

FARM FRESH

GAZZETTE

Know Your Farmer ... Know Your Food

Wightmans Farms CSA 2015 Week 12

THE



Corn

Heirloom Tomatoes

Cherry/Grape Tomatoes

Peaches

Spaghetti Squash

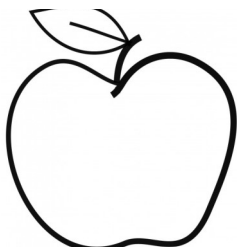
Carnival Squash

Sprouts

Apples-Zestar!

Pizza Dough

**new tip for sprouts toss with salad dressing and much sounds funny but it is a fantastic snack! Try it once and you'll be hooked!!*



This week's box is sure to please you all. Because so many of you just LOVE the pizza dough we decided to add it in again this week. You can do so much more than make pizza with it, but I know our friend Kelly has already told you the many many uses of this dough. Calzones, Focaccia, Quiche base, mini breads to name a few.

Breadsmith Pizza Dough Instructions

- Remove the dough from the refrigerator and let it come to room temperature on the counter.
- Prepare your stone, pan (lightly sprayed), or parchment paper (non-waxed).
- Carefully stretch or roll the dough to the desired size. If the dough is at room temperature, it should not tear.
- Let the stretched dough rise for 10 to 15 minutes if thicker crust is desired.
- Cover the dough with your favorite toppings.
- Bake at 400 to 425 degrees for approximately 15 to 25 minutes.
- Let cool slightly before cutting. Serve and enjoy!

Our favorite toppings:

Olive oil and fresh garlic, fresh vine ripe tomato, cheese, red bell pepper, thinly sliced red onion and artichoke hearts.

INGREDIENTS: UNBLEACHED UNBROMATED WHEAT FLOUR, WATER, SEMOLINA FLOUR, CORN MEAL, SUGAR, CANOLA OIL, BARLEY MALT, SALT, WHEAT GLUTEN, YEAS

Zestar! Description

Great Crisp Taste

The most outstanding feature of a Zestar!® Apple is its sprightly sweet-tart taste with a hint of brown sugar. And, unlike other early season apples that are often soft or mealy, Zestar!® is juicy with a light, crisp texture. Just one bite, and you will savor the zesty flavor and crunch.

Zestar!® Ripens Early

Exceptional Extended Storage Life

Zestar!® Apples maintain their great taste and crunch for 2 months in refrigeration. This means an apple that will give you a zesty crunch after hours in a lunchbox, days in a fruit bowl, or even weeks in a refrigerator.

Sprouts truly are the best locally-grown food, yet not enough people eat or grow them. Considering there many health and environmental benefits, it's time to consider adding sprouts to your

Please Return Your Boxes Every Week

diet. Here are 5 reasons to eat more sprouts:

1. Experts estimate that there can be up to 100 times more enzymes in sprouts than uncooked fruits and vegetables. Enzymes are special types of proteins that act as catalysts for all your body's functions. Extracting more vitamins, minerals, amino acids, and essential fatty acids from the foods you eat ensures that your body has the nutritional building blocks of life to ensure every process works more effectively.

2. The quality of the protein in the beans, nuts, seeds, or grains improves when it is sprouted. Proteins change during the soaking and sprouting process, improving its nutritional value. The amino acid lysine, for example, which is needed to prevent cold sores and to maintain a healthy immune system increases significantly during the sprouting process.

3. The fiber content of the beans, nuts, seeds, or grains increases substantially. Fiber is critical to weight loss. It not only binds to fats and toxins in our body to escort them out, it ensures that any fat our body breaks down is moved quickly out of the body before it can resorb through the walls of the intestines (which is the main place for nutrient absorption into the blood).

4. Vitamin content increases dramatically. This is especially true of vitamins A, B-complex, C, and E. The vitamin content of some seeds, grains, beans, or nuts increases by up to 20 times the original value within only a few days of sprouting. Research shows that during the sprouting process mung beansprouts (or just beansprouts, as they are often called) increase in vitamin B1 by up to 285 percent, vitamin B2 by up to 515 percent, and niacin by up to 256 percent.

5. Essential fatty acid content increases during the sprouting process. Most of us are deficient in these fat-burning essential fats because they are not common in our diet. Eating more sprouts is an excellent way to get more of these important nutrients. You do NOT need ANY more reasons to give the sprout trick a try. Now go on...find your favorite salad dressing and start munching!

Bobby Flay's Marinated Grilled Tomatoes

Ingredients:

¼ cup olive oil
3 tablespoons balsamic vinegar
3 cloves garlic, finely chopped and made into garlic paste
1 tablespoon finely chopped fresh thyme leaves
24 cherry tomatoes
8 to 10 wooden (6-inch) skewers, soaked in water for 30 minutes
Salt and freshly ground black pepper
2 tablespoons finely chopped fresh chives

Directions

Whisk together the oil, vinegar, garlic paste and thyme in a medium bowl, add the tomatoes and toss to coat. Let tomatoes sit at room temperature for 30 minutes to marinate. Heat the grill to high. Remove the tomatoes from the marinade and skewer 4 per skewer, depending on the size of the tomatoes). Season on both sides with salt and pepper and grill until golden brown and slightly charred on both sides, about 6 minutes. Transfer the skewers to a platter and garnish with chives.

Baked Carnival Squash with Bacon and Rosemary

Ingredients:

1 Carnival squash (acorn or hokkaido)
Salt and black pepper to taste
100 g Smoked bacon, diced
50 g Olive oil
1/2 tsp Dried rosemary
2 Garlic cloves, minced
1/5 tsp Nutmeg
1 tsp Sugar

Directions:

Preheat the oven to 190C/375F. Cut carnival squash into halves, scoop out seeds and fibers, and cut each half into two chunks. Place them cut-side up on a shallow baking tray. Sprinkle some salt and black pepper. Dice the bacon and combine with olive oil, rosemary, garlic, nutmeg and sugar in a bowl. Divide the mixture among the carnival chunks. Bake in the middle of the hot oven for 25-30 minutes.

Chicken Stuffed Carnival Squash

~serves 2

1 carnival squash (about 1 pound 7 ounces)
1 tablespoon butter
2 teaspoons brown sugar
2 chicken legs, poached
1 teaspoon olive oil
1 cup chopped red onion
2 cloves garlic, chopped
1 teaspoon chili powder
1/2 teaspoon cumin
salt and pepper to taste

Instructions

1. Preheat oven to 375 degrees F (350 degrees F with convection) and wash the squash thoroughly.
2. Cut the squash in half and scoop out the

seeds. Place cut side down in a dish and fill with 1/2" of water. Bake for 30 minutes. While it's baking, hand shred the chicken. Set aside.

3. Remove from the oven and flip over. Put 1/2 tablespoon of butter in each squash half and sprinkle with brown sugar. Bake for another 15 minutes. Set each squash half (open side up) on a plate.

4. Heat a small saute pan with olive oil. Add onions and garlic and stir around until softened. Add chicken, chili powder, and cumin. Season to taste. Divide in half and fill each squash half. Serve

Quinoa Stuffed Carnival Squash – for two

Ingredients:

1 carnival squash
olive oil
salt
pepper
1/2 c. quinoa, rinsed and sorted
3/4 c. broth
1/2 c. raisins
1/2 t. cinnamon (or a cinnamon stick)
1/4 c. pine nuts, lightly toasted
1/4-1/2 c. Gruyere

Instructions:

1. Pre-heat oven to 375F.
2. Cut the squash in half through the stem and de-seed. Coat inside lightly with olive oil and season with salt and pepper. Put in a small pan/dish, cut side down, and fill with 1/4" water. Put in oven for 25 minutes. (If also roasting baby sweet potatoes, put them in a separate dish and put in the oven at the same time.)
3. Heat broth, add quinoa and raisins and cook covered until broth is gone. Quinoa will be "al dente" not soft. While quinoa cooks,

toast pine nuts and grate cheese.
4. When quinoa is done, mix in pine nuts and half of cheese. Mix to will integrated.
5. Squash should be nearly done at this point – a knife should enter the flesh easily and the water should be evaporated. Pull it out, fill with pilaf stuffing and top with remaining cheese. Return to oven for 5 minutes. (You'll have extra stuffing to serve as a side or for leftovers.)
6. Put together a simple salad with vinaigrette* and plate it. Squash (and potatoes) will be ready to serve!

***Note:** my standard vinaigrette is one part vinegar, one and a half parts oil, a squeeze of brown mustard, a couple shakes of salt, a couple grinds of pepper, and some oregano. If I'm feeling spirited, I add a small clove of garlic and a little honey. will be asking for the recipe. Enjoy!

Heirloom Tomato & Spaghetti Squash Lasagna

Adapted from True Food Kitchen
Not only is this #MeatlessMonday dish super good, it's super healthy. My Heirloom Tomato & Spaghetti Squash Lasagna highlights fresh, seasonal ingredients while still packing a very flavorful punch. The mixture of the heirloom tomatoes and fresh mozzarella just cannot be beat, and on top of that, sweet corn mixes with serrano pepper for the perfect mix of sweet and spicy (that you know I always, always love). And it tastes even better the next day!

Ingredients

1 large spaghetti squash
2 heirloom tomatoes, I prefer purple Cherokee, diced
1 large zucchini, diced
1 onion, diced

1 cup sweet corn
1 serrano pepper, finely diced
Fresh Mozzarella, sliced and enough to cover the top of your lasagna (approximately 6 oz.)
1/2-3/4 cup tomato sauce
Salt, Pepper, & Cayenne to taste
Thyme for garnish

Instructions

1. Preheat oven to 350 degrees
2. With a fork pierce the spaghetti squash all over and microwave for 12 minutes
3. While the squash cools add tomatoes, onions, corn, serrano pepper, zucchini to a large mixing bowl.
4. Once the squash is cool cut in half and scoop out the seeds with a spoon. With a fork scoop out the remaining flesh into the bowl and mix gently. Salt, pepper, and cayenne to taste.
5. Spoon the mixture into a shallow baking pan, cover with tomato sauce, and bake for 40-45 minutes uncovered.
6. Top the lasagna with sliced mozzarella and turn the oven to broil. Broil until the cheese melts and turns golden brown.
7. Remove from the oven, garnish with thyme sprigs, and let cool for 5-10 minutes. Serve and enjoy.

Peach, Prosciutto, & Goat-Cheese Pizzas

Gourmet August 2000

1 pizza dough
3 tablespoons extra-virgin olive oil
1 1/2 firm-ripe peaches, cut into thin wedges and halved crosswise
8 very thin prosciutto slices, torn into pieces
3 oz soft mild goat cheese, crumbled
2 teaspoons chopped fresh rosemary

Instructions:

Remove dough from plastic bag and place on your counter with a moist tea towel, it will

come to about room temperature and then puff up/rise a bit. While dough is rising, put pizza stone in lowest position of oven (on oven floor if gas, lowest rack position if electric; remove other racks in either case) and preheat oven to highest setting (500–550°F; allow about 1 hour to preheat with stone).

Shape dough:

Quarter dough on floured surface and dust with flour. Shape and stretch 2 pieces of dough into 7- by 5-inch ovals (keep remaining dough covered).

Sprinkle baker's peel generously with flour and carefully transfer ovals to it. Jerk peel; if dough sticks, lift it and sprinkle flour underneath.

Top and bake pizzas:

Working quickly, brush ovals with some oil and top each with one fourth of peaches, prosciutto, cheese, and rosemary. Season with salt and pepper.

Line up far edge of peel with far edge of stone and tilt peel, jerking it gently. When edge of first pizza touches stone, quickly pull back peel to completely transfer pizzas to stone (do not move pizzas).

Bake until crisp and golden, 6 to 8 minutes. Slide peel under pizzas to remove from oven.

Shape, top, and bake 2 more pizzas in same manner. Drizzle remaining oil over pizzas.

Heirloom Pizza

1 pizza dough

1 cup fresh basil leaves

6 garlic cloves

3 tablespoons extra-virgin olive oil, divided

4 ounces fresh mozzarella cheese, thinly sliced

2 (6-ounce) heirloom tomatoes, cut into 1/4-inch-thick slices

1/4 teaspoon freshly ground black pepper &

1/2 teaspoon kosher salt

Instructions:

Allow the dough to rest at room temperature before rolling it out. If it still shrinks back when you start to work with the dough, let it rest for another 10 minutes, and then try again. For a pretty finishing touch, save a few small basil leaves to sprinkle over the top after it cooks.

1. Place a pizza stone or heavy baking sheet in oven. Preheat oven to 500° (keep pizza stone or baking sheet in oven as it preheats).

2. Let dough stand at room temperature for 30 minutes.

3. Place basil, garlic, and 2 tablespoons oil in a mini food processor; pulse 3 times to form a paste. Add remaining 1 tablespoon oil; pulse until smooth.

4. Roll dough into a 14-inch circle on a floured surface; pierce entire surface liberally with a fork. Carefully remove pizza stone from oven.

Arrange dough on pizza stone. Spread about 2 1/2 tablespoons basil mixture over dough.

Top evenly with cheese, tomatoes, and pepper. Bake at 500° for 12 minutes or until crust is browned and crisp. Top with remaining 1 1/2 tablespoons basil mixture; sprinkle evenly with salt. Cut into 12 slices.

Spaghetti Squash w/ Garlic, Wine and

Tomato From MaryMakesDinnerBlog

I didn't ever think that a steaming bowl of squash would make me say "mmmmm" and reach for more. I love a good veggie, but seriously, it isn't often that I find a dish of mostly vegetable to be all that alluring. As with most things in life, squash took an intense turn for the better once I put some butter on it.

Now don't be afraid, skinny minnies, it wasn't that much butter. It only takes a bit to enrich

the flavor of a dish like this. I love butter, but I don't think that it should be subject to a "more is more" philosophy. Instead, I believe that just a little butter can do the trick, and when used wisely, it can be included more often with less guilt.

This dish involves a little butter, a little wine, and a whole lot of garlic. I also added a little olive oil for stability and savor, and fresh tomatoes for some variety in texture and flavor. Fresh Basil or Parsley gives the dish a touch of color and green aroma.

Ingredients

2 cups spaghetti squash, roasted and cooled

1/4 cup white wine

1 tablespoon olive oil

2 tablespoons butter

4 cloves garlic, minced

1 tomato, diced

2 tablespoons chopped basil

2 tablespoons chopped parsley

salt and pepper to taste

Instructions:

Melt the butter with the olive oil over low heat. As soon as the butter has melted enough to cover the bottom of the pan, add minced garlic and increase the heat to medium-low. Gently sweat the garlic until it becomes soft and fragrant. Add wine and increase the heat to medium-high. Bring the sauce to a simmer and allow it to bubble away for a few minutes, until the alcohol in the wine has cooked off. Reduce heat to medium and add tomatoes, basil, and parsley. Season to taste with salt and pepper, and red pepper if you like. Remove from heat and toss with spaghetti squash. (Heat the squash separately before tossing with sauce.) Top with grated parmesan or romano. Dig in!