

The Farm of Plenty



Winter Share Week 5: February 6-9

Greetings from the Farm! The farm was covered in a dazzling layer of hoarfrost the first few days of February. Its beauty made us really appreciate the winter season. Yet the recently sunny days remind us that spring is around the corner and soon we will be able to start planting a new garden. We have been preparing for the spring and summer growing seasons by ordering seeds and drawing up field plans. But we need your help! The earlier you sign up for your spring and/or summer shares, the more prepared we will be in planning out how much to grow in order to provide for our CSA. There are literally only a handful of spring shares left so sign up as soon as possible! Discounts are also given for those who sign up early, so why wait?! Tell your friends, family, and neighbors about the farm too! Enjoy your share this week. **Take care, Farmers Al, Laura and Jim**

We want to hear from YOU!

We would love to hear how you have been using the food from your shares! Send us a picture of a great meal you cooked or a recipe you love or any other creative way you utilized your food from us and we will post it in the newsletter! This is a fun way to get recognized by other members as well as a way to encourage others to try new things! Just email your picture or idea to info@farmofplenty.com



Sally Campbell (Baxter) made her own outdoor candle holders by freezing water in a mold. She dyed these holders with the left over juice from a meal of red cabbage!

Your Share Includes:

Radishes

Carrots

Lettuce

Kale

Spinach

Potatoes

Honey

Sweet Basil

Frozen Corn and Peas

Squash

Eggs

Whole Wheat Flour

Bread



Heritage Breed Turkeys and Chickens still available!

To order, simply login into your Farmigo account. Chickens average about 6 pounds. Turkeys range from 9 pounds to 13 pounds.

Recipes

Baked Spinach Mornay

Ingredients:

3 tablespoons butter
2 tablespoons whole wheat flour
3 cups milk
7 oz. Fontina cheese (or a similar cheese like Gruyere or Edam), cubed
1 onion, chopped
1 garlic clove chopped
2 lbs spinach leaves, chopped
½ teaspoon grated nutmeg

Preheat oven to 350°F.

Put 2 tablespoons of butter in saucepan over medium heat. When melted, add flour and cook for 1 minute, stirring constantly, until thick paste forms. Reduce heat to low and slowly pour in milk, whisking constantly, until all milk is used and mixture is smooth (no lumps). Add cheese and stir until melted into the sauce. Set aside.

Heat remaining butter in a large skillet over high heat and add onion and garlic. Cook for 2-3 minutes. Add the spinach and cover with a lid and cook for 4-5 minutes, stirring often, until spinach is wilted. Transfer to a large bowl and pour cheese sauce and stir to combine.

Spoon the mixture into a large baking dish. Sprinkle nutmeg on top and bake for 30 minutes until top of mornay is golden and bubbling. Serve on slices of toasted and buttered bread.

Lemon Roast Potato Wedges

Ingredients:

4 potatoes, cut into 8 wedges
Juice of ½ lemon
1-2 tablespoons olive oil
Salt and black pepper

Preheat oven to 425°F.

Put the potato wedges in a nonstick (if possible) roasting pan, add lemon juice and season with salt and pepper. Drizzle with the olive oil and stir well. Cook in the preheated oven for 20-30 minutes until crisp and golden; turning once or twice.

Note: This recipe can be altered easily by adding any seasoning or spice of your choice to the wedges before baking them.

Winter Veggie Stir Fry

Ingredients:

1 cup sliced carrots
1 cup sliced radishes
½ cup sliced onions
1 tablespoon olive oil
1 cup julienned potatoes
1 cup julienned sweet potatoes
1 tablespoon minced gingerroot
½ cup vegetable broth
2 teaspoons orange juice concentrate
½ teaspoon salt
1/8 teaspoon crushed red pepper flakes

In a large nonstick skillet or wok, stir fry carrots, radishes and onions in hot oil for 2 minutes. Add potatoes, sweet potatoes and ginger. Stir fry for 5-7 minutes or until vegetables are crisp-tender.

Add broth, orange juice concentrate, salt and red pepper flakes. Cover and cook for 5-7 minutes or until vegetables are tender. Uncover, cook and stir for 2 minutes until the sauce has thickened.