

Week of 11/17/08

Wise Acre Farm

Mary Fahey

530.383.4625

email: mary@wiseacrefarm.com

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:

The weather for the past week has been just beautiful. Even though the leaves are changing colors and falling from the trees, it has felt like spring. It's been really nice, but we do still need a lot of rain. We planted a cover crop in our orchard in October, just before the last big storm. The timing was good because the cover crop emerged shortly after the rainfall. However, without more rain, I'm worried the cover crop will die (there is no irrigation available between the orchard rows where the cover crop was planted). We'll keep our fingers crossed.

With this lovely weather, it's hard to believe that the holidays are just around the corner! I have two big Art & Craft Fairs this month where I will be selling my gourd artwork. One is the weekend before thanksgiving at the Colusa County Fairgrounds, and the other is the weekend after Thanksgiving for the Crocker Art Museum. Remember that next week's delivery will be on Wednesday instead of Thursday. Let me know if you need to cancel your delivery Thanksgiving week.

Your box contains some or all of the following:

Fuyu Persimmons, Bell Peppers, Eggplant, Chard, Lettuce Mix, Green and Yellow Wax Beans, Lettuce Mix, Walnuts (from Yolo County), Baby Potatoes (from Yolo County), Fresh Cut Flowers

Some favorite ways to enjoy the Fuyu Persimmon!

from the San Diego Farm Bureau

- Try just munching one! It is crisp like an apple, sweet like a pear. Wash the Fuyu. Some like to peel the fruit.
- A Fuyu persimmon is nutritious. It is high in Vitamins A & C. A medium sized fruit has no fat but does have about 25 grams of sugar.
- Slice Fuyu and spread with lime juice, salt, and chili powder. Eat with a slice of cheese or spread with peanut butter.
- For an Autumn Salad, mix cubed Fuyu with grapes, pomegranate seeds, cubed apple, and pretty sliced green kiwi.
- Top hot or cold cereal with little pieces of bright orange Fuyu.
- Salsa is great when chopped Fuyu, onion, tomatillo, cilantro, and chili serrano are mixed together.
- Smoothies can be blended using Fuyu, ice, lime juice, and milk. Sweeten if desired.
- Syrup for hotcakes is delightful when peeled and chopped or blended Fuyu is cooked with butter and sugar.