

Week of 12/1/08

## Wise Acre Farm

Mary Fahey

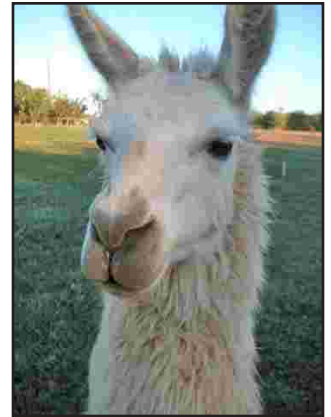
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For more information, and recipes, visit our website:

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



### This week on the farm:

Late last week we had two hard freezes here in Arbuckle. This put an immediate end to any of the lingering warm season vegetables and flowers (eggplant, peppers, basil, butternut squash, zinnias and cosmos). The frost also killed off the gourd vines which means I can get out into the gourd field and start harvesting. (If gourds are harvested before the vines die back, they will most likely rot). It feels like winter is really on its way, although some rain would be nice!

Reminder: **your last delivery of this season will be December 15**

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

Broccoli, Cabbage, "Cheddar" Cauliflower, Chard, Scallions, Garlic, Parsley, Fresh Cut Greens and 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 are some cauliflower cooking techniques from Alice Waters:

#### 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.

#### Parsley Salsa Verde

- 1 c. chopped parsley
- 1/4 c. chopped green onion
- 2 tbsp. capers
- 1 garlic clove, finely chopped
- 2/3 c. mayonnaise
- 2 tbsp. olive oil
- 1 tbsp. lemon juice
- 1/2 tsp. prepared mustard

Combine parsley, onion, capers and garlic in blender or food processor. Cover and process until finely chopped. Add remaining ingredients and blend well. Chill. Serve with hot or cold stone crab claws or boiled shrimp. Makes 1 1/4 cups sauce.