

SATURDAYS THRU FEBRUARY, 9 AM - 12 PM

# FRAM

*Farmers @ The  
Riverside Arts Market*



JUST PICKED

FROM YOUR LOCAL FARMS

EAT LOCAL EAT FRESH

*Fresh this week*  
January 30, 2010

## Greens & Herbs

Bibb lettuce  
Cilantro  
Collards  
Kale  
Parsley  
Red leaf lettuce  
Romaine lettuce  
Spinach  
Swiss Chard

## Citrus & Fruit

Grapefruit  
Lemons  
Oranges  
Strawberries

## Legumes & Tubers

Green Beans  
Sweet Potatoes

## Vegetables

Brussels Sprouts  
Cabbage  
Carrots  
Cauliflower  
Eggplant  
Red onions  
Spring onions  
Peppers  
Tomatoes  
Zucchini

## Plus . . .

Fresh-baked breakfast breads,  
Magnolia Farms goat cheese,  
homemade granola, honey,  
seed blends, coffee beans . . .

Welcome to FRAM! It's RAM Unplugged--no art, no bands, just fresh produce picked during our area's best growing season.

## THE ANTIDOTE TO GASSED GREENS

**P**re-packaged salad mixes are convenient, but they're not exactly fresh. The greens in these mixes first pass through a chlorine rinse (think car wash); then, after being tumbled dry in massive metal drums, the salad is placed in a modified atmospheric pressure (MAP) bag that exchanges oxygen for nitrogen and carbon dioxide. This reduces the rate of deterioration and enhances the product's shelf life. Hardly straight from the farm, huh?

Even if you can look past the gassing of your greens, not to mention the resulting loss of nutrients (a 2003 study noted antioxidant nutrients such as vitamin C and E, polyphenols and other micronutrients seemed to be lost

in the MAP process), you should still consider the cost. Commercially bagged salad is roughly twice the cost of head lettuce. So why not learn how to bag your own?

**Air and water** are the enemies of most vegetables. But if you eliminate the oxygen and moisture from your greens, you can have fresh, crisp salad ready to go every night. **How?** Wash and thoroughly spin-dry your greens as soon as you buy them, keeping the pieces whole. (The more tears in a leaf, the more likely it is to brown.) Place the leaves in a heavy-duty re-sealable plastic bag with a piece of paper towel to wick up extra moisture. Squeeze out all the air, seal shut and refrigerate. The greens will stay great for ten days!



## Books we really like . . .

**S**ophisticated, home-cooked, fuss-free seasonal meals that can be created in under an hour. Is that too much to ask?



**Absolutely not**, insists Peter Berley in *Fresh Food Fast*. An award-winning vegetarian chef, cooking teacher and family man, Berley has a passion for meals that taste incredible, salute the seasons, and are easy to prepare.

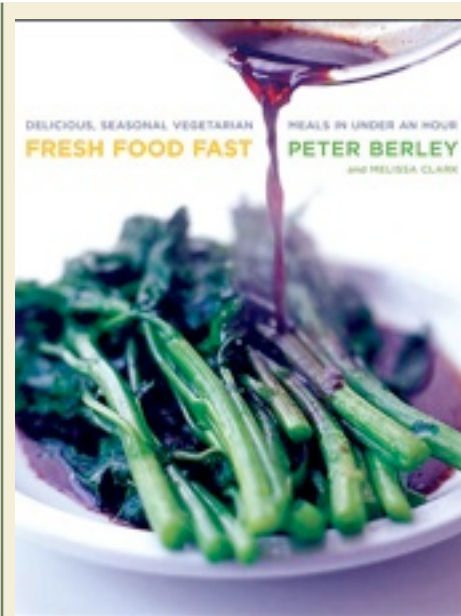


In *Fresh Food Fast*, he provides forty-eight meals -- twelve for each season -- including recipes, a shopping list, an equipment list, and a game plan that takes you step-by-step through the menu. Included are substantial, satisfying meals that will bring pleasure to vegetarians and omnivores alike --

dishes like Braised Spring Vegetables with Grits, Poached Eggs, and Chives; or, in summer, Spicy Corn Frittata with Tomatoes and Scallion-Cucumber Salad. Even desserts get their due, with flavorful treats like Caramelized Bananas with Blood Orange and Pistachio. And since menus are organized by the seasons, it's super easy to use what's fresh and local.



In a world where fast food is generally prepackaged and second-rate, Peter Berley teaches us how we can live without compromise and enjoy fresh, wholesome meals any night of the week.



Molly Katzen, author of the seminal *Moosewood Cookbook*, says Berley "cooks with an artist's touch and a philosopher's passion."



**RECIPE  
ADAPTED FROM  
THE GOURMET  
COOKBOOK  
BY RUTH  
REICHL**

### ROASTED CAULIFLOWER WITH GARLIC

**2 heads cauliflower, cored and cut into 2-inch-wide florets**  
**1/3 c olive oil**  
**3 garlic cloves, minced**  
**1/2 t salt**  
**1/4 t freshly ground black pepper**

Toss cauliflower with oil, garlic, salt and pepper in a large bowl. Spread evenly on two baking sheets with sides. Roast, stirring occasionally and switching position of sheets halfway through roasting, until cauliflower is golden and crisp-tender, 25 to 30 minutes.

**Yields 6 servings.**

**Variations:** Using the bowl in which you mixed the cauliflower and oil, blend 1/2 cup fresh breadcrumbs with 1/2 t crushed red chili flakes. When you switch the baking sheets at the halfway mark, sprinkle the breadcrumb mixture over the florets, and stir to distribute.

**Or**, halfway through roasting, sprinkle each pan of florets with the juice from half a lemon. When cauliflower is done (you should easily be able to pierce with a fork), sprinkle generously with parmesan cheese and serve.

Cauliflower probably originated in Asia Minor, but was available almost exclusively in Italy until the 16th century when it was introduced to the rest of Europe. It's often overlooked (especially in those chilled veggie trays) but has tons of flavor when cooked right. And just three florets a day provides 67% of your daily Vitamin C requirement!