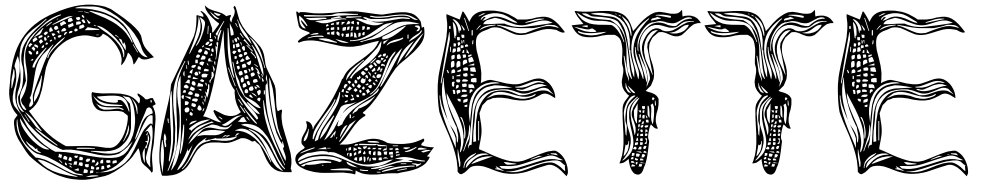


FARM FRESH



Know Your Farmer ... Know Your Food

Wightmans Farm CSA 2015 Week 15

THE



Corn

Tomatoes

Potatoes

Buttercup

Honey

Apples

Beans

Broccoli Rabe

**2016 Sign-ups

Open this

Weekend 9/5**

Its really hard to believe that there are only 3 weeks left of the season. Wightmans Farms will still be here after the CSA is over come by for:

Pick Your Own Peaches, Nectarines, Apples!

Call (973) 425-0840 Hot Line or (973) 425-9819 Market Phone.
The hotline is updated every Thursday afternoon, as needed.

Our seasonal Membership fee is only \$15.00 and gives access to our orchard for up to 5 people for the season. The cost of the fruit you pick per pound is reduced and membership also gives you some other discounts on farm related purchases making the onetime fee even more attractive.

We are open for picking

Friday 12:00PM-5:00PM,

Saturdays and Sundays 9AM to 5PM.

Now: Gala, Nectarines and Peaches
September: Mollie Delicious, McIntosh, Greening, Cortland, Empire, Golden Delicious, Red Delicious and Peaches.

October: Red Delicious, Golden Delicious, Jona Gold, Mutsu, Ida Red, Stayman Winesap, Braeburn, Fuji, Granny Smith and Pink Lady

*this is an estimate and is while supplies last

Wightman's Farms 1111 Mount Kemble Ave, Morristown NJ

Honey Roasted Potatoes

Food.com

Ingredient List:

- 500g potatoes, quartered
- 2tablespoons diced onions
- 2tablespoons butter, melted
- 1tablespoon honey
- 1teaspoon dry mustard
- 1pinch salt1pinch ground black

Directions:

- 1.Preheat oven to 375 degF (190 degC).
- 2.Lightly coat a baking dish with cooking spray.
- 3.Lay potatoes in single layer in baking dish and scatter onions on top.
- 4.In a small bowl combine melted butter, honey, mustard, salt and pepper, drizzle over potatoes.
- 5.Bake in oven for 35 minutes or until tender, stirring halfway through.

Buttercup Coffee Cake

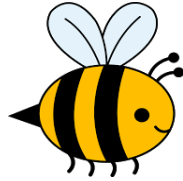
Ingredient List:

streusel:

- 1/4 cup packed brown sugar
- 1/4 cup sugar
- 1/4 cup flour
- 1/4 cup quick cooking oats
- 1/4 cup chopped nuts
- 1 & 1/2 tsp. cinnamon
- 3 Tbsp. cold butter

Cake:

- 1/2 cup shortening
- 1 cup sugar
- 2 eggs
- 1 cup mashed, cooked buttercup squash
- 1 tsp. vanilla
- 2 cups flour
- 2 tsp. baking powder
- 1 & 1/2 tsp. cinnamon
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1/4 tsp ground ginger
- 1/4 tsp ground nutmeg



- 1/2 cup unsweetened applesauce

Glaze:

- 1/2 cup 10X sugar
- 1 & 1/2 tsp. hot water
- 1/4 tsp. vanilla

Directions:

1. Combine the first 6 ingredients in the streusel. Cut in butter until crumbly; set aside. In a mixing bowl, cream shortening and sugar. Beat in eggs, one at a time. Beat in squash and vanilla.
2. Combine dry ingredients; gradually add to creamed mixture. Spoon half into a greased 9-in. spring form pan. Spread applesauce over batter.
3. Sprinkle with half of the streusel. Spoon remaining batter evenly over streusel. Top with remaining streusel. Bake at 350 for 50-55 min or until cake tests done.
4. Cool for 10 min; remove sides of pan. Combine glaze ingredients; drizzle over cake and ENJOY!

Broccoli Rabe and Sausage Pizza

Ingredient List:



- 1 bunch broccoli rabe, stems cleaned
- 2 to 3 cloves garlic, sliced thinly or minced
- 1/2 cup extra virgin olive oil
- 1/2 teaspoon red pepper flakes
- 1 pound Italian sweet or hot sausage in casing
- Salt and pepper

Directions

1. Wash the broccoli rabe well and let strain in a colander. Bring about 2 quarts of water to a boil and add a little salt. Add the broccoli rabe to the pot and bring back to a boil, and cook

for about 2 to 3 minutes. Strain the broccoli rabe, reserving 1/2 cup of the cooking liquid. Run under cold water to cool down, drain, then coarsely chop the broccoli rabe. Set aside.

2. Meanwhile, remove the sausage from it's casing, and crumble it well with your hands. Saute the sausage meat in a little oil for about 2 to 3 minutes until no longer pink. Set aside.
3. In a Dutch oven or large saute pan, add the garlic and the olive oil and heat over medium flame until garlic is golden. Add the broccoli rabe and toss a little to mix well. Season with salt and pepper, red pepper flakes. Add the reserved cooking liquid and let simmer on a low flame for about 5 minutes, stirring often. Add the cooked sausage meat to this and mix well. Check seasoning. Cool down mixture if not using right away.
4. Spread the pizza dough with the rabe mixture. Bake in a pizza oven or a preheated 400 degree oven until lightly golden and the crust is browned, about 20 minutes. Cut into wedges and ENJOY!

Roasted Buttercup Squash Soup

Ingredients:

- 4 1/2-5 pounds buttercup squash or another winter squash
- 7 1/2 cups Easy & Basic Vegetable Stock (recipe below), divided
- 2 tablespoons olive oil
- 4 cups leeks, sliced into 1/8th inch rounds OR 1 large onion cut into 1/2-inch chunks
- 3 four-inch sprigs fresh thyme
- 1 four-inch sprig fresh rosemary
- 2 teaspoons salt if using unsalted vegetable stock
- Dozen twists freshly ground pepper
- 1 cup blanched, slivered almonds

Garnish

Thinly sliced
chives
Fresh thyme
leaves



Instructions:

1. Heat the oven to 400 degrees. Wash the buttercup squash. Cut it in half and remove the seeds. Place it cut side down on parchment paper on a baking pan.
2. Bake the squash 30-45 minutes till just tender.
3. While the squash is cooking prepare the Easy & Basic Vegetable Stock (recipe below) or use prepared stock.
4. When the squash is done, put it aside to cool. When cool enough to handle, peel and dice 3 cups of it and set aside.
5. Peel and roughly chop the remaining squash. You should have about 5 1/2-6 cups of roughly chopped squash.
6. For the soup, pour the oil into a large soup pot over medium heat. When hot stir in the sliced leeks or onion. Cover the pan and cook, stirring occasionally, for about 10 minutes until just beginning to color. Stir in the fresh thyme and rosemary and cook another minute.
7. Add the 5 1/2-6 cups roughly chopped squash to the pot. Stir in 5 cups vegetable stock and the salt and pepper. Cover the pan and simmer the soup for 10 minutes.
8. Prepare the almond milk in a blender: Blend together the slivered almonds and 2 cups of vegetable stock for 4 minutes until smooth.
9. Remove the herb stalks from the soup, leaving behind the leaves. Use an immersion blender to puree the soup in the pot. Or puree the soup in batches in a regular blender and return it to the pot.
10. Stir in the almond milk and the

reserved 3 cups of diced squash. Cook the soup at a simmer for 5 minutes. Adjust the salt and pepper to taste. Add additional stock if the soup is too thick.

11. Serve garnished with fresh chives and thyme leaves.

Easy & Basic Vegetable Stock

Makes about 8 cups

- Dark green ends from the leeks OR 1 onion cut into 1" chunks
- 2 carrots cut into 1/2-inch rounds
- 2 stalks celery, cut into 1-inch chunks
- 1 large clove garlic, quartered
- 2 large bay leaves
- 2 large sprigs fresh thyme or 1 teaspoon dried
- 6 peppercorns
- 12 cups water

Put everything into a large soup pot. Bring the water to a boil and reduce the heat so the stock simmers for 45 minutes to 1 hour. Strain the stock through a fine strainer.

Freeze Corn NOW food.com

I developed this way to freeze corn when other methods came out watery, mushy or tasteless. The butter puts a seal around the kernels the lets it keep crunch and the flavor in. I do about 2-3 batches per year and it keeps me through to next season. Number of ears will vary depending on size.

6 bags with 4 servings per bag
18 ears fresh corn on the cob
1/2 cup butter, melted
4 quarts water
1 teaspoon salt
6 ziploc bags

DIRECTIONS

1. Bring water and salt to a slow



boil, cook corn in batches, boiling for 4 minutes each batch.

2. Transfer cooked ears to a dish towel, allow to drain and cool until easily handled (this is how you keep the corn from being too watery).
3. Using an angel food cake pan, place ear on center and begin cutting kernels off so they fall into the pan. Then angle knife slightly to get the small bits out of the ears. Repeat until pan is full or all ears are cut.
4. Pour butter over kernels and mix well (this gives each kernel its own seal).
5. Put about 2 cups of corn into individual bags. Squeeze all the air out, seal then push to flatten each bag.
6. Freeze flat on a cookie sheet to keep each bag flat, then stack to store in freezer.
7. Corn will be good for up to a year, to use, defrost in the microwave and serve.

From the National Center for Home Food Preservation

Another 4 ways to freezing corn

Preparation – Select only tender, freshly-gathered corn in the milk stage. Husk and trim the ears, remove silks and wash.

Corn-on-the-cob – Water blanch small ears (1 1/4 inches or less in diameter) 7 minutes, medium ears (1 1/4 to 1 1/2 inches in diameter) 9 minutes and large ears (over 1 1/2 inches in diameter) 11 minutes. Cool promptly and completely to prevent a "cobby" taste. Drain and package. Seal and freeze.

Whole Kernel Corn – Water blanch 4 minutes. Cool promptly, drain and cut from cob. Cut kernels from cob about 2/3 the depth of the kernels. Package, leaving 1/2-inch headspace. Seal and freeze.

Cream Style Corn – Water blanch 4 minutes. Cool promptly

ly and drain. Cut kernel tips and scrape the cobs with the back of a knife to remove the juice and the heart of the kernel. Package, leaving ½-inch headspace. Seal and freeze.

Another way to prepare cream style corn for freezing is to cut and scrape the corn from the cob without blanching. Place the cut corn in a double boiler, and heat with constant stirring for about 10 minutes or until it thickens; allow to cool by placing the pan in ice water. Package in moisture-vapor resistant containers, leaving ½-inch headspace. Seal and freeze.

String Beans w/ Honey & Almonds

- 1lb fresh green beans
- ½cup sliced almonds
- 1tablespoon vegetable oil
- 1teaspoon honey

Instructions:

1. Clean green beans and remove ends.
2. Steam until crispy-tender-- about 8-10 minutes.
3. Mix together vegetable oil and honey.
4. Toss green beans until coated with honey mixture and almonds.

Raw Bean & Grain Salad-

- 1 cup Chopped String Beans
- 1 cup Corn
- 1 cup Diced Tomatoes
- 2 cups your favorite grain (I like Bob's Redmill Quinoa-the tri color one)
- 1 can of beans rinsed (red kidney, garbanzo or black beans)

Directions:

Mix all ingredients. Add your favorite salad dressing OR ¼ cup extra virgin olive oil and the juice of a lemon then season with Kosher Salt and Freshly ground pep-

per.

FROM inspiralized.com

Note: if you have not already picked up and inspiralized, NOW is the time because potatoes (sweet and white), apples, butter-nut squash are all PERFECT for this handy dandy machine...now a word from the creator of the website inspiralized.com:



I try to work out 4-5 times per week (sometimes more) and I really push myself at the gym (see my sweaty post-workout selfies @Getinspiralized) – I need fuel! Sometimes, I just need to crush an almond butter-banana sandwich before the gym, and sometimes I don't make it to the gym until 7pm!

Anyway, this pesto dish is perfect for a quick dinner – just pair it with your protein of choice and you have a flavorful meal, complete with a starch, vegetable, and protein! Actually, peas are a great source of protein.

I love potato noodles because you end up eating less of the actual potato and getting more “bang for your buck” in general. If you were to cube a medium Yukon gold potato, you'd get half a cup of cubes. When you spiralize that same potato, you get over 2 spiral cups! Plus, who doesn't love pesto? May I also point out that this dish is perfect for those who poo-poo on spiralized veggies? I mean, they can't say no to potatoes and pesto, right?

Peas & Pesto Potato Noodles

Ingredients

- 1 tablespoon extra virgin olive oil
- 1.5 pounds yukon gold potatoes, peeled, Blade D, noodles trimmed
- salt and pepper, to taste
- 1 cup frozen garden peas
- For the pesto:
 - 2 tablespoons pine nuts
 - 2 packed cups of basil
 - 2 tablespoons parmesan cheese
 - 3 tablespoons extra virgin olive oil
 - 1 large garlic clove
 - salt and pepper, to taste

Instructions

- Place a large skillet over medium-high heat and add in the olive oil. Once oil heats, add in the potato noodles and season with salt and pepper. Toss and then cover and cook, uncovering occasionally to toss, for 7-10 minutes or until potato noodles are cooked through. Place in a large mixing bowl.
- 1. While the potatoes cook, in a food processor, place all of the ingredients for the pesto and pulse until creamy. Taste and adjust to your preferences, if necessary. Set aside. Also, cook your peas according to package directions.
- 2. Once potato noodles, peas and pesto are done, combine in a bowl and toss thoroughly to combine. Serve immediately or place in refrigerator and serve later, chilled.

How do you say "Happy New Year" to your Jewish friends during Rosh HaShanah, the Jewish New Year? The answer is simple: "L'Shana Tova," which literally means "For a Good Year!"