



Geraldson Community Farm

Flavor from the Fields

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Notes from the field

BY ADAM LICHTENBERGER

Tim and I have joked that working at the farm is sometimes like the Bill Murray classic “Groundhog Day.”

Though repetitive, we are in an efficient vegetable production routine: Plant, Fertilize, Water, Weed, Harvest, Mow, Spade, Plant, Fertilize, Water...

For me, this weekly drill is exciting. As the crops change, I learn about the new veggies’ unique cycles and needs while anticipating the delight which will be generated by providing a new variety of delicious sustenance. For example, the peppers and cilantro generated quite a buzz.

Adding further excitement to the vegetable production routine: something has been chewing apart the “spaghetti” hoses on the irrigation sprinklers. Most people we have spoken with believe coyotes are responsible, although the Florida Skunk Ape is another likely suspect. :)

Coyotes are impressive animals. If not magnificent, they are resilient, and the little ones are cute. Fortunately, they have not damaged

Pickups at the Farm



photo by Adam Lichtenberger

The sunflowers were a huge hit a few weeks ago. We planted more and can't wait to harvest them again!

the crops, but they are being “destructive,” and we are trying to defend the sprinklers. So, I'll be installing tubes over the hoses. The tubes are made of a hard plastic and are difficult, if not impossible, for coyotes to chew through...we'll see about the Skunk Ape.

It has been a relatively quiet week at the farm. Next week we won't have a newsletter at the pickups, BUT we still have all the pickups (even the day after Christmas). Happy Holidays!

Announcements

- We will have a pickup Dec. 26th & 29th.
- There will not a newsletter next week due to the holidays. Thanks for your understanding and Happy Holidays!

In this Share

- Peppers
- Broccoli Raab
- Beets
- Carrots
- Hon Tsai Tai
- Arugula
- Turnips



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Recipes and Ideas



Roasted Beets 'n' Sweets

- 4 medium beets, peeled and cut into chunks
- 1 tablespoon and 2 teaspoons olive oil, divided
- 3/4 teaspoon garlic powder
- 3/4 teaspoon kosher salt
- 3/4 teaspoon ground black pepper
- 3/4 teaspoon sugar
- 2 medium sweet potatoes, cut into chunks
- 2/3 large sweet onion, chopped

Preheat oven to 400 degrees F

In a bowl, toss the beets with 1/2 tablespoon olive oil to coat. Spread in a single layer on a baking sheet. Mix the remaining 2 tablespoons olive oil, garlic powder, salt, pepper, and sugar in a large resealable plastic bag. Place the sweet potatoes and onion in the bag. Seal bag, and shake to coat vegetables with the oil mixture.

Bake beets 15 minutes in the preheated oven. Mix sweet potato mixture with the beets on the baking sheet. Continue baking 45 minutes, stirring after 20 minutes, until all vegetables are tender.

Courtesy of AllRecipes.com



Vegetable of the Week: Carrots

Carrots are wonderful edible root vegetables. Although usually orange, carrots are also naturally white, purple and reddish. Scientists working with the Agricultural Research Services have also bred beautiful bright carrots reflecting all the colors of the rainbow. These uniquely colored taproots may become more prevalent, as researchers at the University of Wisconsin-Madison investigate the cancer-fighting potential of carrots' unique pigments. Carrots are also well-known for their vision enhancing potential due to the carotenes which, during digestion, are converted to Vitamin A and then converted to retinal: a fundamental component of healthy eyes.

Arugula Pesto

- 4 cups packed fresh arugula
- 1 tablespoon minced garlic
- Salt and freshly ground pepper
- 1 cup pure olive oil
- 2 tablespoon pine nuts, toasted, plus 1 tablespoon
- 1/2 cup freshly grated Parmesan

Prepare an ice water bath in a large bowl, and bring a large pot of water to a boil. Put the arugula in a large sieve and plunge it into the boiling water. Immediately immerse all the arugula and stir so that it blanches evenly. Blanch for about 15 seconds. Remove, shake off the excess water, then plunge the arugula into the ice water bath and stir again so it cools as fast as possible. Drain well.

Squeeze the water out of the arugula with your hands until very dry. Roughly chop

the arugula and put in a blender. Add the garlic, salt and pepper to taste, olive oil, and 2 tablespoons of the pine nuts. Blend for at least 30 seconds. In this way the green of the arugula will thoroughly color the oil. Add the cheese and pulse to combine. The pesto will keep several days in a tightly sealed container in the refrigerator.

Pull out before dinner to get to room temperature. Before serving, add the remaining 1 tablespoon toasted pinenuts.

Courtesy of Michael Chiarello



The sunflowers before harvested at Geraldson Community Farm photo by Reba Moeller