



# Geraldson Community Farm

## Flavor from the Fields

Vol 1 No 9 Jan 16 & Jan 19

### Scrunched newsletters

BY LAURA MORTON

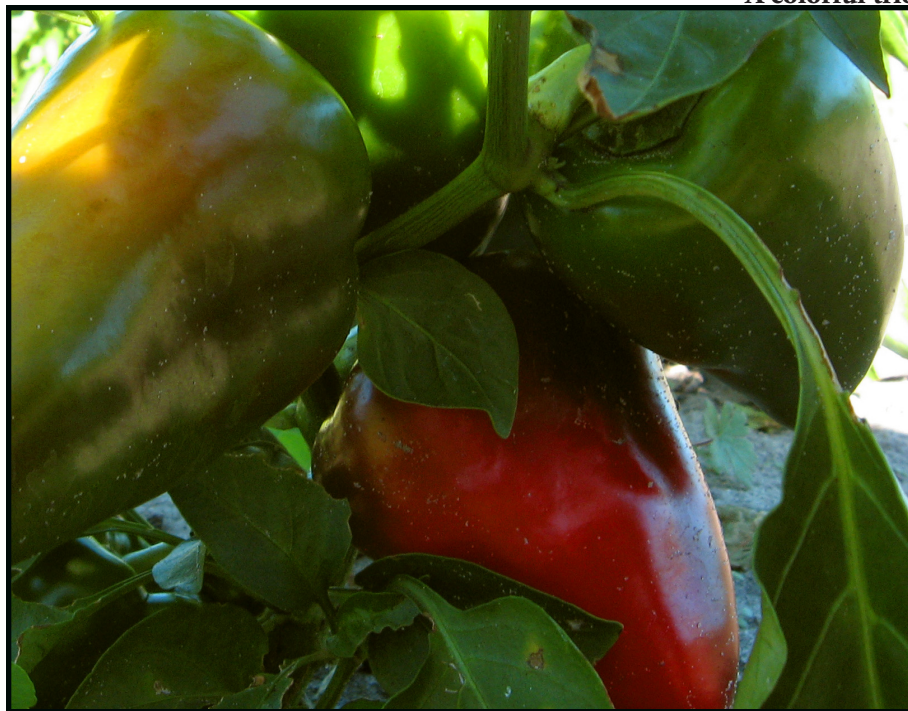
I was making my morning coffee on Tuesday and last week's "Flavor from the Fields" caught my eye. I always try to grab a newsletter to make sure I know what all the different veggies are and have recipe ideas.

By Tuesday morning, my newsletter was looking a lot worse than the week-old leftovers still in my fridge!! It was wrinkled from being in a shopping bag and squished on the counter during cooking. It was stained with various meals – red hot sauce, green avocados, and canola oil. It also had some crumbs stuck on it from croutons last night.

I wondered to myself if there were 180 other newsletters out there in 180 other kitchens looking like mine – maybe face up with a beautiful picture of a growing eggplant, or face down with the recipes and a nice visual aid for peppers. By the way, thanks to Adam for the pepper diagram – that was very helpful!

I had the newsletter out on my counter one night last week when a friend popped in. My friend Nicole is a member in Sarasota, and she saw the newsletter and started telling me about this soup she made with the greens last week:

"I ground up the greens and put



A colorful trio

photo by Adam Lichtenberger

These sweet green peppers are ready to harvest. Some will begin to turn orange or red as they age.

them in the soup with coconut and a touch of cider vinegar..." She continued with a short list of ingredients, making it sound so simple. My mouth was watering as I was thinking "yeah, right – just a little of this and a little of that," knowing that some people just have a knack for cooking and others of us (e-hem) put kale on a sandwich all week thinking of how creative that was compared to regular iceberg lettuce!

Well, finally we have an event where we can get around and share ideas

and talk farm food next week. Sarah is bringing in fellow member Ellen Jaffe Jones to put on some cooking demonstrations and we will have finger foods from Wildly Ripe. Visit the website for more information!

### In this Share

- Peppers
- Carrots
- Asian Greens
- Radishes
- Hot Peppers
- Lettuce
- Broccoli Raab **or** Turnips



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## Recipes and Ideas

### Asian Green Salad with Sesame Dressing

#### Dressing:

- 3 tablespoons toasted sesame oil
- 2 tablespoons tahini\* *see note*
- 2 tablespoons rice wine vinegar
- 1 tablespoon soy sauce

#### Salad:

- 1 1/2 cups frozen shelled edamame
- 2 cups tatsoi leaves
- 2 cups other asian green or lettuce
- 1 cucumber, peeled and sliced
- 1 8-oz pkg baked teriyaki tofu, chopped
- 1 green onion, sliced
- Toasted sesame seeds

To make dressing: Whisk together sesame oil, tahini, vinegar, and soy sauce in a small bowl

To make salad: Cook edamame according to package directions. Rinse under cold water to cool. Drain well.

Divide edamame, greens, tofu, and green onion among 4 plates. Drizzle with Sesame Dressing and sprinkle with toasted sesame seeds. Serve immediately

*Courtesy of Whole Foods Market*

**Note:** Tahini is a paste of ground sesame seeds. It can be found in natural food stores and grocery stores, usually near the peanut butter.

### Broccoli Raab with Sun Dried Tomatoes & Pine Nuts

- 2 tablespoons extra virgin olive oil
- 3 medium garlic cloves
- 1/4 teaspoon red pepper flakes
- 1/4 cup oil-packed sun dried tomatoes, cut into thin strips
- 1 recipe blanched broccoli raab greens (recipe below)
- 3 tablespoons toasted pine nuts

Heat oil, garlic and red pepper flakes in medium skillet over medium heat until garlic begins to sizzle, about 3 to 4 minutes. Increase heat to medium high, add blanched broccoli raab greens and sun dried tomatoes, and cook, stirring to coat with oil, until heated through, about 1 minute. Season to taste with salt, serve immediately.

#### Blanched Broccoli Raab:

- 1 pound broccoli raab, washed, cut into 1-inch pieces
- 2 teaspoons salt

Bring 3 quarts water to boil in large saucepan. Stir in broccoli raab and salt and cook until wilted and tender, about 2 1/2 minutes. Drain and set aside.

Fill large bowl with cold water and submerge greens to stop the cooking process. Drain again; squeeze well to dry and proceed with one the above recipe.

*Courtesy of Mariquita Farms*

### Announcements

Mark your calendars for Jan 23rd or Jan 26th for our Winter Celebration! Please reference the website for more information.

### Red Pepper Hummus

- 1 (15-ounce) can chickpeas, drained
- 1 cup sauteed red peppers
- 1/4 cup tahini\* *see note left side*
- 2 tablespoons fresh lemon juice
- 3 to 4 cloves garlic
- 1 teaspoon ground cumin
- Salt and ground black pepper
- 2 tablespoons finely chopped fresh parsley leaves

Rinse and drain 1 can of the chickpeas. Place drained chickpeas in a food processor and add red peppers, tahini, lemon juice, garlic, and cumin. Process until smooth. Season, to taste, with salt and black pepper. Transfer to a serving bowl and top with parsley.

Serve hummus with toasted pita bread or crackers.

*Courtesy of Robin Miller*

Have articles, poems, or ideas you want to share with other members?

Email Sarah at [sarah@fwcrd.org](mailto:sarah@fwcrd.org)! It will appear in this newsletter or online.