



Harvest Times

2011-2012 Season

January 15 – January 21, 2012

Farm News

We had several great, well-attended events at the Farm this weekend. On Saturday, we held a Farm Tour and an Introduction to Vegan Cooking Workshop. Workshop presenter Vicki Chelf taught attendees how to make delicious vegan recipes and incorporate more fresh veggies into their diet. On Sunday, the Farm Member Potluck was full of fun and fellowship. The music by *Still Friends* was a wonderful addition to the meal. Farmer Chris led several farm tours and guests enjoyed seeing the farm. The diverse assortment of dishes brought by potluck attendees were all delicious.

Our next Farm Tour is on Saturday, February 11, 2012, at 12:00 noon, just before the 2:00 p.m. Organic Gardening Workshop. Be sure to sign up now before seats sell out!



*Intro to Vegan Cooking Workshop;
Potluck guests enjoying their meal;
Still Friends band playing at the Potluck;
Farmer Chris and guests on Farm Tour*

Classic Box Contents

Week 7

Broccoli
Cauliflower
Citrus
Eggplant
Escarole
Kale
Kina Savoy
Lettuce
Pepper
Root Mix
Scallion
Tomato

Organic Gardening Workshop

Saturday, February 11, 2012, 2-5 p.m.



This workshop is an opportunity to learn all you need to know for planting a home or market vegetable garden. Topics include site selection, irrigation, crop planning, propagation, soil fertility, composting, and pest management. Beginners through advanced growers are welcome. Reservations required. \$25 for members and \$35 for non-members.

Register by visiting the farm website or contacting the farm at 941-637-4874 or elissa@wordenfarm.com.

Recipes and More

What A Trifecta!

by Francine Wolfe Schwartz

Cauliflower, kale and broccoli which are included in this week's harvest share, are all members of the cruciferous family of vegetables. Named so because the four-petal flowers from these veggies resemble a cross or "crucifer".

The members of this vegetable family contain all the usual good-for-you attributes of veggies such as fiber, vitamins, minerals, phytochemicals and antioxidants but what sets these super veggies apart from all the rest are compounds called glucosinolates.

Why are these compounds so special? When they break down (eaten), sulfur-containing molecules, isothiocyanates, are released and may reduce the risk of certain cancers - lung, colorectal, breast, prostate and pancreatic. (According to the American Institute for Cancer Research).

Don't let these biochemical terms baffle you. The bottom line is cruciferous veggies have superpowers and should be enjoyed often.

To read this blog online, visit <http://wordenfarm.wordpress.com>.

Have questions you would like to see answered in future *Harvest Times* or recipes you would like to share? Submit your questions and recipes to elissa@wordenfarm.com.

Baked Shells & Broccoli with Cheesy Creamy Cauliflower Sauce

Recipe adapted from www.marthastewart.com

1 teaspoon extra-virgin olive oil
1 small head cauliflower, cored and chopped
6 garlic cloves, roughly chopped
4 medium shallots, roughly chopped
1/2 teaspoon salt freshly ground pepper
4 teaspoons all-purpose flour
4 cups nonfat milk
1/4 teaspoon freshly grated nutmeg
6 ounces pecorino cheese, grated (2 cups)
1/2 pound medium multigrain pasta shells
1 medium bunch broccoli, trimmed and cut into florets
freshly ground pepper
1/2 cup toasted whole-wheat panko (Japanese bread crumbs)

Heat oil in a medium saucepan over medium heat. Add cauliflower, garlic, shallots and 1/2 teaspoon salt; cook until softened but not brown - about 10 minutes, stirring occasionally. Sprinkle with flour; stir to coat well. Gradually stir in milk; bring to a boil. Reduce heat; gently simmer until cauliflower is very soft - about 15 minutes, stirring occasionally. Allow to cool 5 minutes. Carefully transfer all to a blender and purée with nutmeg and half the pecorino (about 1 cup). Continue puréeing until smooth - about 2 minutes. Preheat oven to 400 degrees F. Bring a large pot of water to a boil. Cook pasta until slightly tender but not fully cooked - about 5 minutes. Drain well. Return to pot. Add broccoli and cauliflower sauce; toss to combine. Add freshly ground pepper to taste. Transfer to an ovenproof 3 1/2 quart baking dish. Sprinkle with remaining pecorino and bake until bubbling in center - about 30 minutes. Heat broiler and broil until golden brown on top, 2-3 minutes. Let cool for 5 minutes. Serve topped with breadcrumbs.

Garlic Roasted Broccoli with Almonds

Recipe adapted from *The Kentucky Fresh Cookbook*, Maggie Green

1 1/4 pounds broccoli, cut into florets (about 8 cups)
4 tablespoon olive oil, divided
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper
1/4 sliced almonds
2 large cloves garlic, minced
1/4 teaspoon crushed red pepper flakes (optional)

Preheat the oven to 425 degrees F. In a large bowl, toss together the broccoli and 2 tablespoons olive oil. Sprinkle with salt and pepper. Transfer to a rimmed baking sheet (lined with parchment paper if desired). Bake 15 minutes. Meanwhile, mix together the remaining 2 tablespoons oil, almonds, garlic and red pepper flakes. After the broccoli has cooked 15 minutes, pour the oil mixture over the broccoli shaking the baking sheet to coat. Return to the oven and continue baking until the broccoli is browned, about 8 to 10 minutes. Serve hot (or room temperature).
