

CAULIFLOWER

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Once that is essentially parbaked, you add a layer of shredded cheddar cheese (I used sharp cheese, which I would recommend), then a layer of thyme-scented, sauteed cauliflower and onions, and then another layer of shredded cheese.

Pour in a simple custard of eggs and a little milk, bake, and you end up with a dish that will make even the most fervent carnivore say, “maybe these Moosewood people are on to something.”

I also made a wonderful marinated chickpea and cauliflower salad. This dish benefits from extended marination — at least four hours and up to three days. I marinated mine overnight. That was enough to smooth the flavors together, and yet still have a fresh, bright taste.

The brightness comes from sherry vinegar, which always makes whatever you use it in taste better.

ROASTED CAULIFLOWER

Yield: 4 servings

1 pound cauliflower, about 1 medium-large head, trimmed and cut into ¼-inch-thick slices
1½ tablespoons extra-virgin olive oil
Sea salt
Coarsely ground black pepper

1. Preheat oven to 400 degrees. Place cauliflower in a large mixing bowl. Pour on just enough olive oil to coat. Season generously with salt

and pepper and toss gently until evenly coated.

2. Lay cauliflower pieces out on a baking sheet. Drizzle any remaining oil from the bowl on top. Bake, turning once, until caramelized on edges and tender, 25 to 30 minutes. Serve warm or at room temperature, as a side dish. You can also sprinkle it with a very good aged vinegar. Or, cut florets into smaller pieces and add to salads.

— Adapted from *The New York Times*

CAULIFLOWER CHEESE PIE

Yield: 4 to 5 servings

For the crust
2 cups (packed) grated raw potato
¼ cup grated onion
½ teaspoon salt
1 egg white, lightly beaten
1 tablespoon oil

For the filling
1 tablespoon olive oil or butter
1 cup chopped onion
2 medium garlic cloves, minced
½ teaspoon salt
Black pepper, to taste
½ teaspoon dried basil
¼ teaspoon dried thyme
1 medium cauliflower, cut into florets
1 cup (packed) grated cheddar
2 eggs
¼ cup milk
Paprika

1. Preheat oven to 400 degrees.
2. For the crust: Combine grated potato, onion, salt and egg white in a small bowl, and mix well. Transfer to a pie pan and pat into place with lightly

floured fingers, building up the sides into a handsome edge.

3. Bake for 30 minutes, then brush crust with 1 tablespoon of oil (or less) and bake it 10 more minutes. Remove from oven and lower temperature to 375 degrees.

4. For the filling: Heat 1 tablespoon olive oil or butter in a large skillet. Add onion, garlic, salt, pepper, basil and thyme, and saute over medium heat for about 5 minutes. Add cauliflower, stir and cover. Cook until tender, stirring occasionally, about 8 to 10 minutes.

5. Spread half the cheese onto the baked crust. Spoon the sauteed vegetables on top, then sprinkle on the remaining cheese. Beat the eggs and milk together and pour over the top. Dust lightly with paprika.

6. Bake 35 to 40 minutes, or until set. Serve hot or warm.

CAULIFLOWER WITH POTATOES (GOBI ALOO)

Yield: 4 to 6 servings

1 large cauliflower
2 to 3 medium potatoes, peeled
8 tablespoons vegetable oil
3 medium-sized onions, finely chopped
2-inch piece of ginger, peeled and cut into very fine slices and then into very fine slivers
2 medium tomatoes, grated or finely chopped
¼ to ½ teaspoon cayenne pepper
½ teaspoon ground turmeric
1½ teaspoons ground coriander
½ teaspoon ground cumin
1 to 1 ½ teaspoons salt

½ teaspoon garam masala

1. Break the cauliflower into medium-sized florets. Cut the potatoes lengthwise into halves and then cut each have lengthwise into roughly 3 pieces to get chunky fries.

2. Heat the oil in a wok or large frying pan over medium heat. When oil starts to shimmer, add the potatoes and fry until they are medium-brown and just barely cooked through. Remove with slotted spoon and drain on paper towels. Put the florets in the same oil and fry until just barely cooked through. Remove with slotted spoon and drain on paper towels. Remove all but 3 tablespoons of the oil from the wok or pan.

3. Add the onions and stir until they are light brown. Add the ginger and continue to stir and fry until the onions are medium-brown. Add the tomatoes and keep frying until they turn soft and darker, and the oil seems to separate from the sauce. Add the cayenne pepper, turmeric, coriander, cumin and salt. Stir and fry for 1 minute.

4. Return the potatoes and florets to the pan. Stir to mix gently. Sprinkle 1 tablespoon of water over the vegetables. Cover. Reduce heat to low and cook gently for 3 to 5 minutes. Add the garam masala. Stir gently to mix, and serve.

MARINATED CHICKPEA AND CAULIFLOWER SALAD

Yield: 6 to 8 servings

1 head cauliflower (2

pounds), cored and cut into 1-inch florets
Salt and pepper
¼ teaspoon saffron threads, crumbled
¾ cup extra-virgin olive oil
10 garlic cloves, peeled and smashed
3 tablespoons granulated sugar
1 tablespoon smoked paprika
1 small sprig fresh rosemary
¼ cup sherry vinegar
1 (15-ounce) can chickpeas, also called garbanzo beans, rinsed
1 lemon, sliced thin
2 tablespoons minced fresh parsley

1. Bring 2 quarts water to boil in a large saucepan. Add cauliflower and 1 tablespoon salt and cook until florets begin to soften, about 3 minutes. Drain florets and transfer to a paper towel-lined baking sheet.

2. Combine ½ cup hot water and saffron in a bowl; set aside. Heat oil and garlic in a small saucepan over medium-low heat until fragrant and beginning to sizzle, but not browned, 4 to 6 minutes. Stir in sugar, paprika and rosemary, and cook until fragrant, about 30 seconds. Off heat, stir in saffron mixture, vinegar, 2

teaspoons salt and ¼ teaspoon pepper.

3. In a large bowl, combine florets, saffron mixture, chickpeas and lemon. Transfer mixture to a gallon-size resealable bag and refrigerate for at least 4 hours and up to 3 days, flipping bag occasionally. To serve, transfer cauliflower and chickpeas to a serving bowl with a slotted spoon and sprinkle with parsley.



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GARDEN

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Heat damage can first appear in many different parts of the plant: flower buds may wither, leaves may droop or become more attractive to insects, chlorophyll may disappear so that leaves appear white or brown, or roots may cease growing.

Plant death from heat is slow and lingering. The plant may survive in a stunted or chlorotic state for several years. When desiccation reaches a high enough level, the enzymes that control growth are deactivated and the plant dies.

Use the American Horticultural Society Plant Heat Zone map in the same way that you do the Hardiness Map. Start by finding your town or city on the map. The map has county outlines that may help you do this.

The 12 zones of the map indicate the average number of days each year that a given region experiences “heat days” — temperatures over 86 degrees. That is the point at which plants begin suffer-

ing physiological damage from heat. The zones range from zone 1 (less than one heat day) to zone 12 (more than 210 heat days).

Thousands of garden plants have now been coded for heat tolerance, with more to come in the near future. You will see the heat zone designations joining hardiness zone designations in garden centers, reference books, and catalogs. On each plant, there will be four numbers. For example, a tulip may be 3-8, 8-1.

If you live in USDA zone 7, you will know that you can leave tulips outdoors in your garden year round. An ageratum may be 10-11, 12-1. It can withstand summer heat throughout the United States, but will over winter only in our warmest zones. An English wallflower may be 5-8, 6-1. It is relatively cold hardy, but can’t tolerate extreme summer heat.

Most important, the AHS Plant Heat-Zone ratings assume that adequate water is supplied to the roots of the plant at all times. The accuracy of the zone coding can be distorted by a lack of water, even for a brief period in the life

of the plant. Plant tissues must contain enough water to keep their cells turgid and to sustain the plant’s processes of chemical and energy transport.

Watering directly at the roots of a plant — through drip irrigation for instance — conserves water that would have been lost to evaporation or run-off. Mulch also conserves water.

Other factors affecting heat-hardiness are oxygen levels (which can be blocked by over-watering), pH, light, air movement, and surrounding structures.

The heat-tolerance map was created by using data from the archives of the National Climatic Data Center. A total of 7,831 weather stations were processed; 4,745 were used in plotting the map.

Durable 2-foot by 3-foot full-color posters of the AHS Heat-Zone map are available for \$10/each. To purchase a map you may order online, or call 703-768-5700, extension 118 or email membership@ahsgardening.org.

If you have garden comments or questions, please write: greengardencolumn@yahoo.com Thanks for reading!

DORY

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From there we had brought the framework of an iron bedstead that had come across the plains in a covered wagon by Mother Fleshman’s Willett parents. Since that long ago time it had been painted and repainted but now again in bad condition, an openwork of curling paint-peeling iron rods. She had told us that we could have it but that it lacked one of the mattress-support rails because she had broken it to use in her flowerbed to support the taller growth. After her death and in our moving to the hill, George dug out the broken portion of the rail and brought it along to the new house.

The bedframe was in deplorable painted condition, but we wanted to use our personally historic bed, so we set about restoring it as best we could. With a coat of

white paint following a good striping of the old, we covered the rusted bedstead rods and gilded the raised portions with gold paint. In the meantime, George had somehow managed to fasten together the pieces of broken railing to the headboard with a bit of wire and this and that, so the stead stood for our use. The bed really turned out quite nicely with our matching window drapes and bedspread.

The bed had come with a mirrored dresser and a tall seven-drawer chest, the wood and paint both in equally poor condition, so they received the same treatment of white paint and gold gild.

We were proud of our new master bedroom except for one thing. We had no bedsteads. Here we were in the middle of getting settled in our new house in the middle of winter, George attending to so many details as well as his job in town, and there was no

place to put his alarm clock or drawers for our personal belongings on either side of the bed.

Always up to the challenge, he brought home some half-inch and quarter-inch boards and with his skill saw he measured and cut numerous pieces to nail together. The finished products were two bed-stands with three medium-sized and one small drawer, angled to open without handles, that just fit the space on each side of the bed. To match our white and gold color-scheme, we painted and gilded our new additions and were grateful for the use they provided over the years, rustic as they were. We could purchase new, properly-constructed ones in years to come. But we never did.

Time passed and, with it, my George as well. The three-story house and near 15-acre homestead could no longer be under my tender care, so

it meant another house and storage of the iron bedframe. The bed stands were still durable, if not handsome, and they just fit my needs standing side by side beside my easy chair, so I put them to use without thinking of how they might look to others. Why buy something new when these could continue to serve, a reminder of days gone by when necessity was quickly met in a homely fashion but speak of love in spite of the less desirable looks.

Maybe one day I will buy new ones that look pleasing with fine quality wood and beveled joints.... or maybe I will repaint them a different color.

Or, maybe I’ll just look at these — and remember the years between Feb. 22, 1963 and April 24, 2008.

But then, there was Easter again yesterday and I don’t feel so sad in remembering.



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