

Week of 11/10/08

Wise Acre Farm

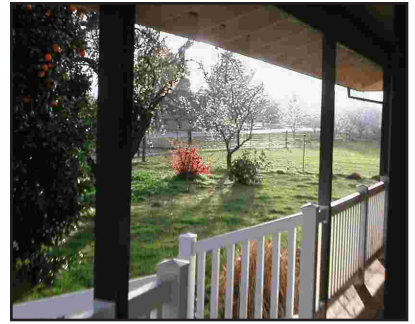
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For more information, and recipes, visit our website:

www.wiseacrefarm.com



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

This week on the farm:

This week was a sad one at Wise Acre Farm. We lost two of our beloved animals. Sylvia, described by the vets at UCD as “the sweetest llama ever,” lost her battle with a disease called Megaesophagus on Thursday evening. On Sunday, Josie, one of the first two goats to arrive at Wise Acre Farm passed away from a case of old age. We will miss them both very much.

Your box contains some or all of the following:

Pomegranate, Baby Eggplant, Bell Peppers, Serrano Chilies (hot), Mustard Greens, Fortex Green Beans or Golden Wax Beans or Maxigult Shelling Pea, Fresh Bay Leaves, Fresh Cut Flowers

Are you getting tired of eggplant and bell peppers yet?

Here are some ideas that hopefully will give you inspiration, from foodreference.com:

Eggplant

Wash eggplant just before using it, and cut off the cap and stem. Use a stainless steel knife because carbon blades will discolor the eggplant. Eggplant should not be eaten raw. Eggplant may be cooked with or without its skin. However, large eggplant and most white varieties have thick, tough skin and should be peeled prior to cooking with a vegetable peeler.

Unlike many vegetables, eggplant is not harmed by long cooking. An undercooked eggplant can have a chewy texture; but overcooked eggplant is just very soft. Do not cook in an aluminum pot because the eggplant will become discolored.

Spices that enhance its flavor include allspice, basil, bay leaves, garlic, chili powder, oregano, sage, thyme, marjoram, and parsley. Eggplant is most often paired with tomatoes or onions.

BAKING: To bake a whole eggplant, pierce the skin with a fork several times, and cook it at 400 degrees for 30 to 40 minutes. Baking whole eggplants produces a soft flesh that is easy to mash or puree.

BROILING: Cut the eggplant into thick lengthwise slices, and score them lightly with a sharp knife. Place the slices on a broiler pan or grill; brush them lightly with oil. Broil about 5 inches from the heat, and turn slices when they begin to brown. Eggplant should be cooked for approximately 5 minutes per side.

MICROWAVE: whole, cubed, or sliced. Cooking times vary from 6 to 8 minutes for a whole eggplant to 3 or 4 minutes for a pound of cubed eggplant.

STEWED EGGPLANT is called ratatouille. For this dish, eggplant may be stewed alone, or with other vegetables. Simmer, covered with a liquid such as tomato juice, until the eggplant is tender. The cooking time is usually 20 to 25 minutes.

Bell Peppers

Carve out peppers and stuff them with rice or use them as colorful containers for dips or other edible items.

Include sliced peppers on your next veggie tray.

They can be used as a colorful garnish.

Use them to create colorful and exciting meals by adding a mixture of different colored sliced or chopped peppers to your favorite salads, pastas, and Chinese or Mexican dishes.

I love roasted bell peppers on sandwiches and burgers. To roast a pepper, put it on the grill or under the broiler and let the skin get blackened all over. Remove from the heat and place in a paper bag to steam. When cool, take the peppers out of the bag and peel away the skin. Cut the peppers open and remove the seeds and ribs. I roast a lot of peppers at one time and store in the freezer with the skins still on.