

# Welcome to the Dugoni School Farmers Market

*By shopping here...*

## **You're saving money and time**

- In-season farmers market produce is affordable and fresh
- Shopping here is quick and easy

*By eating food from here...*

## **You're keeping your mouth and body healthy**

When you eat more fresh produce, you're more likely to have a healthy mouth and body. According to the Academy of General Dentistry, patients can improve their oral health and reduce the risk of gum disease by eating a balanced diet including foods from the five food groups. In particular, "A diet rich in dark, leafy green vegetables and fresh fruits helps the body to have adequate C and B vitamins."

Research suggests that antioxidants and other nutrients found in fruits and vegetables may strengthen your immune system and improve the body's ability to fight bacteria and inflammation, which can help protect the teeth and gums.

- Antioxidant vitamins including Vitamin C and other nutrients found in fruits and vegetables help protect gums from cell damage and bacterial infection.
- Folic acid promotes a healthy mouth. This member of the B vitamin family is found in green leafy vegetables and brewer's yeast.

## **About the Arthur A. Dugoni School of Dentistry**

One of the leading dental schools in the nation, the University of the Pacific, Arthur A. Dugoni School of Dentistry has served the Bay Area community since 1896. The school is committed to excellence in student-centered education, patient care and research, and provides quality oral health care to children and adults in a supportive environment. Our faculty members and students collaborate to provide comprehensive dental care, from traditional to cutting-edge dental procedures, at affordable prices. Most insurance plans are accepted, including private insurance and Denti-Cal. Flexible payment plans are available for qualified patients. We also accept cash, checks, Visa and MasterCard.

New patients are seen Monday through Friday by appointment. To schedule your initial screening, call 415.929.6501 Monday through Friday, 8:30 a.m. - 12:30 p.m. and 2:00 p.m. - 4:30 p.m.



Wednesdays 11 a.m. – 2 p.m.

University of the Pacific, Arthur A. Dugoni School of Dentistry  
2155 Webster at Sacramento, one block from Fillmore St.  
San Francisco

UNIVERSITY OF THE  
**PACIFIC**  
Arthur A. Dugoni  
School of Dentistry

# Spiced Caramelized Cauliflower

Many thanks to Molly Watson for recipe and photos. Check out her funny and inspiring blog at [www.thedinnerfiles.com](http://www.thedinnerfiles.com)



This cauliflower gets its golden hue from a bit of turmeric. It works fine without the turmeric if you don't have any on hand, but look at that color! Why leave it out? The wee bit of sugar in the spice mix helps the whole thing brown and caramelize and crisp up ever so slightly.

## Ingredients:

- 1 head cauliflower
- 3 Tablespoons butter
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon hot paprika
- 1/2 teaspoon sweet paprika
- 1/4 teaspoon cayenne (optional)
- 1/4 teaspoon turmeric
- 1/8 teaspoon ground cinnamon

Heat the oven up to 450 degrees. Cut cauliflower into florets. I like to try and keep things fairly bite-sized so I further divide the larger pieces, but I'm sure you know how you like your cauliflower cut up.

Melt the butter and then mix it in a large bowl (big enough to hold all the cauliflower) with the sugar, salt, and all the spices. Add the cauliflower and toss to coat the cauliflower as evenly as possible with the spicy butter.

Lay the cauliflower pieces in a single layer in a roasting pan or on a baking sheet. Cook them in the oven until browned, sizzling, and tender with crispy bits forming on the edges – mine took about 25 minutes.

Serve hot or warm. I think they'd be rather nice as a little appetizer – with toothpicks – with drinks.

# Peach Crostada

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Also known as galette, free-form tart, pan-less pie.

Prep Time: 30 minutes

Cook Time: 1 hour, 30 minutes

Total Time: 1 hour, 60 minutes

## Ingredients:

4 or 5 peaches

1/4 to 1/2 cup sugar or brown sugar

1/8 tsp. ground cinnamon

1/8 tsp. ground nutmeg

1 tsp. instant tapioca (optional)

1 store-bought pie crust or your favorite pie crust recipe

Castor sugar for sprinkling (optional)

Preheat oven to 400 degrees. Peel peaches and slice peaches, putting the peach slices into a large bowl.

Add 1/4 cup sugar, toss, and taste peaches. Add more sugar to taste. Sprinkle on cinnamon and nutmeg and toss to combine thoroughly. Add tapioca, if using, and toss to combine again. Set aside.

Roll out crust to about 11 inches across and transfer to a large baking sheet. Mound peaches in the middle, leaving at least an inch or two clear on the edges. Fold up edges and pinch into folds. Sprinkle the whole thing with castor sugar, if you like.

Bake crostada at 400 degrees for 45 minutes. Reduce heat to 350 degrees and bake until the crust is completely golden brown and fruit is bubbling in the middle of the crostada, about 45 more minutes. Let sit at least 20 minutes before cutting.

Makes about 8 servings.