

Gamble Creek Farm

At the Center for Integrated Agriculture

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February 11th & 14th



photo by Logan Beal

Pickups last week were a bit cold! We are looking forward to the warm weather this week.

This week we have been busy replacing plants in the field that were damaged by the cold spells during the last couple of weeks. We planted onions, cucumbers, leeks, peppers, grape tomatoes, and lettuce. We are hopeful these will do really well.

*In this Share**

Lettuce
Spinach
Broccoli or Cauliflower
Kale
Beets
Cabbage

Recipes and Ideas

Pasta with Greens & Tomato Sauce

1 bunch collard greens or kale, stripped from thick stems, washed, dried and coarsely chopped (1/2-inch pieces)
2 ounces sliced pancetta or bacon, finely diced
2 teaspoons extra-virgin olive oil
1 medium onion, chopped
2 cloves garlic, minced
1/8 teaspoon crushed red pepper
1 28-ounce can diced tomatoes (not drained)
1/4 cup water
8 ounces medium pasta shells
1/4 teaspoon salt
Freshly ground pepper to taste
1/2 cup freshly grated Parmigiano-Reggiano cheese

Bring 2 cups lightly salted water to a boil in a large wide pan. Add

collards or kale and cook until tender, 10 to 12 minutes. Drain, rinse with cold water and press out excess moisture. Set aside.

Put a large pot of lightly salted water on to boil for cooking pasta.

Cook pancetta (or bacon) in a large nonstick skillet over medium heat, stirring often, until golden, 5 minutes. Drain; discard fat.

Add oil to the pan and heat over medium heat. Add onion and cook, stirring often, until softened, 3 to 5 minutes. Add garlic and crushed red pepper; cook, stirring, for 30 to 60 seconds. Add the pancetta (or bacon), tomatoes and water; bring to a simmer, mashing the tomatoes

with a potato masher or the side of a wooden spoon. Reduce heat to medium-low and simmer, uncovered, until thickened, about 20 minutes.

About 10 minutes before the sauce is ready, cook pasta in the boiling water, stirring often, until just tender, 8 to 10 minutes. Reserve 1/4 cup of the cooking water and drain the pasta.

Add the pasta, collards and reserved pasta-cooking water to the tomato sauce. Heat, stirring, until the pasta has absorbed some of the flavors, about 1 minute. Season with salt and pepper. Spoon into pasta bowls, sprinkle with cheese and serve.

Courtesy of EatingWell.com

Visit us online at www.GambleCreekFarm.org

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

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More Recipes and Ideas

Sesame Braised Chicken & Cabbage

2 boneless, skinless chicken breasts cut into 1 inch pieces.
4 cups green cabbage sliced thin,
4 cups finely chopped kale, stems removed
1 medium sized onion cut in half & sliced thin
1 tablespoon minced fresh ginger
2 medium cloves garlic, minced
½ cup + 1 tablespoon chicken broth
1 teaspoon turmeric
1 teaspoon ground coriander
1 15 oz can diced tomatoes, drained
2 tablespoon rice vinegar
1 tablespoon extra virgin olive oil
¼ cup chopped scallion tops
1 tablespoon sesame seeds
salt and white pepper to taste

Prepare ingredients as listed above.

Heat 1 tablespoon broth in a stainless steel wok or large skillet. Sauté onion in broth over medium heat for about 5 minutes stirring frequently, until translucent. Add garlic, ginger and continue to sauté for another minute.

Add chicken pieces and cook for a couple of minutes. Add turmeric, coriander, and mix with chicken. Add kale. Sauté for another couple of minutes, stirring constantly.

Add ½ cup broth and bring to

a boil on high heat Reduce heat and simmer over low heat covered for about 3 minutes stirring occasionally.

Add cabbage, diced tomatoes, vinegar and simmer for another 4 minutes. Remove from heat, toss with olive oil, salt and pepper.

Serve sprinkled with minced scallion and sesame seeds.

Courtesy of whfoods.com



Beets & Caramelized Onions with Feta

2 tablespoons cider vinegar
1 teaspoon Dijon mustard (preferably whole-grain or coarse-grain)
¼ teaspoon black pepper
¾ teaspoon salt
5 tablespoons olive oil
2 medium onions, cut into 1-inch pieces
2 cups beets
½ cup crumbled feta
¼ cup pine nuts, toasted

Wash beets, wrap tightly in foil and bake until soft at 400 degrees F. Then chop into cubes.

Whisk together vinegar, mustard, pepper, and ½ teaspoon salt in a large bowl, then add 3 tablespoons oil in a slow stream, whisking until combined well.

Cook onions with remaining ¼ teaspoon salt in remaining

2 tablespoons oil in a 12-inch heavy skillet over moderate heat, stirring occasionally, until golden brown, 18 to 20 minutes. Add onions to dressing, then add beets and cheese, stirring gently to combine.

Serve sprinkled with pine nuts.
Courtesy of Epicurious.com



Penne with Winter Greens

1 pound dried penne pasta
1 tomato, chopped
1 green onion, chopped
Juice of 2 lemons
2 tablespoons extra virgin olive oil
1 clove garlic, chopped
½ cup basil
1 pound winter greens such as raw spinach, or cooked chard or collards, thinly sliced
3 ounces sheep or goat feta cheese, crumbled
½ cup pitted Kalamata olives
Salt and pepper to taste

Cook pasta according to directions on package.

Meanwhile, put tomatoes, green onions, lemon juice, oil, garlic, and basil into a blender or food processor and puree until smooth.

Pour this mixture over drained cooked pasta, then add greens, feta, olives, salt and pepper and toss gently to combine. Serve warm or at room temperature.