



Geraldson Community Farm

Flavor from the Fields

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Who runs the farm?

BY SARAH CRANE

Who Runs Geraldson Community Farm? This may seem like an odd question – but we get it all the time. There is no quick answer and many times the answer gets jumbled. So in an effort to correct long standing misconceptions, we dive into this slightly complicated topic.

First, let's start with who doesn't operate the farm: neither Manatee County nor the Geraldson family do. The Geraldson family graciously sold their land to Manatee County in 2005 in an effort to preserve green space for agriculture purposes.

The Geraldsons farmed the land for more than 20 years and didn't want to see the open land next to their family home disappear. But the land they sold has now become Geraldson Community Farm. The family name remained in the farm's title in an effort to honor their contribution and history in Manatee County.

So, the land on which the farm operates is now owned by Manatee County and all projects on it are conducted under Conservation Lands Management Department.

But, we still haven't answered who actually operates the farm you are

now a part of and who is growing your vegetables.

And the answer? Geraldson Community Farm is operated by a nonprofit organization called Florida West Coast Resource Conservation & Development Council. We have led the development of much of this project since 2005. In a nutshell, we setup an agreement with the Manatee County so that we could open and run Geraldson Community Farm on their land.

The RC&D is very grateful to both Manatee County and the Geraldson family for their contributions in the creation of Geraldson Community Farm. If you would like to learn more about the RC&D and the other projects we are involved in, please visit us at www.fwcrd.org.

Note: As many of you know, one of the Geraldson's is still farming—Greg Geraldson. He has a farm stand, South Loop Road Market, around the corner from our farm on 9th Ave. He grows produce conventionally on an acre behind his home.

Planting in the Field



With many of the crops started in the greenhouse, we must plant each of them carefully by hand. This is a great activity for families, so contact Tim and see the next time you might be able to help out!

We encourage members to visit him for items they may not have received that week in the share.

In this Share

- Broccoli Raab
- Asian Greens (*Tatsoi and Hon Tsai Tai*)
- Bok Choy
- Basil
- Beets
- Arugula
- Radishes
- Turnips



Geraldson Community Farm

Recipes and Ideas



Sesame-Shiitake Bok Choy

- 1 tablespoon canola oil
- 3 cloves garlic, chopped
- 1 2-pound head bok choy, trimmed and thinly sliced
- 4 cups sliced shiitake mushroom caps (9 ounces with stems)
- 2 tablespoons oyster-flavored or oyster sauce (see Note)
- 1 tablespoon toasted sesame oil
- 1/4 teaspoon salt
- 1 tablespoon toasted sesame seeds

Heat oil in a Dutch oven over medium-high heat. Add garlic and cook, stirring constantly, until fragrant but not browned, 30 seconds. Add bok choy and mushrooms; cook, stirring, until wilted, about 2 minutes. Continue cooking, stirring often, until just tender, 3 to 5 minutes more. Stir in oyster sauce, sesame oil and salt. Garnish with sesame seeds. For a little heat, add a pinch of crushed red pepper.

Note: Oyster sauce is a richly flavored condiment made from oysters and brine. Vegetarian oyster sauces substitute mushrooms for the oysters. Both can be found in supermarkets or at Asian specialty markets.

Courtesy of EatingWell.com



Vegetable of the Week: Asian Greens & Bok Choy

Tatsoi, Hon Tsai Tai and Bok Choy (this week's selection of Asian Greens) are a perfect addition to almost any meal. They are quick to cook, flavorful and incredibly healthy. Bok Choy is the most common with mild, crunchy stalks and pleasantly tangy leaves. Both Tatsoi and Hon Tsai Tai are relatives of bok choy, with a taste similar to cabbage with a hint of mustard. When wilted quickly, tatsoi (or black cabbage) has a spicy, fresh flavor and retains its dark green color. Any of them can be added to soups, stir fried, sauteed, tossed into salads, or tucked under grilled fish. These vegetables boast of high levels of vitamin C and a good source of folic acid.

Radish, Cucumber and Basil Tea Sandwiches

- 4 ounces cream cheese
- 1/4 cup finely chopped basil
- 8 slices wheat bread
- 1 4-inch piece cucumber, sliced into very thin rounds
- 2 radishes, trimmed and very thinly sliced
- 2 tablespoons butter, softened
- Salt & Pepper to taste

Place cream cheese and basil in a bowl; stir with a rubber spatula until combined.

Spread cream cheese mixture on 4 slices of bread; layer with cucumber and radish slices. Spread remaining slices of bread with butter. Place, butter side facing down, on radishes. Trim crusts; cut sandwiches in half.

Makes 8 sandwiches.



Soup is Easy!

Beets are one of Adam's favorite ingredients in soups. They are sweet and produce an appealing thick, red stock.

Start by heating two tablespoons of olive oil (or butter) in a medium pot. Toss in a cup or two of onions and cook until almost translucent (about 3 minutes). Then, add 1 inch cubes of beets and a little more than enough water to cover. After simmering for roughly half an hour, add carrots, celery, kale, green pepper, tomatoes, apples, pears, a dash of cream or whatever else you may have handy. Also, try beet soup cold with a dollop of sour cream. Let us know what works!

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