



# Harvest Times

2009-2010 Season

March 7 – March 13, 2010

## Farm News

We are greeting this week with open arms with projected highs in the 70's and 80's.

Last Friday, frost settled on many crops throughout the farm. Fortunately, we had covered most of the newly planted sensitive crops to protect from the frost. That cold does make some sweet broccoli.

A group of 12 volunteers from the University of Massachusetts will be visiting the farm next week. While they are here, they will be working on a variety projects, from weeding to fence building on the farm.

This Tuesday, the University of Florida's Charlotte County Extension will be filming a segment for the 75<sup>th</sup> anniversary of Charlotte County. Worden Farm will be featured as an example of local agriculture.

Rye strips in our fields have reached 3 feet and have dense growth. These rye strips do slightly reduce our planting area, but this is outweighed by the benefits of protecting crops from wind damage, preventing soil erosion from wind, and providing habitat for beneficial insects.



*Rye strips in the field*

## Member Notes

### *Harvest Share Crops*

#### *Week 15*

Beets  
Bok Choy  
Broccoli  
Citrus  
Collards  
Lettuce  
Onion  
Parsley  
Potatoes  
Spinach  
White Asian Salad Turnips

## Featured Crops

Spinach belongs to the same family as Swiss chard and beets. Raw spinach has a mild, slightly sweet taste that can be refreshing in salads, while its flavor becomes more robust when it is cooked. Not only is spinach low in calories, it is also a good source of essential nutrients. One serving of spinach has 533 percent of the daily recommended amount of Vitamin A, 133 percent of the amount recommended for Vitamin C, 28 percent for calcium and 43 percent for iron.



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## Recipes and More

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### Irish Turnips with Caramelized Onions

Recipe adapted from [www.recipezaar.com](http://www.recipezaar.com)

1 bunch turnips, cut into 3/4 inch cubes  
1 lb onions  
4-8 tablespoons butter  
2-3 tablespoons olive oil  
Salt and pepper to taste  
Chives or onion greens for garnish

Heat olive oil in a heavy skillet. Add the onions and cook over low heat for approximately 30 minutes or until they are golden and caramelized. Meanwhile, boil the turnips in salted water, cook until soft, drain and mash well, then beat in the butter. Stir in the caramelized onions, add seasoning to taste. Serve piping hot (reheat in the oven if necessary), garnish with chives or onion greens if desired.

### Parisian Potatoes

1 quart red potatoes  
Olive oil  
1/4 cup flour  
2 Tbsp grated Parmesan cheese  
4 Tbsp minced parsley  
Salt and pepper

Preheat the oven to 375 degrees F. Peel and quarter potatoes. Toss with olive oil to coat. Combine flour, Parmesan cheese, and parsley in a medium bowl. Add potatoes and toss to coat. Place in a single layer in baking pan. Bake one hour, or until tender. Stir once or twice while baking. Remove from oven and sprinkle with a little more Parmesan cheese.

### Warm Beet & Spinach Salad

Recipe adapted from [www.eatingwell.com](http://www.eatingwell.com)

1 bunch spinach  
1 tablespoon extra-virgin olive oil  
1 cup thinly sliced onion  
2 tomatoes, chopped  
2 tablespoons sliced Kalamata olives  
2 tablespoons chopped fresh parsley  
1 clove garlic, minced  
2 cups steamed beet wedges, or slices, 1/2-1 inch thick  
2 tablespoons balsamic vinegar  
1/4 teaspoon salt  
1/4 teaspoon freshly ground pepper

Trim beet greens (if any) and root end; peel the skin with a vegetable peeler. Cut beets into 1/2- to 1-inch-thick cubes, wedges or slices. To steam on the stovetop: Place in a steamer basket over 1 inch of boiling water in a large pot. Cover and steam over high heat until tender, 10 to 15 minutes. To steam in the microwave: Place in a glass baking dish, add 2 tablespoons water, cover tightly and microwave on High until tender, 8 to 10 minutes. Let stand, covered, for 5 minutes.

Place spinach in a large bowl. Heat oil in a large nonstick skillet over medium heat. Add onion and cook, stirring, until starting to soften, about 2 minutes. Add tomatoes, olives, parsley and garlic and cook, stirring, until the tomatoes begin to break down, about 3 minutes. Add beets, vinegar, salt and pepper and cook, stirring, until the beets are heated through, about 1 minute more. Add the beet mixture to the spinach and toss to combine. Serve warm.

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## Farm Folks

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Juanito, Juan, Rosaria, and AnaRebecca Mendez

### Mendez Family, Farm Helpers

The Mendez Family members are skilled and experienced in the field of horticulture. Juanito, Juan, Rosaria, and AnaRebecca all enjoy working with the wide variety of crops in the diversified cropping system at Worden Farm. The Mendez Family members help in many areas of the farm, in both the field and the packing shed. You often can find them seeding trays, transplanting, or harvesting.