

Week of 10/27/08

## Wise Acre Farm

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For more information, and recipes, visit our website:

[www.wiseacrefarm.com](http://www.wiseacrefarm.com)

**Please save your box & jars - I will pick them up next week.**



### This week on the farm:

Although we have had beautiful fall weather, there is most definitely a change in the air, and in the field. The days have become much shorter and the evenings much cooler. The forecast for next weekend is cold and rain. The bounty of summer veggies is coming to an end. We have pulled out all of the tomato plants, the okra is coming out and next to go are the cucumbers and summer squash. In their place, I have planted the fall and winter crops (beans, peas, brocolli, cauliflower, lettuce, garlic, shallots, etc.) and continue to reseed the veggies that are single producers (beets, carrots, radishes, scallions, etc.). You will notice a lot more greens in your fall and winter boxes. You might not be used to cooking and eating mustard greens, chard, beet greens or arugula, but with a little experimentation I'm sure you will come to love them. They are also extremely healthy:

*"Dark leafy greens are particularly rich in vitamins A, C and K. If you've avoided these nutritious greens because of their bitter reputations, pair them with judicious amounts of intensely flavorful ingredients—like feta cheese, bacon and walnuts. Now is the time to celebrate the dark side this winter and welcome these beautiful greens into your kitchen". -Carolyn Malcoun, Associate Editor, EatingWell*

**Wondering what to do with your Perimmons?** These are delicious on a salad. Simply peel them and slice thinly. They are wonderful on the lettuce/arugula mix. Add blue cheese, walnuts and pomegranate seeds for a beautiful and truly gourmet salad!

### Here's what's in your box this week:

Summer Squash, Bell Peppers, Beets, red lettuce/arugula mix, Scallions, Fuyu Persimmons, Parsley, Fresh cut Flowers, decorative gourds (do not eat them!!)

#### Roasted Beets and Greens

*from Allrecipes.com*

- 1 bunch beets - trimmed, leaving 1 inch of stems attached, greens washed and reserved
- 2 tablespoons olive oil, divided
- 1 small onion, halved and thinly sliced
- sea salt (optional)
- fresh-ground black pepper

Preheat oven to 350 degrees F. Line a baking sheet with aluminum foil.

Rub the beets with 1 tablespoon of olive oil and place onto prepared baking sheet. Place in preheated oven, and bake until the beets can be easily pierced with a fork, 20 to 60 minutes depending on size. When done, allow to cool on the baking sheet until cool enough to handle, then remove and discard the skin, and cut the beets into wedges or slices.

Meanwhile, cut the beet greens into 1/4 inch wide ribbons. Heat the remaining tablespoon of olive oil in a large skillet over medium heat. Add the onion; cook and stir until it begins to turn golden brown, about 10 minutes. Once the onions have begun to caramelize, stir in the beet greens and cook until they wilt. Add the beet slices and continue cooking until heated through. Season with sea salt and pepper before serving.