



# Geraldson Community Farm

## Flavor from the Fields

Vol 1 No 23 April 23rd & 26th

### Prolong the plants in your garden!

The heat is beginning to cook the soil at the farm – as we are sure it is in your garden too (if you have one). One of the best ways to prolong the life of your plants is by “mulching.” While this is not a practice we use much at the farm (it interferes with our cultivating equipment), it is a great tool for home gardeners.

Our in-house garden specialist, Dave McKeever, recently passed on a few tips that we wanted to share with you. First, a small explanation of its importance: mulching helps retain water in the soil during our driest Florida months (historically April and May) and also keeps the soil cooler. So, without further ado, the how-tos of mulching from Dave:

1. Buy an enviro-friendly mulch. Those made from pepper trees, melaleuca trees, or other invasive species are great and you can get them at Home Depot or Lowes.
2. Put down 1 to 2 inches of mulch around your plants and flowers. Leave an inch or two breathing room around the stalk of the plant. Putting the mulch too close will create a breeding ground for bugs and bacteria. Also, make sure there are a few inches between the mulch and the base of your home.
3. Water only as needed as it is a very precious resource!



photo by Windy-Ayres Wray

PYO in the fields has become a favorite of many members!

2008/2009 Shares can be reserved starting May 19th. The first payment of \$150 MUST be received the SAME DAY you sign up – either online or in person...more details coming

### Announcements

#### Member Appreciation Event

Mark your calendars for **May 10th!** We are going to host a potluck lunch at the farm to celebrate the season. The staff will be cooking up some goodies and we want you to bring your best dish (made with farm ingredients) to share. Everyone who brings a dish will be entered in a drawing for a coupon worth \$\$ off next year's share!! If you are interested in cooking for the potluck, email Sarah for details at [sarah@fwrcd.org](mailto:sarah@fwrcd.org) or call her at 941-961-7060.

### In this Share\*

Dill/Cilantro  
Asian Greens  
Lettuce  
Leeks  
Basil  
Kale/Arugula/Mustard Greens  
Winter/Summer Squash



# Geraldson Community Farm

## Recipes and Ideas



### Pomegranate Basil Dressing

Use this vinegar-free dressing with greens or drizzling over cooked meats or poultry, especially lamb.

- 1/2 cup extra virgin olive oil
- 1/4 cup unsweetened pomegranate juice
- 1 teaspoon lemon juice
- 6-8 fresh basil leaves, minced
- 1/4 - 1/2 teaspoons dry mustard powder
- 1 clove garlic, crushed
- pinch of sea salt, optional

Process all ingredients in a blender until smooth. Store in a tightly-covered glass jar in the refrigerator.

*Courtesy of Whole Foods Market*



### Brown Rice, Tomatoes and Basil

- 1 cup Texmati brown rice
- 2 teaspoons kosher salt, divided
- 1/4 cup Champagne or rice wine vinegar
- 2 teaspoons sugar
- 1 tablespoon good olive oil
- Freshly ground black pepper
- 1 pound ripe tomatoes, large-diced
- 1 cup packed basil leaves (1 large bunch), chopped

Bring 2 1/4 cups water to a boil and add the rice and 1 teaspoon of the salt.

Return to a boil, cover, and simmer for 30 to 40 minutes, until the rice is tender and all the water is absorbed. Transfer the rice to a bowl.

Whisk together the vinegar, sugar, olive oil, remaining teaspoon of salt, and a pinch of pepper. Pour over the rice. Add the tomatoes and basil. Mix well and check the seasonings. Serve at room temperature.

*Courtesy of Barefoot Contessa*



### Oven-Roasted Kale

- 1 bunch kale
- 1 tablespoon olive oil
- 1-2 large cloves garlic, minced
- Sea salt and freshly ground black pepper
- 1/2 tablespoon toasted sesame seeds

Preheat oven to 375°F. Rinse the kale. Remove and discard the thick ribs and roughly chop the leaves. Pat leaves dry. Toss with olive oil, garlic, salt and pepper in a large bowl.

Spread on a large rimmed baking sheet. Kale does not need to be in a single layer, as it will shrink in volume as it cooks.

Bake for 12 to 20 minutes, stirring every five minutes, depending on how crisp you like it. The leaves will be tender, crisp on the edges and slightly browned. Sprinkle with sesame seeds before serving.

*Courtesy of Whole Foods Market*

Have recipes or ideas you want to share with other members?  
Email Sarah at [sarah@fwcrd.org](mailto:sarah@fwcrd.org).



### Risotto with Greens

- 1 small onion, finely chopped
- 2 T. olive oil
- 1 c. risotto, uncooked
- 1/2-3/4 lb. fresh greens, trimmed and torn (Radish greens, kale, chard, mustards, turnip greens, beet greens, etc.)
- 4 garlic cloves, minced
- 2 (14-1/2 oz.) cans chicken or vegetable broth
- Freshly ground black pepper, to taste
- 1 c. grated Parmesan cheese, optional

Saute onion in olive oil in a small stock pan. Add risotto and saute until golden. Add greens and garlic; saute until greens are wilted. Stir in broth slowly (one can at a time). Cook, covered, on low heat until most of the liquid is absorbed, stirring occasionally. Add black pepper, stirring well. Add cheese, if desired, and blend well before serving.

*Courtesy of Mariquita Farms*



### Roasted Squash

*Not sure what to do with the squash? This quick recipe is delicious and easy and works great with winter squash.*

Dice the squash (potatoes, carrots and onions are wonderful to add). Toss with olive oil and seasonings (herbs, garlic salt, steak seasoning, etc). Roast in the oven until tender. Serve immediately.

