

# Gamble Creek Farm

At the Center for Integrated Agriculture

CSA Newsletter Vol 1 No 9

March 25th & 28th

## Recipes and Ideas

### Local Food at the White House

BY LAURA MORTON

This has been a very exciting week for those of us working in and committed to locally-grown food. Last Friday, First Lady Michelle Obama broke ground on a kitchen garden at the White House. According to news reports, the kitchen staff will be responsible for the ongoing care and maintenance of the 1,100 square foot White House plot. We will be watching for more news reports on the garden and updates on the veggies, fruits, and recipes.

This is perfect timing to bring the local food conversation to the level of the White House, and we are ready to take action in the Florida West Coast area and meet the challenge implied by the Presidential plot.

CSA members are on the front-line, going out of your way each week to pick up produce and learn how to cook healthy, fresh vegetables, some of which you may not have eaten before. That is very committed and sets a great example to families on how to prioritize local food in your lives as well as supporting local jobs.

Next week, we are holding a kick-off event at the Geraldson Community Farm next Wednesday, April 1, at 3:30 PM to highlight how we are building jobs and businesses

### Announcement

*The pickup on April 1st will be changed due to the event at Geraldson Community Farm. Wednesday members can pick-up their shares on Tuesday, March 31, or Saturday, April 4. Please let Jacob know your preference by emailing [leech@fwcrd.org](mailto:leech@fwcrd.org) or calling 941-812-3594.*

while eating local healthy food. We will showcase Gamble Creek Farm and the RC&D's new program the Center for Integrated Agriculture, an agricultural business innovation center in Parrish, as well as highlight our web-based farmer community, [FloridaFarmLink.org](http://FloridaFarmLink.org). We will have a tour of the farm,

### In this Share\*

Onions  
Green beans  
Zucchini  
Beets  
Lettuce  
Spinach  
Swiss Chard  
Radishes

networking, and a little sample of farm fresh food.

Although 1,100 square feet is only a little tiny place on the back lawn of the White House, we hope this little garden makes a big impact by stimulating more small farms and jobs in local food.



Full seedling trays in the field before they get planted.

photo by Logan Beal

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

### Sesame-Soy Green Beans and Peppers

3/4 pound green beans  
Salt  
2 tablespoons vegetable oil  
1 red bell pepper, seeded and thinly sliced  
3 tablespoons tamari (or soy sauce)  
2 teaspoons sesame oil  
1 tablespoon sesame seeds

Cut green beans into 2-inch pieces on an angle. Place in a skillet. Add water, salt, to taste and cook beans 5 minutes, then drain beans.

Place the skillet back on stove and add vegetable oil. Heat pan over high heat until oil smokes.

Add the beans and red peppers and stir-fry 2 minutes. Add the soy and sesame oil and transfer to a serving dish. Garnish with sesame seeds and serve.

*Courtesy of Rachael Ray on foodnetwork.com*



### Broiled Zucchini and Potatoes with Parmesan Crust

4 small new potatoes (red or white, about 1 1/2 inches in diameter)  
2 tablespoons butter  
1 clove garlic, minced  
1 teaspoon chopped fresh thyme leaves  
1 teaspoon chopped fresh rosemary leaves  
1 - 2 small zucchini, cut in 1/2

lengthwise  
kosher salt and freshly ground black pepper  
1/4 cup grated Parmesan

Bring a medium pot of water to a boil over high heat. Add the potatoes and cook until just tender, about 8 to 10 minutes. Drain the potatoes and let cool. When cool, cut the potatoes in half.

Place a medium saute pan over medium heat. Add the butter, garlic, thyme and rosemary and let cook until the butter melts, about 2 minutes. Meanwhile, season the cut sides of the zucchini and potatoes with salt and pepper. Carefully place the zucchini and potatoes cut side down in the melted butter. Let them cook until golden brown, about 12 to 15 minutes.

Preheat the broiler. Line a baking sheet with foil. Place the broiled zucchini and potatoes on the baking sheet cut side up. Sprinkle the tops with the Parmesan. Place in the broiler until the cheese is golden brown, about 4 minutes. Transfer to a plate and serve.

*Courtesy of Giada De Laurentiis on foodnetwork.com*



### Baked Polenta with Swiss Chard and Cheese

2 tablespoons extra-virgin olive oil  
1 large white onion, thinly sliced  
2 garlic cloves, minced  
1/4 teaspoon crushed red pepper  
1 bunch Swiss chard, thick stems

and ribs removed, leaves cut crosswise into 1/2-inch-wide strips  
3 1/2 cups water  
1 teaspoon salt  
1 cup polenta  
1 cup part-skim ricotta cheese  
2 large eggs  
2 cups coarsely grated low-fat mozzarella cheese (about 8 ounces)

Preheat oven to 350°F. Lightly oil 2-quart glass baking dish. Heat oil in heavy large deep skillet over medium heat. Add onion; sauté until tender, about 15 minutes. Stir in garlic and crushed red pepper, then chard; cover and cook until chard is tender, stirring occasionally, about 8 minutes. Uncover; stir until any excess liquid in skillet evaporates. Season with salt and pepper.

Meanwhile, bring 3 1/2 cups water and salt to boil in heavy large saucepan. Gradually stir polenta into boiling water. Reduce heat to medium-low; simmer until polenta is thick, stirring frequently, about 10 minutes. Remove from heat.

Whisk ricotta and eggs in bowl; whisk in 1 cup hot polenta. Stir ricotta mixture into polenta in saucepan. Spread half of polenta mixture in baking dish. Spread half of chard mixture over. Sprinkle with half of mozzarella. Repeat layering with remaining polenta, chard, and cheese. Bake until puffed and brown on top, about 45 minutes. Cool 30 minutes.

*Courtesy of Epicurious.com*

