



Geraldson Community Farm

Flavor from the Fields

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Got Greens?

BY SARAH CRANE

Greens, greens, and more greens. So by the fourth week in the season you have eaten a lot of greens. For some of you, the fresh greens are like a holiday morning every week. While for others, well, greens just don't top the list of favorites.

I encourage all of you to remain committed to eating locally! Greens grow incredibly fast, so they make up the majority of early season shares. Hence, all community farms start the season with a large serving of greens.

Please remember green-lovers and green-nonlovers that we grow a diverse selection of crops – they just don't all come in at once. As the season progresses, you will be receiving increased variety. This week cauliflower, broccoli, beans, black-eyed peas and more were planted. All these will be coming up in the next several months. Stay tuned – more is on its way!

Also, keep in mind this is the inaugural season for ALL OF US - the members as well as the farm staff. Each of you is learning to enjoy local produce in season and we are learning to accommodate a diverse group of members. We

A promise of things to come



photo by Adam Lichtenberger

Cabbage (small green sprouts left) and red oak leaf lettuce (right) were planted in the field this week. Broccoli, beans, and more to come in the following months!

ask for your graciousness as we go through this together. We promise to field all questions and concerns, if you promise to give us grace as we

grow organic produce for you. As you process your experience and try new things, please share your thoughts. We love to hear how you are using the fresh, local food in your daily meals!

Announcements

- Dec 13th we will be transplanting onions to the field. We need your help! Come out that day anytime between 9am and 4pm to help plant! This activity involves bending and kneeling.
- The last payment is due Dec 15th. Check your email or mailbox for the amount you owe or call Sarah at 961.7060.

In this Share

- Beets
- Sunflowers
- Turnips
- Arugula
- Lettuce
- Cilantro
- Broccoli Raab
- Basil



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Recipes and Ideas



Salad of Roasted Beets and Arugula with Blue Cheese Dressing

- 1 bunch beets, trimmed and halved
- Extra-virgin olive oil
- 1 thyme sprig
- Salt and pepper
- 1 bunch arugula
- 1/2 cup of lettuce
- 1/2 cup walnut halves and pieces, toasted
- 1/4 pound blue cheese, crumbled
- 1/2 cup sour cream
- 1 tablespoon chopped fresh chives
- 1/2 lemon, juiced

Preheat the oven to 400 degrees F.

Lay the beets on a large sheet of aluminum foil, drizzle with the oil, toss the thyme on top, and season with salt and pepper. Fold up the foil tightly to make a sealed pouch and put it on a sheet pan. Bake until the beets are tender when pierced, about 45 minutes to 1 hour. (Drop a knife in the center of 1 beet; if it slides out without resistance, they're done.) Let the beets cool to room temperature and put them in a large mixing bowl. Add the arugula, lettuce, and walnuts; toss gently to combine.

To make the blue cheese dressing: Put the blue cheese and sour cream in a bowl, mashing with a fork to

Vegetable of the Week: Beets
 Beets are a root vegetable that is incredibly versatile – they can be served hot or cold, pickled, roasted, juiced, deep fried, pulverized or eaten raw. Generally, it is best to roast beets because they lose less flavor and color. They pair perfectly with vinegars, cheeses, nuts and citrus, which all highlight the earthy flavor while taming the sweetness. (Beets are very nutritious – high in folates and vitamin C – and boast the highest natural sugar content of any vegetable.) The greens attached to the beet can also be eaten. They have a mild flavor and are well suited to slow braising. Beets keep best wrapped loosely in the refrigerator. Cut and use the greens quickly as they will wilt within a few days. The beets will keep well for a week or two.

combine. Add the chives, lemon juice, and a few turns of freshly ground black pepper; mix to incorporate, leaving a few chunks of cheese in the dressing. Thin out the dressing with a tablespoon of water, if you wish, to smooth out the consistency.

Pour the blue cheese dressing over the salad and toss gently to coat; season with salt and pepper. Put the salad on a chilled platter and serve.
Courtesy of Tyler Florence



Mashed Potatoes and Turnips with Bacon

This recipe is perfect for those with pickie eaters - they will never know turnips are in the dish!

- 4 slices of bacon
- 2 tablespoons butter
- 1 1/2 cup turnips cut into 1/2-inch dice
- 1 1/2 lb potatoes cut into 1/2-inch dice
- 3/4 cup low-sodium chicken broth

- salt and pepper
- 3/4 cup half-and-half warmed
- Thyme (optional)

Cook 4 slices of bacon in large stock pot until crisp. Remove and set aside. Then remove all but 2 tablespoons of the bacon fat from the pan. Add 2 tablespoons of butter and melt. Add turnips and cook until they are dark brown and carmelized, about 10 to 12 minutes. Stir in potatoes and broth. Cover pot and cook for about 20 to 25 minutes or until potatoes fall apart easily and all the liquid is absorbed.

Gently mash potatoes and turnips in pot with potato masher. Fold in warm half-and-half, bacon and thyme. Season with salt and pepper. Serve immediately.

Courtesy of Cook's Illustrated

Have recipes or ideas you want to share with other members? Email Sarah at sarah@fwcrd.org! It will appear in this newsletter or online.