

Have a Happy New Year

It is hard to believe that 2009 is just days away from being over. The staff of the farm would like to say Thank you to all the Geraldson Community Farm Members and volunteers for their support in helping this season be a success.

We are excited about 2010 and all the opportunities it has to bring. The farm will be busy most importantly with seeding, planting and harvesting, but also other activities. Planned this Spring are another Movie at the Farm, A Community Farm Cookbook, A Local Food Dinner and a design a Geraldson T-shirt Contest.

Have A Safe and Happy New Year and we look forward to a Terrific 2010 at the farm.



Lovely Cabbage



Beautiful Broccoli

Photos by Logan Beal

freezing certain items in your share. Here are just a few hints that University of Florida IFAS Extension (<http://edis.ifas.ufl.edu/fy719>) recommends.

1. Fresh Herbs— Wash, drain and pat dry with paper towels. Wrap a few sprigs or leaves in freezer wrap and place in a freezer bag. Seal and Freeze.
2. Greens: collards, chard, kale, spinach— select tender leaves. Wash and remove stems. Blanch, cool and drain. Package, seal and freeze.
3. Peppers— Wash, cut in half, remove stems and seeds. If desired, cut into 1/2 inch strips or rings. Package, seal and freeze.

There are many other ideas just reference the above link or email linda@fwcrd.org.

**Remember Pick-Ups
are Wednesday (3pm-
6pm) or Saturday
(11am-2pm)**

Ways to Save

Have you ever picked up your share and realized you would be leaving town in two days? How could you possibly eat all these veggies before you leave?

There is always the option of sharing with your family or neighbors and letting them savor the fresh organic vegetables of Geraldson Community Farm.

It is also possible to preserve by



Honey Available

Our bees have been busy pollinating the tasty vegetables and thanks to our beekeeper, Kurt Rowe, the bees are ready to share their honey.

Empty honey bears will be available for you to fill for \$5.

In this Share*

Broccoli
Bell Peppers
Egg Plant
Cilantro/Dill
Radishes
Lettuce
Cabbage



Geraldson Community Farm

Recipes & Ideas

Cabbage Eggplant Salad

2 x eggplant, halved lengthwise
1 lb cabbage head, quartered
1/2 lb firm tofu, bite-sized pieces
1 med carrot, shredded

DRESSING

1/4 cup soy sauce
1 tsp sesame oil
1 tbl cider vinegar
Korean red pepper powder, or
OR substitute less cayenne, see
note

SEASONING

salt and black pepper, to taste

Steam the eggplant and cabbage in a large Dutch oven or steamer until the eggplant is soft and the cabbage is tender yet still firm, about 15 minutes.

Drain thoroughly and cool.

Cut the eggplant into bite-size cubes, and chop the cabbage into bite-size pieces.

In a large bowl, mix together the eggplant, cabbage, tofu cubes, and carrot.

In a small bowl, mix together the dressing ingredients. Add the dressing to the cabbage-eggplant mixture and combine well. Add salt and pepper. Serve immediately.

Courtesy of mixingbowl.com



Broccoli with Garlic

1 head of broccoli, cut into bite-sized pieces
1/4 teaspoon red pepper flakes
3 cloves garlic, minced or pressed
1/4 cup olive oil
1/2 teaspoon salt
1 lime, cut in half

Put oil into large pan.

Add the pepper flakes and garlic.

Cook for 1 minute.

Add the broccoli.

“Stir Fry” just until the broccoli is evenly covered in oil.

Add the salt and 2 tablespoons of water.

Cook over low heat until broccoli is tender (10-12 minutes).

Squeeze lime over the cooked broccoli.

Courtesy of The Happy Kitchen

Steamed Cabbage Wraps

4 Cabbage Leaves
1/2 lb. thinly sliced turkey
1/4 onion, thinly sliced
1/2 tomato, thinly sliced
1/4 lb. jalapeno cheese, sliced

Cut the rib out of the cabbage leaf.
Place between two damp paper

towels and steam in the micro-wave for 30 seconds. On each leaf, place a slice of turkey, onion, tomato, and cheese. Roll up. Place filled leaves in a dish and micro-wave for 20 seconds. Serve.

Courtesy of Fresh From Florida



Cilantro Lime Herb Butter

2 Tbsp unsalted butter, room temperature (slightly softened)
2 Tbsp chopped cilantro, packed
1 Tbsp fresh squeezed lime juice
1/4 teaspoon salt

Mix together butter, cilantro, lime juice, and salt in a small bowl. Serve as is or save for later.

If you save the butter for later, wrap it up in plastic wrap in the shape of a log and refrigerate until stiff. To use, just unwrap and slice .

Courtesy of Simplyrecipes.com

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Events Calendar

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

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