



Harvest Times

2011-2012 Season

February 19 – February 25, 2012

Farm News

The parsley, akina savoy, lettuce, fennel, Swiss chard, and scallions you will be receiving in this week's box are from our newest production field, which we began growing on this season. It has already produced a wonderful crop of broccoli and cabbage and is now in its second crop cycle. This field is slightly higher in elevation and therefore drier and has excellent fertility from our cover cropping in the summer.

The spring weather has been excellent for growing. The potato seed has sprouted well and we expect the spring potato crop to yield abundantly.

We have had an overwhelming response to the upcoming Food Preservation Workshop on March 10 and it is now sold out. We are thrilled that so many people want to enjoy their fresh, local, organic veggies into the summer months ahead.



Rows of lettuce



Sprouted potato field

Classic Box Contents

Week 12

Akina Savoy
Beets
Broccoli
Celery
Fennel
Lettuce
Parsley
Pepper
Scallion
Swiss Chard
Tomato
Turnips

Vegan Meals in 20 Minutes Workshop

Saturday, March 24, 2012, 2-5 p.m.

With a few tricks, fresh ingredients, and ideas it is possible to make wonderful vegan meals from scratch without spending your life cooking. Learn ways that you can become more efficient in the kitchen, cutting time without sacrificing health or taste. Participants will get to sample the recipes and have printed copies to take home.



Workshop presenter, Vicki Chelf has been writing vegetarian and vegan cookbooks for close to thirty years. She is the author of 6 books, including *Cooking with the Right Side of the Brain*, and *The Arrowhead Mills Cookbook*. She is a graduate of the Ringling School of Art and Design and has a degree in holistic nutrition from Clayton College. \$25 for farm members and \$30 for non-members.

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

Recipes and More

Perfectly Cooked Vegetables Wrapped in Parchment

by Francine Wolfe Schwartz

I love to cook but it's no secret I hate cleaning a stack of pots and pans. So when I received a "review copy" of *The Parchment Paper Cookbook* by Brett Sember, the subtitle "No Pots! No Pans! No Mess!" definitely caught my eye.

Baking small portions of food in folded packages of parchment paper, en Papillote (pap-pee-YOHT), is a classic French cooking technique. Once served with a flourish table side the waiter would open the puffed package releasing the aromatic steam of a perfectly cooked dish.

Don't be put off by this fancy-schmancy sounding technique. It's really quite easy. All that's involved is a roll of parchment paper that can be found on the same aisle in the grocery store as plastic wrap or foil and learning folding how-to's.

The folding method is similar to wrapping a gift. The two key points are the size of the piece of parchment paper and sealing the "package" securely. In Brette's book and on her website are easy to follow diagrams. The link to her instructions is <http://nopotcooking.com/index.php/technique>

The easy cleanup benefit is not the only reason to cook en Papillote. Think about the health benefits sealing in all the flavor and limiting added fat.

Sounds perfect for preparing vegetables cooked in their natural juices retaining all the vitamins and minerals. And remember best of all no pots to wash!

NOTE: The ingredients in all the recipes below can be easily increased for additional servings.

Recipes source: *The Parchment Paper Cookbook*

To read the rest of 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 Mixed Greens

This mix of various greens gets a spicy-sweet jolt from the fennel and orange juice. If you have other greens on hand, such as Swiss chard or collards, feel free to swap them in.

1 cup tightly packed escarole, chopped
2 cups tightly packed kale, chopped
1 cup tightly packed baby spinach
1/2 cup chopped fennel bulb
1 tablespoon olive oil
1 teaspoon red wine vinegar
1 tablespoon orange juice
Salt and pepper to taste

Preheat oven to 400 degrees F. Line a baking sheet with aluminum foil. Set aside. Place all the greens and fennel on the parchment. Drizzle on olive oil, vinegar, and orange juice. Season with salt and pepper. Toss the ingredients with clean hands or tongs. Fold the parchment. Bake 20 minutes.

Swiss Chard with Butter and Balsamic

1 bunch Swiss chard (leaves and stems)
2 tablespoons butter
1 tablespoon balsamic vinegar
Salt and pepper to taste

Preheat oven to 400 degrees F. Cut a very large piece of parchment for this recipe - at least 36-inches. (When you mound the Swiss chard, it's easier to wrangle with a bigger piece!) Line a baking sheet with foil. Roughly chop the chard, or rip it into pieces with your hands. Place the chard on the parchment. Dot with pieces of butter. Sprinkle the balsamic around then season with salt and paper. Fold the parchment. Bake for 20 minutes.