



# Geraldson Community Farm

## Flavor from the Fields

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### From Farm to Table

BY SARAH CRANE

Bravo! You deserve to be applauded. It is no small act to become part of a community farm—you invested your resources and committed to eating locally for the next seven months, which is no small task.

Each week a variety vegetables will come your way – some of them a bit unusual. I will provide lots of information in this newsletter, but two pages only lets me write so much! There are entire book chapters dedicated to just one vegetable!

So in essence, you play a critical role in enjoying and learning about your fresh, local food.

If you are unfamiliar with a vegetable, a Google search will tell you wonders. Or go to the library, and search through the stacks of cookbooks. I promise you won't leave wanting! One book we highly suggest is *Chez Panisee Vegetables* by Alice Waters. This book gives general information about various vegetables and preparation ideas.

Also, there are many websites dedicated to recipes. Some of the most popular include [www.FoodNetwork.com](http://www.FoodNetwork.com), [www.Epicurious.com](http://www.Epicurious.com), and [www.AllRecipes.com](http://www.AllRecipes.com).

### Seedlings Starting in the Greenhouse



We start many of our plants in the greenhouse in seed trays. The flowers above are for the Pick-Your-Own (PYO) area. We hope to have this section up and running within 6 to 8 weeks. PYO is open to all members and its opening will be announced in this newsletter, *Flavor from the Fields*.

To help you to plan and study new vegetables in advance, I will post each week's share on our website by Monday evening.

Also, in the next few weeks, I will start a "Recipes" section on our website. If you have recipes or ideas you are willing to share, please email them to me ([sarah@fwcrd.org](mailto:sarah@fwcrd.org)). Thanks in advance for all you help and dedication to local food!

### In this Share

- Broccoli Raab
- Asian Greens (*Tatsoi and Hon Tsai Tai*)
- Lettuce
- Basil
- Cucumber
- Turnips
- Arugula
- Radishes



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## Recipes and Ideas



### A recipe for all Greens

*When in doubt, this recipe will work for any type of green. It is fool proof, quick and easy. Perfect side for any meal.*

- 1 bunch greens (Broccoli Raab, Asian Greens, Spinach, Mustard Greens, etc.)
- 1-2 cloves of roasted or sauted garlic
- 1-2 T of soy sauce, tamari, or bacon fat
- 1-2 T Olive Oil

Saute the garlic in the olive oil for a few seconds. Toss in the greens and cover with lid to steam them for a few minutes until they cook down. Pour over seasoning (soy sause, etc) and salt and petter ot taste. Serve immediately.



### Handling & Storage Tips

**All greens** (including lettuces and arugula) should be used quickly. They are difficult to preserve for long periods of time. Wash only what you need that day and store the remaining a slightly open plastic bag in your refrigerator's vegetable drawer.

**Arugula** is a fancy lettuce and very common in most salad mixes. Simply toss into any salad for added flavor (as well as the **Radishes**).

**Asian Greens** can be thrown into any stir fry or cooked with the recipe above (A recipe for all Greens).

### Vegetable of the Week: Broccoli Raab

Broccoli Raab (or Rapini) is a popular vegetable in Italian and Chinese cooking. Known for its nutty and slightly bitter flavor, this green is more closely related to the turnip but tastes similar to broccoli. It is a good source of vitamins A, C and K as well as potassium, calcium and iron. Each part of broccoli raab - the steam and leaves - is edible. Prepare for cooking by simply washing and cutting off the bottom of the steams. Blanching the leaves before cooking will tame any bitterness. Italians combine it with sweet flavors such as raisins or nuts and starches such as pasta. In Asian recipes, broccoli raab is tossed into stir fries.



### Turnip & Potato Gratin

- 2-3 medium russet potatoes
- 4 -5 medium turnips
- salt & pepper
- 1 cup heavy cream (or 1/2 cup cream and 1/2 cup chicken stock)

Preheat oven to 375 F. Butter sides and bottom of 9x12 baking dish. Peel and slice potatoes to 1/4 inch thick. Peel turnips (if skin is tough) and slice 1/4 inch thick. Layer the potatoes and turnips alternately in a baking dish, seasoning each layer with salt and pepper. Pour in enough of the cream (or cream/chicken stock mixture) to just cover the vegetables. Bake uncovered for 40 minutes. If desired, top with grated cheese 10 minutes before removing from oven. Rotate dish periodically for even browning.

*Courtesy of Chez Panisse Vegetables by Alice Waters.*



### Pesto

- 2 - 2.5 cups fresh basil
- 1/3 cup pine nuts, almonds, walnuts or other nuts
- 3 cloves of garlic
- 1/3 cup olive oil/water mixture (*ratio dependent on fat content desired*)
- 1/2 cup fresh grated Parmesan cheese
- salt & pepper to taste

Blend all ingredients in a food processor until it becomes a paste. Mix in with pasta dishes or spread onto sandwiches and pizza.

**TO FREEZE:** Spoon the pesto into ice cube trays. Top with thin layer of olive oil to prevent browning. Defrost cubes individually as needed for pastas, pizzas, sandwiches.

Have photos, recipes or ideas you want to share with other members? Email Sarah at sarah@fwcrd.org! It will appear in this newsletter or online.