

# Flavor from the Fields

**Vol 3 No 3 Nov 11th & 14th**

## What I did with my Share....

We received this note from Michelle Morris a new member at the farm describing how she used her share.

"When I came home with the booty, I proceeded to make out a recipe list for the week prior to additional grocery shopping. Today I'm in bliss cooking and watching football. Here's what I'll be eating this week for lunches and dinner:

Roots & Greens - from the Geraldson Community Farm Recipe list (collard greens)

Adam's Hoppin John - from Veg-Web.com (black-eyed peas)

Garbanzo Bean Salad - from The Schwarzbein Principle Cookbook (cucumbers)

Eggplant Parmigiana - also from Schwarzbein (guess ;-)

Maple-roasted Squash - from The Voluptuous Vegan (my little winter squash)

Lettuce and arugula will makes lovely salads

Oh, and did I mention, my week's grocery bill to get the additional supplies cost a whopping \$34 (and, yes, at Whole Foods).

This is so much fun. It takes me out of my cooking comfort zone, i.e., I've never cooked black-eyed peas before.



Lee with Catherine a "Tiny Green Thumbs" Participant

Photo by Laura Morton

Sooooo glad I discovered Geraldson's. Thank you for piece of mind regarding maintaining a healthy and delicious diet. " -Michelle



## Movies at the Farm

Soon to be showing at Geraldson Community Farm the classic movie "It's a Wonderful Life".

Come and enjoy the movie, hot cider, s'mores, organic popcorn and a bonfire on December 12 at 7:00pm

Donation upon entry goes to support the farm programs.

Bring a chair, blanket, and friend to enjoy a celebration of community !!

If you would like to volunteer to help with this event contact [sarah@fwcrd.org](mailto:sarah@fwcrd.org)

## Thank you

*Thank you Mary Ann Ewert for sharing information about Geraldson Community Farm with the Slow Food Group in Sarasota and Bonni Brown of Bonni Bakes Edible Art for the mention in her newsletter.*

## In this Share\*

Arugula  
Cucumbers (2)  
Peppers (2-3)  
Eggplant (2)  
Hon Tsai Tai  
Swiss Chard  
Red Lettuce  
Black Eyed Peas



# Geraldson Community Farm

## Recipes & Ideas

### Baba Ghanoush Salad

- 1/4 c. extra-virgin olive oil
- Salt and pepper
- 1/4 c. water
- 1/4 c. tahini (sesame seed paste)
- 1 clove garlic (smashed)
- Juice of 1 large lemon
- 1 teaspoon hot pepper sauce
- 1 1/2 c. crushed pita chips
- One 15.5 ounce can chickpeas, rinsed
- 1 c. drained hot giardiniera (pickled vegetable salad), chopped
- 1/2 cucumber, cut into 1/2 inch cubes
- 1 small red onion, chopped
- 1/2 cup flat leaf parsley leaves, chopped.

Preheat a grill or grill pan until hot. Brush the eggplant slices with olive oil, place on the grill and cook, turning once, for 5 minutes; season with salt and pepper. Transfer to a cutting board and cool, then cut into 1/2 inch chunks.

Puree the water, tahini, garlic, lemon juice and hot sauce. Add the remaining olive oil.

In a salad bowl, combine the eggplant, pita chips, chickpeas, giardiniera, cucumber, onion and parsley. Toss with the

dressing.

*Courtesy of Everyday with Rachael Ray*



### Spring Green Tart

- 1 frozen sheet all-butter puff pastry
- 2 egg yolks
- 1/2 large bunch of chard, center ribs removed, roughly chopped
- handful of trimmed hon tsai tai
- 3 bunches sliced green garlic
- 1 tsp. thyme leaves
- 1/2 c. low-fat cottage cheese
- 1 tbsp. cream
- 6 oz. goat cheese
- salt/pepper
- olive oil

Preheat oven to 400.

Defrost puff pastry (I wrap the folded piece in a damp towel) and unroll it on a lightly oiled baking sheet. Score a 1/4-inch border around the edge of the pastry. Mix one egg yolk and a splash of water, and brush along the border. Chill the pastry in the freezer until ready to use.

Heat a large sauté pan over high heat, and add tbsp. olive oil. Then add thyme and 1/2 the green garlic, and sauté for a few minutes. Then add the chard and the hon tsai tai, tossing in oil to help them wilt. Season with salt and pepper. Cook, stirring frequently, until greens are tender. Set aside to

cool.

Mix cottage cheese, remaining egg yolk, cream, splash of olive oil, salt and pepper together in a bowl (If you'd like it really smooth, you can puree in food processor).

Spread cottage cheese mixture on the puff pastry inside the scored border. Crumble half of the goat cheese over the cottage cheese, arrange the cooked greens on top, and sprinkle with the rest of the green garlic. Then distribute the last of the goat cheese on top.

Bake the tart for 20-25 minutes, until cheese is bubbling and crust is golden brown. Cool a few minutes and serve.

*Courtesy of erinskitchen.blogspot.com*



THANK YOU TO THE GERALDSON COMMUNITY FARM AND GAMBLE CREEK NEWSLETTER SPONSOR WHO CHOSE TO REMAIN ANONYMOUS.

Sponsorships available starting the week of December 14th.

### Events Calendar

**Dec 12: Movie at the Farm**  
**"It's A Wonderful Life "**