



# Geraldson Community Farm

## Flavor from the Fields

Vol 3 No 2 Nov 4th & 7th

### Thanks for Spreading the Word

We have asked the members to get the word out that the farm still has shares available and it is working.

Thanks again to Karen Riley-Love, Alec Crae, Andy Gould, and Kate Adams for posting flyers and info on Facebook, to Mike Sosadeeter, Ginny Nunn, and Kim McKinley for sharing your Geraldson experience with others that have recently purchased a share.

If we missed your name we apologize and please know that we appreciate each and everyone of your support .



Lettuce seedlings in the greenhouse

Photo by Logan Beal



### Winner of the Pick the First Share

Congratulations to Carole Sanders for participating and winning the "PICK THE FIRST SHARE" Contest from the first newsletter.

She will be receiving a jar of Geraldson Community Farm Honey



### Did You Know?

- You can eat young black-eyed peas like green beans?
- That salting eggplant for 20-30 minutes with Kosher Salt will draw out the moisture, making it more

dense, so less oil is absorbed during the frying process. It is called degorging.



### Apple Feta Arugula Quesadilla

- 2 whole wheat 10 inch tortillas
- 1/2 granny smith apple
- 1/2 c. shredded skim mozzarella
- 1/4 c. crumbled feta
- 1/4 c. arugula (torn)
- 5 kalamata olives
- Kosher salt
- Freshly ground pepper
- Vegetable oil
- Lightly oil the grill

Heat tsp. oil in a large skillet

Fry tortillas for about 2 minutes on each side.

Cut apple 1/2 again and core. Slice

very thinly.

Toss apples,cheeses, arugula and salt and pepper to taste

Place 1/2 the mixture on the bottom of toasted tortilla, sprinkle with 1/2 the olives and fold over.

Grill on both sides for about 4 minutes.

Repeat for second tortilla

Cut each quesadilla into 4 slices.

*Courtesy of grouprecipes.com*

### In this Share\*

- Arugula
- Lettuce
- Eggplant
- Black-eye peas
- Collard Greens
- Winter Squash
- Summer Squash OR
- Cucumbers

Visit us online at [www.GeraldsonCommunityFarm.org](http://www.GeraldsonCommunityFarm.org)

\*Produce may change due to availability at time of harvest



## Recipes & Ideas

### Risotto with Winter Squash and Collard Greens

1 1/2 pounds winter squash, peeled, seeded and cut in 1/2 inch dice (about 2 cups diced squash)  
2 tablespoons extra virgin olive oil  
Salt and freshly ground pepper to taste

1 bunch collard greens, about 1 pound, stemmed and washed

2 quarts chicken or vegetable stock, or 1 quart chicken or vegetable broth and 1 quart water

1 small or 1/2 medium onion

2 large garlic cloves, green shoots removed, minced

1 1/2 cups arborio or carnaroli rice

1/2 cup dry white wine, such as pinot grigio or sauvignon blanc

Pinch of saffron (optional)

1/2 cup freshly grated Parmesan cheese (2 ounces)

3 to 4 tablespoons chopped flat-leaf parsley

Preheat the oven to 425 degrees.

Cover a baking sheet with foil. Toss the squash with 1 tablespoon of the olive oil, season with salt and pepper, and spread on the baking sheet in an even layer. Place in the oven, and roast for 30 to 40 minutes, stirring every 10 minutes until tender and caramelized. Remove from the heat.

While the squash is roasting, blanch the collard greens. Bring a large pot of water to a boil. Fill a bowl with ice water. When the water comes to a boil, salt generously and add the collard greens. Blanch for four minutes and transfer to the ice water with a slotted spoon or skimmer. Drain and squeeze out extra water. Chop

coarsely, or cut in ribbons.

Bring the stock to a simmer in a saucepan. Heat the remaining oil over medium heat in a large, heavy nonstick frying pan or a wide saucepan, and add the onion. Cook, stirring, until the onion begins to soften, about three minutes, and add the garlic and about 1/2 teaspoon salt. Cook, stirring, until the onion is tender and the garlic fragrant, about one minute, and add the rice. Cook, stirring, until the grains of rice are separate.

Stir in the wine, and cook over medium heat, stirring constantly. The wine should bubble but not too quickly. When the wine has just about evaporated, add the collard greens, a third of the squash and the saffron. Stir in a ladleful or two of the simmering stock, enough to just cover the rice. The stock should bubble slowly. Cook, stirring often, until it is just about absorbed. Add another ladleful of the stock, and continue to cook in this fashion -- not too fast and not too slowly, adding more stock when the rice is almost dry -- until the rice is tender all the way through but still chewy, 20 to 25 minutes. Taste and adjust seasonings.

Add the remaining roasted squash and another 1/2 cup of stock to the rice. Stir in the Parmesan and parsley, and remove from the heat. Add freshly ground pepper, taste one last time and adjust salt. The mixture should be creamy (add more stock if it is not). Serve right away in wide soup bowls or on plates, spreading the risotto in a thin layer rather than a mound.

*Courtesy of The New York Times*



### Eggplant Appetizer

1 Eggplant

3 Tablespoons olive oil

6 ounces smoked mozzarella cheese, cut into slices

2 plum tomatoes, cut into 4 slices

8 large basil leaves

balsamic vinegar, for drizzling

salt and freshly ground black pepper

Cut the eggplant lengthwise into 10 thin slices and discard the two outermost slices. Sprinkle the slices with salt and leave for 20 minutes. Rinse, then pat dry with paper towels.

Preheat the broiler and line the rack with foil. Place the eggplant slices on the broiler rack and brush liberally with oil. Broil for 8-10 minutes until tender and golden, turning once.

Remove the eggplant slices from the broiler then place a slice of mozzarella, a slice of tomato and a basil leaf in the center of each and season to taste. Fold the eggplant over the filling and cook seam-side down under the broiler until heated through and the mozzarella begins to melt. Serve drizzled with olive oil and a little balsamic vinegar, if using.

*Courtesy of Whole Food Cookbook*



THANK YOU TO THE GERALDSON  
COMMUNITY FARM AND GAMBLE  
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ANNONOMOUS.

Sponsorships available starting  
the week of December 14th.