



# Geraldson Community Farm

*Flavor from the Fields*

*Vol. 3 No. 10 Jan 6th @ Jan 9th*

## Movie At the Farm "Ratatouille"



Showing January 23, 2010, 6:30pm at Geraldson Community Farm. Sit under the stars with family and friends and enjoy the movie. All you need is a chair, blanket and a flashlight.

Donations go to support the farm programs.

If you are interested in volunteering that night email [sarah@fwcrd.org](mailto:sarah@fwcrd.org)



## Tiny Green Thumbs

If you and your child missed the first day of "Tiny Green Thumbs" don't worry you can still come to

the second day of the program on Thursday, February 18, 2010 from 9:30am-10:30am

The kids will learn the importance of tending to the crop (weeding, feeding and watering) and will go on a bug hunt!! Children must be accompanied by parent.

The kids are guaranteed to learn and have fun at the farm.

Cost for members is \$15/ non-members \$20.

Limited spots available. Email [Linda@fwcrd.org](mailto:Linda@fwcrd.org) or call 941-723-3252



## Farm Stand Opening

Starting Thursday, January 21 the farm will offer selected produce items at a farm stand. The produce will only include what is available above and beyond the member investment. The availability will be limited. We are hoping this will be another way to increase awareness of our CSA and help draw new members. Please encourage your friends and neighbors to stop by.

Hours Thursdays 11am-3pm and Saturdays 11am-2pm.



Danilo Planting Seeds Photo by Laura Morton



## Cookbook Recipe Cards

Share your favorite recipes with the cookbook committee. Pick-up a recipe card(s) at the farm and be apart of what will be a useful tool for preparing wonderful meals with your farm fresh ingredients.

Thanks to the members who have already submitted recipes feel free to submit as many as you like.

### In this Share\*

Broccoli  
Bell Peppers or Beets  
Egg Plant  
Cilantro or Dill  
Tomatoes  
Baby Mizuna



## *Recipes & Ideas*

### **Wok Sautéed Mizuna and Minced Chicken**

1 egg white, lightly beaten  
1 1/2 teaspoon tamari or soy sauce  
2 cloves garlic, finely chopped  
1 pound boneless, skinless chicken breast, very finely chopped  
2 teaspoons canola or peanut oil  
1/3 cup finely chopped carrot  
1/3 cup finely chopped yellow onion  
1/4 cup finely chopped water chestnuts  
1/2 teaspoon chile paste with garlic  
1 tablespoon lime juice  
1 pound mizuna, trimmed  
1/4 cup finely chopped green onions

In a medium bowl, mix egg white with 1/2 teaspoon of the tamari, garlic and chicken. Cover and refrigerate for 1 hour.

Heat 1 teaspoon of the canola or peanut oil in a wok or large skillet over high heat. Add chicken mixture and cook, stirring constantly, 4 to 6 minutes, or until chicken is cooked through and appears opaque. Transfer chicken to a plate and set aside. Heat remaining 1 teaspoon oil in wok. Add carrots, onions and water chestnuts and cook, stirring constantly, for 1 minute. Add remaining 1 teaspoon tamari, chile paste, lime juice and mizuna and cook, stirring often, until slightly wilted. Return chicken to wok and toss well. Garnish with

green onions and serve.

*Courtesy of Whole Foods Market*



### **Stir-fried Noodles with Eggplant and Basil**

Linda, membership coordinator, submitted this recipe and per her husband she can make it once a week so we deem it a definite success.

8 ounces lo mien noodles\*  
2 tablespoons soy sauce  
1 tablespoon toasted sesame oil  
1 teaspoon light-brown sugar  
4 teaspoons vegetable oil  
1/2 lb eggplant halved lengthwise and sliced 1/4 inch thick  
5 scallions, white and green parts separated and thinly sliced  
3 garlic cloves, minced  
1/3 cup fresh basil leaves torn, for serving.

Cook noodles according to package instructions; drain noodles and rinse with cold water. In a small bowl, combine soy sauce, sesame oil, and sugar and stir until sugar dissolves.

Heat a large skillet or wok over high until hot. Add 3 teaspoons vegetable oil and swirl to coat skillet. Add eggplant and stir until golden on both sides, 4 minutes total. Push eggplant to side of skillet and add 1 teaspoon oil. Add scallion whites and garlic and stir

until fragrant, 30 seconds. Add noodles and soy mixture and toss to combine all the ingredients. Serve topped with scallion greens and basil.

*Courtesy of Everyday Food*

\* The first time she made this recipe, in an attempt to use what was in the cabinet, Linda used Ramen Noodles minus the packet of seasoning.



### **Herbed Orzo**

In a large pot of boiling salted water, cook 1 cup orzo until al dente. Drain orzo and transfer to a medium bowl. Add 3 tablespoons of fresh herbs, such as dill or cilantro and 2 teaspoons fresh lemon juice. Toss to combine. Season with coarse salt and pepper.

This is great with seared or baked fish or roasted vegetables.

*Courtesy of Everyday Food*

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this newsletter?  
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### **Events Calendar**

**Jan. 4-15:** Turn in recipes for cookbook

**Jan. 23-** "Ratatouille" Movie at the Farm 6:30pm

**Feb. 18:** Tiny Green Thumbs 9:30am