



Winter Share

Week 4

January 24- 26

Greetings from all of us at the Farm of Plenty! It has been a busy last week here at the farm as we had two community service projects in Brainerd. More information and pictures on the next page! **REMINDERS:** Keep up the good work on returning the waxed boxes and most have been in good shape! We really appreciate it! Check out the website for details on Spring and Summer shares. Hope you all are enjoying the snow, finally! Take care,

Jim and Farmers Al & Laura

Your Share Includes:

Squash

Potatoes

Onion

Oat Flour

Long Grain White Rice

Lettuce

Spinach

Carrots

Italian Seasoning

Frozen Squash

Edamame

Beets

Eggs

Honey Whole Wheat Bread

What's the Deal With...

- **Oat Flour:** Flour made from ground oats. Gluten free and high in fiber. Can be used in a wide assortment of recipes, usually to replace part of the flour the recipe calls for. It adds a rich, nutty flavor and dense texture to baked goods. However, since it lacks gluten, it does not behave like regular wheat flour and will not rise or hold together. So mix it with other flours and benefit from its whole grain nutritional value. Store in air tight container and use as fresh as possible.
- **Edamame:** Green soybeans still in the pod. High nutritional value, especially in folic acids, manganese, and vitamin K. A popular bean in Japan and China but is becoming more popular in the West as a healthy food item.
- **Nature is not Perfect:** Organic produce has more blemishes and imperfections than produce at the grocery store. This is because it is natural (no preservatives) and it includes different varieties which may not have as long of shelf lives/are more susceptible to bruising than what we may be used to. Therefore, if you get a veggie with a blemish, cut that part out. Also, some may be softer, but that does not mean they are rotten!



Community Education & Service Events

Forestview Middle School, Baxter, MN

Thursday January 19th

Young Chef's Club (Taught by Kathy Glassman)



Farmer Al, Laura and our January intern, Alex Naujokas (a senior Gustavus Adolphus student) teach the middle school kids how to make vegetable soup with fresh vegetables. Cooking was followed by an educational presentation about the history of heirloom vegetables and the importance of organic farming.

Sharing Bread Soup Kitchen, Brainerd, MN

Friday January 20th

Dinner hosted and prepared by The Farm of Plenty and Fun N Friends



First Farmer Laura, Alex, and some Fun N Friends kids and Lisa Stawarski prepared vegetable soup & sloppy joes. Then we served it at the soup kitchen. Everyone loved it!

Recipes and Some Good Cooking Ideas

- To defrost the frozen squash, just place it in the refrigerator overnight and it will be ready to go the next day!
 - Mix the thawed squash with diced garlic, onions, rosemary, butter, and top with parmesan. Bake in the oven (350°) until cheese is melted.
- The Italian seasoning can be used to add flavor to many meals. Try it on pizza, spaghetti, garlic bread, soups, or mix with olive oil for a fun bread dipping sauce.
- Edamame can be used to add flavor and crunch to any salad. Or try steaming them and sprinkling with sea salt for a healthy side dish.
- If you haven't tried the Carrot Oatmeal Muffins recipe from week 3 yet, try it out using the oat flour this week!

Beets with Onion and Cumin

Ingredients

- 2 tablespoons canola oil
- 1 small onion, chopped
- 1 clove garlic, minced
- 1 1/2 teaspoons cumin seed
- 2 tablespoons all-purpose flour
- 5 medium beets, peeled and quartered
- 2 tomatoes - peeled, seeded and chopped
- 1 1/2 cups water
- 1 teaspoon salt

Directions

1. Heat a medium saucepan over medium-high heat. Pour in oil and sauté onion and garlic until translucent. Mix in cumin seed and sauté an additional 2 minutes. Sprinkle in flour and sauté 1 minute more.
2. Stir in beets, tomatoes, water, and salt. Reduce heat to low, cover pan with lid, and simmer for 30 to 45 minutes, until beets are tender.

