

### Community Compost

Composting is the decomposition of plant remains and other once-living materials to make an earthy, dark, crumbly substance that is excellent for adding to houseplants or enriching garden soil. It is a wonderful way to recycle your yard and kitchen wastes, and is a critical step in reducing the volume of garbage needlessly sent to landfills for disposal.

Unfortunately, not everyone has a place to set up a compost pile, especially if they live in an apartment or retirement community.

**Solution:** Adam has established a community compost pile at the farm for members who want to compost but don't have a place to set up a compost pile in their own yard. If you're interested, just collect compost-able fruit and veggie scraps and bring them out to the farm every time you pick up your weekly (or bi-weekly) share. Down the road, members will be able to make withdrawals from the pile if they need compost to enrich the soil in their yard or container gardens.

**Things to include:** vegetable and fruit scraps (peels, rinds, stems, seeds, leaves), coffee grinds, tea bags, egg shells, grass & lawn clippings, and leaves

**What not to include:** meat scraps, fatty food wastes, milk prod-



Adam, Lee and Sarah hosting the Small Farms Network

Photo by Laura Morton

ucts, bones, animal or pet waste, chemically treated wood, and weeds .

**Tip:** Collect compost-able material in a bucket placed inside a tote with a tight fitting lid to keep pests, rain, and insects out. Whenever you head out to the farm, just grab the bucket, stick it in a clean dry tote in the trunk of your car, snap on the lid, and head to the farm with your contribution to the communal compost.

*Submitted by Nancy Hatch*  
Thank you Nancy!!



### Victims to Frost

PYO Cherry Tomatoes  
Peppers  
Eggplant

We were especially sad to see the Cherry Tomatoes die due to the frost. They were going to be available for PYO for several weeks.

#### In this Share\*

Carrots  
Lettuce  
Beets  
Cauliflower  
Arugula  
Turnips  
Radish  
Tomatoes



## Recipes & Ideas

### Potato, Turnip, and Spinach Baeckeoffe

- 1 tablespoon butter
- 1 pound sliced mushroom caps
- 1 teaspoon minced garlic
- 1 cup white wine
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 large thyme sprig
- 3/4 teaspoon freshly ground black pepper, divided
- 2 tablespoons 1/3-less-fat cream cheese
- Cooking spray
- 4 cups vertically sliced onion (about 2 medium onions)
- 1 (8-ounce) Yukon gold potato, peeled and cut into (1/4-inch-thick) slices
- 2 cups packed baby spinach leaves
- 1/2 teaspoon salt, divided
- 1 (6-ounce) turnip, peeled and cut into (1/8-inch-thick) slices
- 1 1/2 teaspoons chopped fresh tarragon
- 1/4 cup heavy whipping cream
- 1/2 cup (2 ounces) shredded Gruyère cheese

Preheat oven to 350°.

Melt butter in a large nonstick skillet over medium-high heat. Add mushrooms to pan, and sauté 2 minutes or until lightly browned. Stir in garlic; sauté 30 seconds. Add wine; cook 2 minutes. Add parsley, thyme, and 1/4 teaspoon pepper. Cover, reduce heat, and simmer 10 minutes. Uncover and cook 6 minutes or until liquid almost evapo-

rates. Remove from heat; discard thyme. Add cream cheese, stirring until cheese melts. Remove mushroom mixture from pan. Wipe pan clean with paper towels.

Heat pan over medium-high heat. Coat pan with cooking spray. Add onion; sauté for 5 minutes, stirring frequently. Reduce heat to medium; continue cooking for 15 minutes or until deep golden brown, stirring frequently. Set aside.

Coat a 6-cup baking dish with cooking spray. Arrange potato slices in dish, and top with spinach. Sprinkle 1/4 teaspoon salt and 1/4 teaspoon black pepper evenly over spinach. Spoon the mushroom mixture over black pepper, and arrange turnip slices over mushroom mixture. Top with caramelized onions; sprinkle with remaining 1/4 teaspoon salt, remaining 1/4 teaspoon black pepper, and tarragon. Pour whipping cream over tarragon, and sprinkle evenly with Gruyère cheese. Cover and bake at 350° for 40 minutes. Uncover and bake an additional 20 minutes or until vegetables are tender and cheese begins to brown.

4 Servings

*Courtesy of Myrecipes.com*



### Beet and Carrot Slaw

- 1/4 cup fresh orange juice
- 2 tablespoons extra-virgin olive oil

- 2 teaspoons red-wine vinegar
- 1 1/2 teaspoons Dijon Mustard
- Course salt and ground pepper
- 1 medium bunch of beets with greens (about 1lb.)
- 2 medium carrots, grated.

In a large bowl, whisk together orange juice, oil vinegar, and mustard; season with salt and pepper. Cut greens off beets discard stems and cut leaves into 1/4 inch wide strips. Peel and grate and grate beets; place in a strainer and rinse until water runs clear, then squeeze dry with a paper towel. Add to bowl along with beet leaves and carrots. Toss to combine. Let stand 15 minutes before serving.

Serves 4

*Courtesy of Everyday Food submitted by Sue Hamilton, Member*



### Survey Results

The results from the informal survey will be listed in next week's newsletter



### Events Calendar

**Feb. 18:** Tiny Green Thumbs  
9:30am-11:30

**Feb. 20:** Movie at the Farm  
"Food, Inc" showing at 6:30pm.