



green string farm news

Farm News

In the Store

- napa cabbage
- purple cabbage
- savoy cabbage
- swiss chard
- castelfranco chicory
- collard greens
- lacinato kale
- baby romaine lettuce
- rocket
- carrots
- red lasoda potatoes
- yellow finn potatoes
- purple-topped turnips
- leeks
- onions
- hot peppers
- blue hubbard squash
- pink banana squash
- pumpkins
- cardoons
- celery
- lemons
- mandarine oranges
- fresh herbs
- ground beef
- beef cuts
- cheese
- eggs

- Glazed: see recipe on back.
- Roasted: Cut into bite-size pieces, toss with oil and salt, and roast at 350°F for about 45 minutes.
 - Mashed: just pretend they're potatoes. (But don't be surprised when they come out better.)
 - Grated or chopped very fine and cooked into a soup or stew: they add a great background flavor that you wouldn't expect, and the small pieces melt into the liquid. Particularly tasty in lentil, black bean, or split pea soup.
 - Slice 'em up and eat 'em raw! Tangy, sweet, spicy, and juicy -- yum.

We have 200 (adorable) baby chicks coming in this first week of the month, which means that in another year we'll have many more eggs. It also means it's time to say goodbye to some of our older ladies who've slowed down a bit. Know anyone who'd give a good home to a 2 1/2-year-old laying hen? We're offering a limited number of our fine birds for sale; if you're interested, inquire at the farm store.

The Green String Farm interns are collaborating with Mentor Me Petaluma to put on an exciting event on February 20th. Some of the organization's mentor pairs will spend the day harvesting and preparing food at the farm, and in the evening we're inviting the community to join us for the feast! For details, see greenstringfarm.com.

Featured Veggie: Turnip

It's hard to think of a vegetable that's as under-appreciated as the turnip. Somehow these beautiful roots are thought to be flavorless at best, and bitter or woody at worst. We've found that turnips- that is, fresh, young, well-grown turnips- have a uniquely sweet, earthy, buttery flavor that's equally good on its own or as a part of another dish.

Here are some of our favorite ways to prepare turnips:

Events

Mentor Me Dinner
Saturday, February 20th
5pm - 7pm
tickets sold at the farm store

Farm tour
First Saturday of each month
noon - 1:30

Family Day
Third Saturday of the month
2pm - 3pm

Community Workday
Every Thursday
9am - noon

more information
greenstringfarm.blogspot.com

Cardoon Gratin

- * 2 cardoons, leaves removed and cut into bite-size pieces
- 1/2 cup heavy cream
- 1/2 teaspoon salt
- black pepper
- * 1/4 cup chopped fresh herbs (like thyme, savory, or oregano)
- 1/2 cup grated parmesan or other hard cheese

Cardoons have all the flavor of their close relatives, artichokes, but are significantly easier to prepare. The huge stems are harvested only in the cooler months, making dishes like this one a wintertime treat. *Serves 4*

1. Bring a large pot of salted water to a boil. Add the cardoons, and cook until just tender, 15-20 minutes.
2. Drain the cardoons, and spread them in a small casserole dish. Pour cream over, add salt, pepper, and herbs.
3. Bake in a 350° oven for 20 minutes.
4. Sprinkle cheese evenly over the top, bake for another 10 minutes.
5. Allow to cool slightly before serving.

Paprika-Glazed Turnips

- 1 tablespoon butter
- * 1 tablespoon olive oil
- * 4 medium turnips, sliced into 1/4-inch and quartered
- 1 teaspoon coarse salt
- 1/2 teaspoon high-quality paprika (try smoked or hot paprika)

This buttery, tasty dish will make a turnip-lover out of anyone. Serve with brown rice and steamed turnip greens for a healthy, satisfying meal. *Serves 4*

1. Melt butter in a large skillet over medium heat.
2. Add turnips, paprika, and salt, and stir to coat.
3. Continue to cook, stirring occasionally, until turnips are tender but not mushy (about 5-10 minutes).

Crispy Lacinato Kale

- 1 tablespoon safflower oil (or other high-heat cooking oil)
- * 1 bunch lacinato kale (about 1/3 pound), stems removed and cut into thin strips crosswise
- 1/2 teaspoon coarse salt

Cook kale over high heat and it transforms into a crispy snack. If you've ever made kale chips in the oven, this is the same idea -- but on the stove top, and in less time. *Makes about 1 1/2 cups*

1. Put a large skillet over high heat. Let it warm up for couple minutes, then add the oil.
2. Add the kale and salt, and toss to coat. (Tongs are very useful for doing this neatly.)
3. Cook over high heat, stirring frequently.
4. When kale is shriveled and dried (after about 10 minutes), remove and cool before serving.