

Week of 9/29/08

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.



Our 6-month old grandson, Mason with our 2-year old llama, Dolly

This week on the farm:

A very busy week. I had a booth selling my gourd artwork at the Folsom Gourd and Arts Festival on Saturday and Sunday, with setup on Friday and preparation all week long. On the farm, there was daily harvesting and I planted spinach and lettuce transplants in the field. The young brocolli and cauliflower plants are looking wonderful, and the mustard greens are ready to begin harvesting. Another exciting gourd event took place Sunday evening when one of my gourds was auctioned on TV at the annual KVIE Art Auction.

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

Butternut Squash, Summer Squash, Cucumbers, Lemon Cucumbers, Eggplant, Bell Peppers, Chives, Mustard Greens, Radishes, Fresh cut Flowers

Mustard Greens, from "Elise.com"

Have you ever tried mustard greens? Related to kale, cabbage, and collard greens, they are the peppery leafy greens of the mustard plant and are used frequently in Chinese, Japanese, and Indian cooking. They are less bitter than kale or collard greens, and more peppery, like arugula. Just one taste of a raw leaf and you'll know it came from a mustard plant. Cooked, they taste a lot like spinach, but with more body. This recipe cooks them with a dash of dark sesame oil, but you could easily just cook them up with a little garlic and olive oil.

Mustard Greens Recipe

INGREDIENTS

1/2 cup thinly sliced onions
2 cloves garlic, minced
1 Tbsp olive oil
1 pound mustard greens, washed and torn into large pieces
2 to 3 Tbsp chicken broth or vegetable broth (vegetarian option)
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon dark sesame oi

In a large sauté pan, sauté onions in olive oil over medium heat until the onions begin to brown and caramelize, about 5 to 10 minutes. Add the minced garlic and cook a minute more, until fragrant.

Add the mustard greens and broth and cook until the mustard greens are just barely wilted. Toss with sesame oil. Season with salt and pepper.

Serves 4.