



Geraldson Community Farm

Flavor from the Fields

Vol. 3 No. 17 Feb 24th @ Feb 27th

We are repeating a couple of articles this week to confirm that all members have received the updates.

Notes from the fields

It's looking like a busy planting week at the farm. Three beds of onions, seven beds of brassicas, and eight beds of cucurbits will be in the ground by Saturday, along with two beds of peas, one bed of arugula, one bed of radishes and one of broccoli raab.

As we noted after the last cold spell the wet and cold would effect harvest quantities. The farm staff planted almost the exact same quantities as last year, but because of this unusual weather pattern about half to two-thirds of some crops were lost due to fungus i.e. for every cauliflower harvested probably two where lost.

Adam and staff have made and are making mid-season adjustments including using a tool to raise the beds and help with the drainage for squash, cucumbers and tomatoes.

Update on Compost

Adam has spoke to the Florida Organic Growers (FOG) and the farm staff can use member compost on



Sunflowers to brighten a cold day

Photo by Logan Beal

the fields. If there are any members that would like to contribute to the farm's compost, we would be thrilled to receive your waste! Examples of good composting materials include:

- Vegetable Scraps and Leftovers
- Tea (bags are okay!)
- Coffee (filters are okay!)
- Egg Shells
- Fruit
- Mushrooms

Untreated (no pesticides, fertilizers, etc.) Yard Waste, such as:
Grass Clippings
Pine Needles
etc.!

Things which make compost gross

(Do not bring):

- Meat
- Dairy (milk, cheese, etc.)
- Kitty Litter, etc.

Thank you!

Events Calendar

March 20th- "Movie at the Farm"
TBA (email w/suggestions
sarah@fwcrd.org

Mid March- Farm Cookbooks ON
SALE!!

April 22nd-Final Tiny Green
Thumbs Workshop

In this Share*

- Radishes
- Broccoli
- Kale
- Beets
- Cauliflower
- Leaf Lettuce

Visit us online at www.GeraldsonCommunityFarm.org

*Produce may change due to availability at time of harvest



Risotto w/ Beet Greens and Roasted Beets

One small bunch beets, roasted
 One bunch beet greens, stemmed and washed
 6 to 7 cups chicken or vegetables stock, as needed
 2 T. extra virgin olive oil
 1/2 c. finely chopped onion
 1 1/2 c. Arborio or Carnaroli rice
 2 garlic cloves, minced or pressed
 1/2 c. red, rose or dry white wine
 Salt
 Freshly ground pepper
 1 to 2 ounces Parmesan cheese, grated (1/4 to 1/2 cup. To taste)
 2 tablespoons finely chopped flat-leaf parsley

Bring the stock to a simmer in a saucepan. Season well and turn the heat to low. Stack the stemmed, washed greens and cut crosswise into 1-inch wide strips.

Heat the oil over medium heat in a large nonstick frying pan or wide, heavy saucepan and add the onion. Cook, stirring, until the onion begins to soften, about three minutes, and add the rice and garlic. Cook, stirring, until the grains of rice are separate and beginning to crackle, about three minutes.

Stir in the wine and cook over medium heat, stirring constantly. The wine should bubble, but not too quickly. You want some of the flavor to cook into the rice before it evaporates. When the wine has just about evaporated, stir in a ladleful or two of the simmering stock — about 1/2 cup — enough

to just cover the rice. The stock should bubble slowly, so adjust heat accordingly. Cook, stirring often, until it is just about absorbed. Add another ladleful or two of the stock and continue to cook in this fashion, not too fast and not too slowly, stirring often and adding more stock when the rice is almost dry, for 10 minutes.

Stir in the greens and the diced beets, and continue adding more stock, enough to barely cover the rice, and stirring often, for another 10 to 15 minutes.

Taste a bit of the rice. Is it cooked through? It should taste chewy but not hard in the middle — definitely not soft like steamed rice. If it is still hard in the middle, you need to continue adding stock and stirring for another five minutes or so. Now is the time to ascertain whether there is enough salt. Add if necessary.

When the rice is cooked through, add a generous amount of freshly ground pepper and stir in another half cup of stock, the Parmesan and the parsley.

Remove from the heat. The rice should be creamy; if it isn't, add a little more stock. Stir once, taste and adjust seasonings, and serve.

Courtesy of The New York Times, August 2008

Pasta w/ Roasted Cauliflower

1/2 medium cauliflower, cored and

broken up into 3/4-inch florets (4+ cups)

1 pint cherry tomatoes

Olive oil

Salt

Freshly ground black pepper

1 1/2 teaspoons dried sage

4 large cloves garlic

4 ounces of prosciutto

8 ounces orecchiette pasta

5 ounces baby arugula or spinach, cleaned and coarsely chopped

1 cup grated Parmesan cheese

Preheat oven to 425°F. Lay out cauliflower and tomatoes in a roasting pan, coat with olive oil and sprinkle with salt and pepper. Roast until just lightly browned and cooked through, about 15 minutes.

Bring a large pot of salted water to a boil (1 teaspoon salt for every quart of water).

While water is heating, pulse garlic, sage, and prosciutto together in a food processor until coarsely chopped. Once cauliflower has browned lightly, remove from oven, toss cauliflower with garlic prosciutto mixture, and return to oven to cook for 5-7 minutes more.

Boil pasta uncovered (rolling boil) for 9-10 minutes until firm, but done (al dente). Reserve one cup of pasta liquid. Drain water from pot. Add cauliflower, arugula (or spinach), and Parmesan to the pasta. Stir in enough cooking water to moisten. Add salt and pepper to taste.

Courtesy of simplerecipes.com