



Geraldson Community Farm

Flavor from the Fields

Vol 1 No 7 Jan 28, Jan 5

In Honor of Dr. Geraldson

On December 17th, Dr Carroll Morton "Jerry" Geraldson died peacefully in his home (adjacent to the farm) at the age of 89.

He passed with six of his children sitting by his bedside. Dr Geraldson leaves a lasting legacy in Bradenton of farming and family.

Dr Geraldson was known for his work as a soils chemist with the University of Florida Gulf Coast Research and Education Center. Geraldson is in Manatee County's Agricultural Hall of Fame.

However, his first priority was always family. With a tight-knit family known and loved by all of Manatee County, the Geraldson home was a loving, fun place. Parties and music filled the house, and Dr. Geraldson and his wife, Patricia, who passed in 1996, were show-stopping dancers.

He also invited neighborhood kids to work on the family farm picking tomatoes during after-school hours. Many tomato fights are fondly remembered by Bradenton locals.

Dr. Geraldson is survived by six of his children, 15 grandchildren, 1 great grandchild, brothers, sisters,



photo by Reba Moeller

Dr. Geraldson at the Ribbon Cutting Ceremony on November 9, 2007.

multiple nieces and nephews and hundreds of friends.

We can't ever thank Dr Geraldson and his family enough for their continued investment in the

community. He will be missed and forever honored at Geraldson Community Farm.

Announcements

- Mark your calendars for Jan 23rd or Jan 26th. We will have special events during pickups at the farm. Delivery share members, please come too! More details to come...

In this Share

- Hot Peppers
- Lettuce
- Beets
- Spinach
- Cilantro
- Peppers
- Cabbage or Cauliflower or Broccoli



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Recipes and Ideas



Beets & Carmelized Onions with Feta

- 2 tablespoons cider vinegar
- 1 teaspoon Dijon mustard (*preferably whole-grain or coarse-grain*)
- 1/4 teaspoon black pepper
- 3/4 teaspoon salt
- 5 tablespoons olive oil
- 2 medium onions, cut into 1-inch pieces
- 2 cups beets, roasted and chopped (instructions below)
- 1/2 cup crumbled feta
- 1/4 cup pine nuts, toasted

Wash beets, wrap tightly in foil and bake until soft at 400 degrees F. Then chop into cubes.

Whisk together vinegar, mustard, pepper, and 1/2 teaspoon salt in a large bowl, then add 3 tablespoons oil in a slow stream, whisking until combined well.

Cook onions with remaining 1/4 teaspoon salt in remaining 2 tablespoons oil in a 12-inch heavy skillet over moderate heat, stirring occasionally, until golden brown, 18 to 20 minutes. Add onions to dressing, then add beets and cheese, stirring gently to combine. Serve sprinkled with pine nuts.

Courtesy of Epicurious.com

Vegetable of the Week: Peppers

Peppers are the red, yellow, green or orange fruits of the species *Capsicum annuum*. Peppers are given their spiciness by capsaicinoids: natural chemicals which affect mammalian pain receptors. The presence of capsaicinoids in peppers is believed to encourage consumption by birds, which efficiently spread fertile pepper seeds. Capsaicinoids are then a useful pest deterrent around bird feeders. Ground hot peppers may dissuade squirrels, but not birds. Capsaicinoids may also be found in topical pain relief treatments for ailments such as arthritis.



Fettuccini with Sweet Peppers & Pinenuts

- 1 (16-ounce) package uncooked fettuccini pasta
- 1/3 cup extra-virgin olive oil
- 4 large cloves garlic, coarsely chopped
- 3 large sweet pepper, cored, seeded and julienned
- 1/2 cup pine nuts
- 1/2 cup fresh parsley or basil leaves, chopped
- 1/2 cup Kalamata olives, pitted and halved
- 1/4 cup capers, drained
- 1 tablespoon freshly ground pepper or to taste
- 1 tablespoon coarse kosher salt

Cook fettuccini pasta according to package directions to al dente; drain and return to pan to keep warm.

In a large, heavy skillet heat the olive oil. Add garlic and peppers,

and cook for 10 minutes, stirring continuously. Add pine nuts and cook approximately 4 minutes or until they turn golden brown. Gradually stir in basil or parsley. Add olives and capers and heat through. Add salt and pepper to taste. In a serving bowl, toss sauce mixture with pasta.

Makes 4 to 6 servings.
Courtesy of whatscookingamerica.net



Long-lasting Greens

Tim suggests the following to help greens last:

- 1) make sure the greens are dry-- wet greens will rot in quick order
- 2) store them in the crisper drawer either in an open bag (i.e. the greens need to breath or they will rot) or loose with other greens
- 3) learn which greens to use first (i.e. arugula doesn't last as long as lettuce)