

Week of 12/1/08

## Wise Acre Farm

Mary Fahey

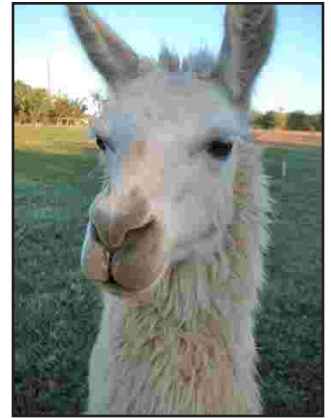
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For more information, and recipes, visit our website:

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

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



### This week on the farm:

Due to the holidays and the slowing down of the growing season, December 18 will be the last delivery date for Colusa County residents this season. I will resume deliveries in early spring, 2009. After Dec. 18, custom orders will be available. If I have your email address, I will send an email when I have an abundance of a certain item, such as citrus in late December and January, as well as broccoli, cauliflower, beets, carrots, lettuce and more. If you would like to be on my email list for updates of available produce, please send your email address to: [mary@wiseacrefarm.com](mailto:mary@wiseacrefarm.com). (I will never share your email address, and promise I won't send very many emails). If you do not want to receive emails, you can always check the website, or just give me a call.

### Your box contains some or all of the following:

Broccoli, Cabbage, "Cheddar" Cauliflower, Lettuce Mix, Red Potatoes, Satsuma Mandarins, Asian Pears, Green Beans, Garlic, Oregano, Sage, Fresh Cut Flowers.

#### Cauliflower

I am very excited to be harvesting the "Cheddar" variety of cauliflower. It's fun to walk out into the field and see all of the orange heads. I have a beautiful purple variety on its way too. Following is some information about cauliflower from Alice Waters' book, "The Art of Simple Food."

The leaves are the best indicator of a cauliflower's freshness. Look for bright fresh leaves and heads with tight, brightly colored curd. There should be no brown spots. Wash the cauliflower well. Trim away any damaged leaves, but leave the nice ones, as they are actually quite tasty.

#### Roasted Sliced Cauliflower:

Cut across the whole head into 1/4" thick slices. Lay out the slices in a single layer on a baking sheet, brush with oil, and season with salt and pepper. Roast in a 400 degree oven until tender, about 20 minutes. Sprinkle with chopped fresh herbs or crushed whole spices.

#### Steamed Cauliflower:

Cauliflower can be steamed whole or cut up into florets. When steaming whole, it is best to cut out the core. Steam cauliflower until it is tender. Steamed cauliflower can be flavored in many ways:

1. Heat extra-virgin olive oil in a small pan. Add 2 pounded garlic cloves, a spoonful of chopped fresh marjoram, oregano or parsley (or a mixture), salt and fresh ground black pepper and cook until the garlic is just warmed through. Pour over the warm cauliflower.
2. Arrange steamed cauliflower in a baking dish, spoon melted butter over it and cover it with sliced cheese (Gruyere, cheddar or parmesan for instance). Bake in a 350 degree oven until the cheese melts into the cauliflower.