



Geraldson Community Farm

Flavor from the Fields

Vol 3 No 4 Nov 18th & 21st

Submit Your Recipes Today

Work is beginning soon on the Community Farm Cookbook for Geraldson Community Farm and Gamble Creek Farm.

We are asking members from both farms to submit favorite family recipes to share with others.

Recipes can be submitted by email to Linda@fwcrd.org or mail 945 25th Dr. E., Suite 11, Ellenton, FL 34222.



U-Pick Strawberries

U-Pick Strawberries are currently available at Gamble Creek Farm, 14950 Golf Course Rd. Parrish, FL, on Wednesday from 10am-5pm and Saturday 9am-2pm.

Prices are set at market rate on date of U-pick. Gamble Creek Farm will be offering a 25% discount to Geraldson Community Farm members.

Call Jacob Leech with any questions (941) 812-3594



Farm Food With No Time To Spare

We live in a world where every-



Adam, Lauren, Lee, William and Owrang harvesting black-eyed peas

Photo by Logan Beal

one's schedule is hectic and finding time to make healthy recipes is sometimes put on the back burner. We have all made a winter-long commitment to eating healthier by becoming a member of a community farm, BUT - how do we deal with the veggies on some of those days when time to think about cooking is just not going to happen? We have some staff suggestions here:

1) Farm Pasta -- quickly dice and sauté vegetables (anything from squash, kale, greens, etc), and throw in with a jar of sauce and whole wheat pasta

2) Farm Soup -- your favorite soup base plus diced items from the farm. Slightly different each week!

3) Farm Rice -- toss some veggies in when you cook your brown rice. Really a good trick for eating more kale and greens.

4) Quick steam veggies in the microwave -- add in your favorite seasoning and in five to ten minutes you have your meal.

Don't forget to share your hints with us and we will pass them on!

In this Share*

Red Lettuce

Turnips

Heirloom Eggplant

Sweet Peppers

Arugula

Broccoli Raab

Visit us online at www.GeraldsonCommunityFarm.org

*Produce may change due to availability at time of harvest



Geraldson Community Farm

Recipes & Ideas

Arugula and Tomato Pizza

- 2 teaspoon olive oil
- 1 garlic clove crushed
- 1 cup canned chopped tomatoes
- 1/2 teaspoon sugar
- 2 tablespoons torn basil leaves
- 2 tomatoes, seeded and chopped
- 2/3 cup mozzarella cheese, sliced
- 1 cup arugula leaves
- Rock Salt and Pepper

Use your favorite whole wheat pizza crust recipe or ready made crust.

Preheat the oven to 425 degrees.

Topping: Heat the oil in a frying pan and fry the garlic for 1 minute. Add the tomatoes and sugar; and cook for 5-7 minutes until reduced and thickened. Stir in basil and seasoning, the set aside.

Spoon the tomato mixture over the pizza base, the top with the copped fresh tomatoes. Arrange the mozzarella on top. Season with rock salt and pepper and drizzle with olive oil. Bake in the top of the oven for 10-12 minutes until crisp and golden. Scatter the arugula over pizza before serving.

Courtesy of Whole Foods Kitchen



Fettuccine with Sea Scallops and Broccoli Raab

- 2/3 lb. fettuccine
- 2 c. coarsely chopped broccoli raab (bitter broccoli greens), heads and leaves
- 2 cloves garlic
- 16 jumbo sea scallops, quartered
- 2 tbsp. olive oil
- Salt and freshly ground black pepper

In a large pot, cook fettuccine in salted water until al dente. Two minutes before pasta is ready, add broccoli. Drain, reserving 1 cup liquid.

Meanwhile, in a large skillet, saute garlic and scallops are brown, 1 to 2 minutes. Add fettuccine and broccoli, and dry. Add a little reserved liquid. Season.

Courtesy of Cooks.com



Eastham Turnip Pie

- 1 9-inch deep-dish piecrust
- 3 eggs, slightly beaten
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1/2 teaspoon kosher or sea salt
- 1 teaspoon cinnamon
- 1/4 teaspoon ginger
- 1/4 teaspoon nutmeg
- 1/4 teaspoon ground cloves

- 2 cups well-cooked, mashed turnip
- 1 cup heavy cream
- Garnish: whipped cream

Heat oven to 450°. Line a 9-inch pie plate with dough and set aside. In a large bowl or blender, combine eggs, sugars, salt, and spices. Beat well. Blend in turnip. Add cream and mix well (it'll look soupy).

Pour into piecrust. Bake 10 minutes; then reduce oven temperature to 350° and continue baking 40 to 45 minutes. Pie is done when a knife inserted into the center comes out clean. Serve at room temperature or cold, topped with whipped cream.

Courtesy of Yankeemagazine.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

December 12 -7:00pm– Movie at the Farm "It's A Wonderful Life"

Dec 23 & 26: NO PICK-UPS