



# Geraldson Community Farm

## Flavor from the Fields

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### Meet the Staff

To properly follow up on last week's column, it is only right that you should meet the staff dedicated to bringing you amazing vegetables. So in no particular order, we present the staff who make Geraldson Community Farm a reality:

**Tim Laird, Farm Manager.** Tim has over 20 years experience in organic farming, most of which has been spent at CSAs very similar to our own. His knowledge of organic farming is extensive, and his approach to growing - methodical. Be assured, with Tim overseeing every aspect of the fields, your vegetables will always be incredibly beautiful and flavorful.

**Dave McKeever, Assistant Farm Manager.** Dave is a long time resident of Holmes Beach and for many years has been growing for local restaurants. Dave has also done everything from radio (can't you tell?) to raising edible flowers.

**Adam Litchenberger, Farm Assistant.** Adam is a recent graduate from New College, where he worked on the school's community farm and participated in regional environmental education. Adam



Pick Your Own

assists at the farm throughout the week and also does a few odd jobs with Sarah in the office.

**Lauren White, Farm Assistant.** Lauren is a sophomore at New College majoring in Urban Studies. She helps out on the farm a few days a week, particularly with harvesting. She is interested in learning more about organic farming and how it can contribute to the health of the community.

**Sarah Crane, Program Manager.** Sarah works on the program side of Geraldson Community Farm

– essentially the parts of the farm outside of the fields. Her background is in journalism and research, and she loves putting her skills to use in an amazing community effort like this farm.

### In this Share

- Asian Greens (*Tatsoi and Hon Tsai Tai*)
- Basil
- Arugula
- Lettuce
- Cilantro
- Dill
- Baby Carrots



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## Recipes and Ideas



### Simple Soup

submitted by member Virginia Baden-Kittsley

1 Boxed organic broth of choice. We prefer chicken.

1 quick cooking wild rice (Publix brand) or brown rice

Chopped cooked chicken pieces or tofu

Sesame Oil (splashes to taste)

Handfuls of farm greens (we used thinly sliced napa cabbage and arugula cut in 2 inch pieces)

Boil the broth, add rice and chicken. Simmer 10 minutes. Add sesame oil and veggies and cook only 1-2 minutes as veggies will continue to cook in the hot broth. The more delicate greens like arugula and spinach really don't need cooking time. I love to put a handful of fresh greens in the bowl and then add the hot soup on top. This basic soup is a great way to use any greens and a lot of them!

*Notes:* For a beautiful soup use veggies of different colors and textures. Throw in a splash of color (or more) with thinly sliced yellow and red peppers, cherry tomatoes, carrots. Other great additions: bean sprouts, thinly sliced green onions, mushrooms, snow peas.

The arugula is very mild with no "bite" when cooked in the soup!

### Vegetable of the Week: Carrots

Carrots are edible root vegetables. Usually orange, carrots are also naturally white, purple and reddish. Scientists working with the Agricultural Research Services have also bred beautiful bright carrots reflecting all the colors of the rainbow. These uniquely colored taproots may become more prevalent, as researchers at the University of Wisconsin-Madison investigate the cancer-fighting potential of carrots' unique pigments. Carrots are also well-known for their vision enhancing potential due to the carotenes which, during digestion, are converted to Vitamin A and then converted to retinal: a fundamental component of healthy eyes.

Kid Friendly: Making a Simple Soup is easy, fun and yummy for everyone! Start with the regular stuff your kids know and love like chicken and rice then experiment with tasting different farm greens and other veggies. Encourage your kids to smell the farm greens, taste them raw and then try a piece or two of the in their soup. Geraldson Community Farm offers kids a wonderful experience with real food straight from the farm and into their own homemade delights.



### Sweet Potatoes with Lime and Cilantro

Bake the sweet potatoes whole, in their skins, until tender, about 1 hour in a preheated oven (at 375 F). When done, slit open the skin and scoop out the flesh onto a serving dish. Season with salt, dot with butter, and squeeze fresh lime juice over. Finally, shower with cilantro leaves and serve.

*Courtesy of Chez Panisse Vegetables*



### Green Herb Dip

8 oz cream cheese (at room temp)  
1/2 cup sour cream (at room temp)  
1/2 cup mayonnaise  
3/4 cup chopped scallions, white and green parts - (about 3 scallions)  
1/4 cup chopped parsley  
1 T chopped fresh dill  
1 t kosher salt  
1/4 t freshly ground black pepper

Place all ingredients food processor and pulse until just blended, not pureed.

Serve at room temperature with sliced vegetables such as baby carrots.

*Courtesy Barefoot Contessa at Home by Ina Garten.*

Have recipes 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.