

9/8/08

## Wise Acre Farm

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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.**



*Our Thursday night Arbuckle  
Certified Farmers Market*

### This week on the farm:

#### **Please note: there will be no delivery next week, September 15!**

Most of you know that besides growing produce, I also grow gourds and I am a gourd artist. My gourd artwork is sold through art galleries and at various art and craft shows. I also sell dried gourds to folks all over the U.S. My weekly schedule is something like this: I harvest veggies daily and open my farm stand every morning (except Thursdays & Saturdays). I work on gourd art on weekdays. I spend the weekends out in the field weeding, planting and tending to the crops. I deliver veggies in Yolo County on Mondays and in Arbuckle on Thursday mornings. On Thursday evenings I manage the Arbuckle Certified Farmers Market. I also sell veggies and gourds at the Market. It all keeps me very busy, and I don't get many vacations, but I am going to sneak away to Mendocino next Sunday & Monday for a short vacation (I got a deal on a hotel that was too good to pass up), which is why there will be no delivery on Sept. 15. I'll be back on schedule September 22. Have a great week!

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

Butternut Squash, Okra, Summer Squash, Tomatoes, Cucumbers, Lemon Cucumbers, eggplant, Thyme, Fresh cut Flowers,

#### **Veggie soup recipe from subscriber Eileen:**

I have been making soup that is more like a paste that is wonderful for just eating or putting on rice or noodles and you can share it with the folks that are getting the veggies (cause it works with everything you give me)

Chop all veggies into quarters. Put into big soup pot with lid. Add 1/4 olive oil, salt, black pepper and red pepper flakes to season. Simmer all veggies together including squash that has had seeds taken out. (I don't even skin the squash) When veggies are stewed, cool and once cool put through blender - small amounts at a time. This makes a perfect thick gourmet soup or an excellent base to add chicken or meat of your choice. An excellent idea for when you want to cook the entire amount of vegetables at once. Freezes nicely.

#### **Fried Okra**

##### **Ingredients:**

1 pound okra pods, stem ends cut off, sliced 1/4-inch thick  
salt  
cold water  
yellow cornmeal  
salt and pepper

##### **Preparation:**

Put sliced okra in a bowl, sprinkle generously with salt; cover with very cold water. Refrigerate the okra for at least 1 hour. Drain; roll okra slices in cornmeal seasoned with salt and pepper until well-coated. Fry in a deep skillet in about 1/2-inch of hot oil until browned and crisp. Drain on paper towels and serve hot.  
2 to 4 servings