



# Winter Green Community Farm

October 23rd

2007

## This Week's Harvest (Subject to variations)

### ***Cauliflower***

Broccoli  
Peppers  
Carrots  
Spinach  
Salad mix  
Onion  
Winter Squash  
Celeriac  
Radishes  
Parsnips

Butter for greasing the pan  
3-4 med potatoes  
1/4 C green onions, minced  
1 T plus 1/4 tsp salt, divided  
1 head cauliflower, chopped  
juice of 1 lemon  
3 T butter  
1 C onion, chopped  
3 cloves garlic, minced  
1 jalapeno, seeded & finely chopped  
12 oz. fresh spinach leaves, rinsed  
1 T basil, finely chopped  
1 egg, lightly beaten  
6 oz. Cheddar or Swiss cheese, grated

## ***CAULIFLOWER***

- ✍ Cauliflower is best eaten soon after it is harvested but will keep for 1-2 weeks in the refrigerator if wrapped loosely in plastic.
- ✍ Remove any outer leaves, rinse, and trim off any blemishes or brown spots.
- ✍ Steam florets for 15-20 minutes. Stir fry florets with other veggies, add to Indian or Asian curries, or serve raw with a dip. To cook the whole head, remove the core and steam for 15-20 minutes. Top steamed heads with lemon and butter, and some Parmesan cheese.
- ✍ Overcooking will result in a strong odor and flavor.

### ***Cauliflower Pie***

Preheat oven to 375. Lightly butter a 9" pie pan. Put potatoes in small pot, cover w/water, & bring to boil. Boil until tender, about 10min.: drain. Mash potatoes & stir in scallions & add 1/4 tsp. salt & pepper to taste. Press potato mix into pie pan & bake for 30 min. Bring LG pot of water to boil. Add cauliflower, remaining 1 T salt, and lemon juice: boil, uncovered, until very tender but not mushy, 55-7 min. Drain. Transfer cauliflower to LG bowl. Roughly mash. Heat butter in same LG pot over med HIGH heat. Add onion, garlic, & jalapeno: saute for 5 min. Add spinach (w/water clinging from washing) and cover: cook until wilted. Uncover & boil away any excess water, just carefully spoon or drain it out if there is too much. Mix in mashed cauliflower, basil, and more salt & pepper to taste. Cook 1 min more. Remove from heat & stir in egg. Spread mix into potato crust. Sprinkle w/cheese and bake until cheese is lightly golden on top, 30-35min.

Serves 6-8

from "Asparagus to Zucchini" cookbook

### ***Curried Cauliflower***

1 T vegetable oil  
1/2 tsp mustard seeds  
1 tsp turmeric  
1/2 tsp sea salt

1 head cauliflower,  
cut into bite sized  
pieces  
1/2 C water  
2 tsp crushed  
coriander seeds  
1/2 tsp curry powder

Heat vegetable oil in Med skillet over med HIGH heat. Add mustard seeds. As soon as they start to pop, stir in turmeric & salt. Add cauliflower: mix well. Cover & cook for 5 min. Stir in water, coriander, & curry. Adjust the heat to low & cook, covered, for 5 min.  
Serves 4-5 from "Real Dirt on Vegetables" cookbook

## News from the Field

Welcome Late Season Members!

What a wonderful way to begin the Late Season harvest! Although it was cool when we made our way out to the fields this morning, the sun burned off the low lying fog early on, and the sun shone upon us like a long lost friend.

As the crew gradually peeled off layer after layer of clothing, we welcomed the warmth on our bodies. It seems as though it's been an eternity since we felt the sun, and our spirits and conversations were definitely lighter than they have been during the last few weeks. We know that it will be relatively short lived and we will cherish and enjoy every single second while it lasts.

This week we are harvesting for less than a third of the membership of the regular season, and it seemed as though each vegetable's quota was reached in a miraculously short time. Just in time, as each week from here on, a few more crew members will move on to fulfill their winter adventures.

This past week-end Harvest Celebration was a resounding success. We were all pleasantly surprised and pleased by the large turn-out, as with the weather, we were sure we would be entertaining only ourselves!



Jack made 7 or 8 hay wagon trips down to the pumpkin patch, and the excitement and pleasure on the children's faces was contagious. The potluck fare was diverse and delicious, and we enjoyed tasting the wide variety of dishes while the "Conjugal Visitors" serenaded us with their delightful bluegrass music.

The children who attended had fun thrashing the chicken pinata, and Wali served up pitcher after pitcher of fresh pressed apple cider, using the 100 year old, hand built cider press we borrowed from a trusting friend. All in all, I think everyone had a great time!

Your first Late Season share looks wonderful. I have not talked about Cauliflower yet this season, so that will be our feature vegetable this week. For those of you just

joining us for the late season, you can access more information about storage of vegetables and additional recipes on our website listed below. We have this year, as well as the past 3 years, archived there under "online box notes".



Cauliflower (from the latin *caulis*, meaning cabbage and *floris*, meaning flower) first appears in the history books around 600 BC when it was introduced to Italy. It is thought to have been domesticated from its wild cabbage ancestor's centuries earlier in Asia Minor. Cauliflower remained in the Asia Minor and Mediterranean regions until the 16th century when Catherine de Medici of Tuscany married Henry II of France and brought with her a fleet of Cauliflower-loving cooks. From France, the vegetable quickly moved throughout the rest of Europe and eventually to the US. Today's leading producers of Cauliflower are Italy, India (Aloo-Ghobi!), China and the US.

If you're looking for nutrition, Cauliflower – like many of its *brassica* brothers and sisters – is a great place to start. Cauliflower is one of the veggie kingdom's leading sources of protein. It also has large quantities of Vitamin C, A, B-complex and E. It is known for its significant levels of anemia-fighting folates and prostate cancer-reducing selenium in addition to many other anti-oxidants. If you'd like to maximize the nutritional benefits of Cauliflower, avoid overcooking it. Try it lightly steamed or even raw. Anyway you choose to prepare this rich and complex vegetable, we hope you enjoy it.

We hope you all enjoy your veggies this week!

Linda and all of the Winter Green Farm farmers