



Geraldson Community Farm

Flavor from the Fields

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Brr! Cold Front at the Farm

It was cold; really cold for a couple of days during the past week. While the chilly nights might have encouraged us to turn on the heat, a thermostat switch is something we do not have in the fields. But don't worry—we didn't leave the plants to fend for themselves.

As the mercury hit 31° F, Tim monitored the crops and ran the irrigation system in an effort to minimize damage. This method of protection is based on some proven scientific methods and information.

Damage occurs to the crops when water in the plants' cells freezes, thus causing the cells or cell parts to rupture. But while water freezes at 32° F, most fleshy plant tissue freezes at lower temperatures.

Turning on the irrigation system allows water to coat the plants, actually keeping them warm.

As the water hits the crops it begins to turn into ice. Then, ice starts to form, releasing heat which is absorbed by the plant.

Thus two things are working here: ice coats the plant helping it to stay at 32° F, which is not a freezing temperature for most plant tissue.



An elegant beginning

photo by Adam Lichtenberger

A blooming flower is the delicate beginning of the sturdy eggplant. The crop begins to form after the flower is pollinated and develops into a fruit.

Second, the action of water freezing keeps the plant warm.

A key to making sure this process works is a well-designed irrigation system with high uniformity of water distribution. Thanks to our MARS Project Manager Owrang Kashef, we have a 90% uniformity of water distribution, which is incredible!

With Tim's commitment in the wee hours of the morning and Owrang's well-designed system, your crops are in good hands during the chilly nights.

Announcements

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

In this Share

- Peppers
- Carrots
- Turnips
- Tatsoi
- Hot Peppers
- Lettuce
- Broccoli Raab **or** Kale **or**
- Arugula



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Recipes and Ideas



Glazed Carrots and Turnips

3/4 pound turnips, cut into 1-inch pieces
 3/4 pound carrots, cut into 1-inch pieces
 2 teaspoons unsalted butter
 1/2 teaspoon sugar
 salt and pepper

Put the vegetables in a skillet just large enough to hold them in a

single layer. Add enough water so that it comes halfway up their sides along with the butter and sugar. Bring to a boil over high heat, then adjust the heat to maintain a simmer. Cover the vegetables with a lid set ajar. Simmer the vegetables until tender, about 8 to 10 minutes. Remove the cover and raise the heat to high. Toss the vegetables frequently in the pan, as the liquid evaporates to a shiny smooth glaze. Season with salt and pepper to taste and serve.

Courtesy of Food Network Kitchen



Honey Vinaigrette

1/4 cup rice vinegar
 1 1/2 teaspoons Dijon mustard
 2 tablespoons honey
 1/4 teaspoon salt
 Freshly ground black pepper
 3/4 cup walnut oil

In a blender combine vinegar, mustard, honey, salt, and some fresh ground black pepper. Cover and blend for 30 seconds. With the blender running slowly, add oil in a thin, steady stream.

Pour over fresh greens and toss gently to coat

Courtesy of Savannah Bee Company

Vegetable of the Week: Peppers - Organized According to "Heat"



green bell

Sweet peppers which contain no capsaicin ("spiciness"). Very tasty sautéed with onions in fajitas, or chopped up for salads.



Poblano

Just a little spicy; these peppers are good to stuff with yellow rice, sweet corn, black beans, onion, garlic, tomato paste and spices before baking.



Joe E. Parker

Though their shape is not conducive, Joe E. Parkers make delicious stuffed peppers. Alternatively, chop them up and put for salsa or a quesadilla.



Red Rocket

About as hot as jalapenos, these peppers are ideal for salsa, hot sauce, or hot vinegar to be put on greens.