



Geraldson Community Farm

Flavor from the Fields

Vol. 3 No. 11 Jan 13th @ Jan 16th

Dropping Temperatures

The cold spell hit the farm hard these past weeks, with Monday reaching the all-time low of 29 degrees. Our eggplant, peppers and lettuces were hit pretty hard as well as some of our seedlings. You won't see an immediate impact - most of the ripe items held up pretty well. However, here in another month or so, things might get thin on the shares for a few weeks. So stay tuned, and please know we are working as hard as we can to keep your shares amazing each week. Sometimes the weather just really doesn't cooperate.

Thanks for your continued support ~from, the farm staff

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

Contact Linda@fwcrd.org or 941-723-3252

Cost: \$15 Member/\$20 Non-Member

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

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

Recipes Still Needed

Saturdays 11am-2pm

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.

Just to clarify what was meant by "original recipe". We did not mean that you had to create the recipe yourself it was simply to establish that we could not publish word for word a recipe from a cookbook or a website. Family recipes are fine or if you have adapted a recipe from a cookbook or website i.e. used kosher salt instead of sea salt or found that you would rather use tofu in place of a protein.

If you have questions please email Linda@fwcrd.org or call 941-723-3252

In this Share*

Roma Tomatoes

Eggplant

Beets

Cilantro or Dill

Baby Greens



Recipes & Ideas

Roasted Beets

Joy Kay submitted this beet recipe from *World's Healthiest Foods*

- 6 small whole beets
- 2 small yellow onions
- 2 TBS balsamic vinegar
- 2 TBS extra virgin olive oil
- 2 medium cloves garlic, pressed
- 2 TBS coarsely chopped walnuts salt and cracked black pepper to taste
- 1 TBS chopped fresh parsley

Preheat oven to 400F/200C. Wash beets well and place in a baking dish just big enough to hold beets, and onions without crowding them. If onions are small, just leave whole with skin on. If they are medium sized, cut in half leaving the skin on.

Cover and roast for about 55 minutes, stirring occasionally, until you can slide tip of sharp knife into the center of the beets fairly easily. Remove from oven.

When beets and onions have cooled enough to handle, peel and cut into bite-sized pieces. Toss with vinegar, olive, oil, garlic, and chopped walnuts. Add salt and pepper to taste.

Top with chopped parsley.



Baked Tomatoes

There are several versions of this using a variety of herbs such as basil, dill, and oregano.

- 4 Ripe Roma Tomatoes sliced in half
- 1/8 cup grated Romano cheese
- 1/2 cup fresh bread crumbs
- 1 clove garlic, minced
- 2 sprigs fresh parsley, chopped
- Salt and pepper to taste
- 1/2 teaspoon dried oregano
- 1 tablespoon olive oil

Preheat oven to 400 degrees. Coat a shallow baking dish with cooking spray.

Place tomato halves close together in prepared baking dish. Sprinkle with cheese, bread crumbs, garlic, parsley, salt, pepper, and oregano. Drizzle with olive oil

Bake for 20 minutes in the preheated oven, or until cheese is lightly toasted.
4 servings.

Courtesy of allrecipes.com



Balsamic Vinaigrette

For a baby greens salad toss in 1 cup pine nuts and enough of this vinaigrette to coat the greens

- 3 Tablespoons dry red wine
- 2 Tablespoons balsamic vinegar
- 2 Tablespoons lemon juice
- 1 1/4 cup olive oil

Whisk first 3 ingredients in a large bowl to blend. Gradually whisk in oil until blended. Season the vinaigrette to taste with salt and pepper. (Vinaigrette can be made up to 8 hours before using. Cover and refrigerate. Whisk before using.

Courtesy of Cooking.com



COOKBOOK COMMITTEE MEETING

January 20 AT 5:30PM
At RC&D Office
945 25th Dr. E. Suite 11
Ellenton, FL 34222

Interested in Sponsoring
this newsletter?
Contact Linda@fwcrccd.org

Events Calendar

- Jan. 4-15: Turn in recipes for cookbook
- Jan. 20:-Cookbook Committee 5:30 pm
- Jan. 23- "Ratatouille" Movie at the Farm 6:30pm
- Feb. 18: Tiny Green Thumbs 9:30am