



# Geraldson Community Farm

*Flavor from the Fields*

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## Potluck at Geraldson Community Farm

Members and potential members are invited to join us on Saturday February 11 at 12:00 pm for a potluck lunch gathering in the new barn. Share the bounty and your favorite recipe. Meet your fellow members!

- We'll provide Lemongrass Tea and Water to drink
- Bring a dish to share and your own chair
- We're going GREEN - Bring your own serving utensils

RSVP e-mail Marianne or call  
941-981-0111

## Cumin Spiced Kohlrabi

1 Kohlrabi  
Cumin  
Lime, one wedge  
Kosher salt

Cut the kohlrabi into 1/4 inch x 3 inch matchsticks. Sprinkle with cumin, salt, and a squeeze of lime.

*Courtesy of foodfitnessfreshair.com*

## Sautéed Broccoli Raab

1 1/2- 2 lb. broccoli raab  
2 tbsp. extra virgin olive oil  
4 garlic cloves, minced  
Salt and pepper, to taste  
2 lemon wedges  
Parmesan, optional

Cut off any tough ends of the broccoli raab, about one inch off the stems. Chop broccoli raab, including the leaves, flowers and stems, into approximately two-inch pieces. Prepare steamer basket in large pan and steam broccoli raab for 4-5 minutes, until just tender but still firm. Remove from pan. Heat olive oil in sauté pan. Add garlic and sauté until brown. Add steamed broccoli raab and salt and pepper to taste, and sauté 5-7 minutes, or until completely tender. Lightly squeeze lemon juice and sprinkle parmesan on top, if desired.

*Courtesy of foodfitnessfreshair.com*

## Greens with Carrots, Feta Cheese and Brown Rice

2 carrots, shredded  
2 bunches dark leafy greens (kale, collard greens or Swiss chard), tough stems removed, leaves very thinly sliced  
1/2 red onion, finely chopped  
1/4 teaspoon sea salt  
1/2 teaspoon ground black pep-

per  
1/4 pound feta cheese, crumbled  
1 (20-ounce) package frozen 365 Whole Grain Brown Rice, prepared according to package directions

Put carrots, greens, onions, 1/4 cup water, salt and pepper into a large, deep skillet and toss well. Cover and cook over medium heat, tossing once or twice, until greens are wilted and tender, 10 to 15 minutes. Toss with feta cheese and spoon over brown rice.

*Courtesy of wholefoodsmarket.com*



## In this Share\*

Carrots	Turnips
Romaine	Broccoli Raab
Red Leaf Lettuce	Bell Peppers
Kohlrabi	Peppino Peppers
Broccoli	Jalapenos
Collards	Poblano Peppers
	Kale

-P.Y.O-

Sun Gold Cherry Tomatoes  
Matt's Wild Cherry Tomatoes  
Swiss Chard  
Flowers  
Asian Greens