



# Geraldson Community Farm

## Flavor from the Fields

Vol 1 No 24 April 30th & May 3rd

### Unfolding next year's crops

The results of the surveys are in—and we can't thank you enough for your honest feedback! It helps us to plan a well-rounded season of produce offerings, events, volunteer opportunities, and more.

The staff is working hard over the next week to develop a crop plan that reflects your preferences within our growing environment and capacity.

Our goal is to supply you with more staples each week. We are planning to grow more salad lettuces, increase our luck with tomatoes by using the Earthboxes or raised beds, and use a more integrated approach to pest management.

Once we have our crop plan pulled together, we will share the full changes with you. As our experience grows each year on the land we will together become experts on what grows best organically in Northwest Bradenton.

Once again, we could not have done any of this without you, our inaugural members!



photo by Windy-Ayres Wray  
Young members select their leeks next to the Seminole squash at last Saturday's pickups.

**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 at noon!** 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@fwcrd.org](mailto:sarah@fwcrd.org) or call her at 941-961-7060.

### In this Share\*

- Onions
- Potatoes
- Squash/Cucumbers
- Baby Mustard Greens/Broccoli
- Raab/Arugula
- Carrots
- Cabbage/Peppers
- Radishes



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## Recipes and Ideas



### Baked Potato with Mushroom Sauce

- 4 medium potatoes
- ½ medium onion minced
- 4 cloves garlic minced
- 2 cups sliced crimini mushrooms
- ¼ cup dried porcini mushrooms
- 1 cup hot water
- 1 tablespoon tomato paste
- 1 teaspoon dry vegetable stock
- 1 tablespoon chopped fresh rosemary
- salt and pepper to taste
- optional 2 oz Chevre goat cheese

Preheat oven to 375 degrees. Wash potatoes well, poke with a knife a couple times and bake until tender, about 1 hour. (See Note)

Soak porcini mushrooms in hot water until soft, and chop.

Saute onions over medium low heat in dry medium sauté pan for 5 minutes, stirring frequently. Add garlic and continue to sauté for another minute.

Add crimini mushrooms and continue to sauté for a couple minutes. Add tomato paste, hot mushroom water, dry vegetable stock, and rosemary. Simmer for another 10 minutes and season with salt and pepper. Cut baked potatoes in half and top with mushroom sauce and goat cheese.

Note: You could also serve this over roasted potatoes.

*Courtesy of whfoods.com*



### Moroccan Chickpea and Vegetable Couscous

- 4 tablespoons unsalted butter
- 2 cups couscous
- 1 medium onion, chopped fine
- 2 medium carrots, chopped fine
- 4 medium cloves garlic, minced
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground ginger
- 1 (15 ounce) can chickpeas, drained and rinsed
- 1 ¾ cups canned low-sodium chicken broth
- 1 1/2 cups frozen peas
- 1/2 cup chopped fresh parsley, cilantro/and or mint leaves
- Ground black pepper
- 1 lemon, cut into wedges

Melt 2 tablespoons butter in a large skillet over medium-high heat. When the foaming subsides, add the couscous and cook, stirring frequently until some grains are just beginning to brown, about 3 minutes. Scrape the grains from the skillet into a large bowl and return the pan to medium heat.

Add the remaining 2 tablespoons butter to the empty pan. Once the butter melts, add the onion, carrots and 1 teaspoon salt. Cook, stirring occasionally, until the onion softens and begins to brown, about 5 minutes. Stir in the garlic, coriander, and ginger and cook until fragrant, about 30 seconds. Add the chickpeas, broth and 2 cups

water, increase the heat to medium-high, and bring to a boil.

Stir in the peas and pour the mixture over the toasted couscous; cover tightly with plastic wrap and allow to sit for 12 minutes. Remove the plastic wrap, add the herbs, and fluff the grains with a fork. Adjust the seasonings with salt and pepper to taste. Serve immediately accompanied by a lemon wedge.

*From "The Quick Recipe" by Cook's Illustrated*



### Savory Greens Stir Fry

- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1 small onion, halved and sliced thin
- 1 can (7 ounce) water chestnuts, drained and thinly sliced
- 3 shiitake mushrooms, sliced
- 1 bunch greens (kale, broccoli raab, or mustard greens)
- 1 teaspoon mirin
- 1 teaspoon tamari (or soy sauce)
- freshly ground black pepper, to taste

Heat the oil in a large skillet over medium high heat. Add the garlic and onions and sauté until onions are translucent. Be careful not to brown the garlic or it will give a bitter taste.

Add the water chestnuts and shiitake mushrooms. Sauté for 3 minutes. Add the greens and sauté for 1 minute. Add the mirin, tamari and pepper and sauté until the greens are tender.

*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).

