste

Put all ingredients in a food processor and purée until smooth.

Courtesy of WholeFoodsMarket.com