



Geraldson Community Farm

Flavor from the Fields

Vol 1 No 13 Feb 13 & Feb 16

The Organic Difference

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Organic foods are healthy for humans and the earth. The benefits of growing organically are often summarized with the term “sustainability.” A concise definition of sustainability comes from the 1983 Bruntland Report which encourages us to meet “the needs of the present without compromising the ability of future generations to meet their own needs.”

Like other organic farms, Geraldson Community Farm aims to satisfy this sustainability standard by remaining aware of our place in the surrounding ecological context. Consequently, we take additional steps and use creative farming techniques to ensure productive soil and healthy water which will continue to provide the community with nutritious food for generations.

For instance, instead of using harsh synthetic chemicals to poison plants and animals seeking to share the farm, we select a diverse group of crops which can tolerate Florida’s wildlife. We then rotate the crop plantings’ locations in the fields throughout the growing season (to confuse the pests), remove unwanted plants mechanically (often by hand) and hand pick the best plants for harvest.

After the veggies have been harvested, we mow the remaining organic material, reintegrating it into the soil. There, it will decompose, providing nutrients for future crops. The success of this strategy can already be verified by the recent appearance of earthworms in the insecticide-free soil at the farm.

Many plants can handle the pests, but most aren’t hardwired to grow in high PH beach sandy soil we have at the farm. For these plants which need a little help, we use an OMRI approved organic fertilizer applied directly to the soil.

In Florida, where water is precious, we worry about fertilizer “run-off” from lawns, livestock and agriculture. To avoid potentially tainting our water supply, we choose natural, organic fertilizers which are applied and integrated directly into the soil (see picture above).

Growing organically isn’t just about

Field preparation



Attached to the back of our high crop tractor is a Star Hoe. This implement does wonders for us - everything from cultivating to fertilizing. Here you can see the machinery incorporating organic fertilizer into the soil before a planting at the first of the season.

not using pesticides, but it is an integrated approach to growing that we will delve into more deeply in the coming weeks.

In this Share

- Carrots
- Radishes
- Kale/Collards/Broccoli
- Dill
- Broccoli Raab
- Arugula



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Recipes and Ideas



Broccoli Raab & Pancetta Stuffed Mushrooms

- 1 ounce sliced pancetta or bacon, cut into 1/2-inch dice
- 1 medium shallot, minced
- 1 lb mushroom caps, with stems reserved, cleaned and finely chopped
- 1 garlic clove, minced
- 2 tablespoons dry white wine
- 1 bunch broccoli raab, trimmed to leaves, roughly chopped
- Kosher salt and freshly ground black pepper
- 1 tablespoon fresh thyme

Preheat the oven to 400 degrees F with the rack in the upper position.

Heat a skillet over medium-high heat. Add the pancetta (or bacon) and cook until beginning to crisp, 4 to 6 minutes. Reduce the heat to medium and add the shallots. Cook until softened and translucent.

Add the mushroom stems and the garlic and cook for 3 more minutes. Add the wine and the broccoli raab, cover, and let steam for 4 minutes, until the broccoli raab is bright green.

Remove the cover and cook until the liquid has evaporated, 1 to 2 minutes. Season with salt and pepper to taste. Remove from the heat.

Using a small spoon, fill each

mushroom cap with the filling. Place the caps on a baking sheet. Bake until the mushrooms are hot throughout, 4 to 6 minutes. Garnish with the thyme and serve hot.

Courtesy of GourmetSleuth.com



Salmon with Mustard & Dill Sauce

- 1 1/2 lbs salmon filet cut into 4 pieces, skin and bones removed
- 2 medium garlic cloves, pressed
- 1 tablespoon Dijon mustard
- 3 tablespoons fresh lemon juice, divided
- 1/4 cup chicken broth
- 1 teaspoon honey
- 1 teaspoon chopped fresh dill
- salt and pepper to taste

Preheat broiler on high and place an all stainless steel skillet (be sure the handle is also stainless steel) or cast iron pan under the heat for about 10 minutes to get it very hot. The pan should be 5 to 7 inches from the heat source.

Rub salmon with 1 tablespoon fresh lemon juice, salt and pepper. (You can cook the salmon with the skin on, it just takes a minute or two longer. The skin will peel right off after cooking.)

Using a hot pad, pull pan out of the oven and place salmon on hot pan. Return to broiler. Keep in mind that it is cooking rapidly on both sides so it will be done very quickly, usually in 7 minutes depending on thickness.

Test with a fork for doneness. It will flake easily when it is cooked. Salmon is best when it is still pink inside.

In another skillet, add garlic and stir for half a minute. Add mustard, and whisk in 2 tablespoons lemon juice, broth, honey, salt and pepper. Cook on high heat for a minute to reduce slightly and add dill (Make sure you wait until the end of reducing sauce before adding fresh dill, as it will lose its flavor as it cooks). Pour over salmon and serve.

Courtesy of whfoods.com



Lemon Couscous Salad with Arugula & Dill

- 2 1/4 cups water
- a 10-ounce box couscous
- 1/2 teaspoon salt
- 3 tablespoons fresh lemon juice
- 1/4 cup olive oil
- 1 bunch arugula, chopped fine (about 2 cups)
- 3 large scallions, sliced thin
- 3 tablespoons finely chopped fresh dill, or to taste

In a saucepan bring water to a boil and stir in couscous and salt. Remove pan from heat and let couscous stand, cover 5 minutes. Fluff couscous with a fork and transfer to a bowl.

Stir in lemon juice, oil, and salt and pepper to taste and cool couscous completely. Stir in arugula, scallions, and dill and chill for 2 hours or overnight.