

# FARM FRESH

# GAZZETTE

Know Your Farmer ... Know Your Food

Wightmans Farm CSA 2015 Week 2

## THE



*Our Own*  
**Strawberries**

*Our Own*  
**Swiss Chard**

*Our Own*  
**Kale**

*Our Own*  
**Leaf Lettuce**

*Our Own*  
**Romaine**

*Our Own*  
**Radish**

*Our Own*  
**Cherries\***

**Pea Shoots**  
**Yellow Squash\***

**Small Chocolate Milk**

**\*Denotes Fanatics Only**

*Also the smaller share only  
gets one lettuce variety*

**Please Return  
Your Box Every  
Week**

We sure hope you LOVED Week 1! If you have any questions or comments make sure you send them my way. This week strawberries are the star of the show once again for the small share but for you fanatic (the larger share) members receive CHERRIES. Also for the fanatics yellow squash which is fantastic when spiralized. If you do not own a spiralizer I highly recommend purchasing one. This handy dandy little device turns summer squash into spaghetti otherwise known as Zoodles. You can also spiralize potatoes, onions, cabbage...to name just a few. For those of you who do not eat a salad everyday we have some untraditional uses for that gorgeous lettuce.

PLEASE NOTE: If you felt your share last week was too large or too small, let us know and we can alter your share to meet your families needs!

*Dawn Salerno  
Your CSA Director  
908.477.0105*

### Radishes Braised with Shallots and Vinegar

*Serves 2 to 4 as a side dish*

1 tablespoon butter

2 slices bacon, diced

2 large shallots, finely sliced

1 pound radishes, about 2 bunches, tops trimmed and radishes sliced in half

2 tablespoons balsamic vinegar

1/2 cup water

2/3 cup finely chopped Italian parsley

Salt and freshly ground black pepper

Heat the butter and bacon over medium-high heat in a wide, heavy skillet — preferably cast iron. Cook for about 5 minutes. When the bacon is cooked through and getting crispy, place the radishes cut-side down in the pan and cook undisturbed for 2 to 3 minutes or until the bottoms begin to brown. Add the shallots and cook, stirring, for another minute.

Add the balsamic vinegar and the water — the water should just come up around the sides of the radishes. Cover, lower the heat, and simmer for 8 to 10 minutes, or until the radishes are tender.

Remove the lid and continue to simmer for 3 to 4 minutes, or until the liquid has reduced into a syrupy sauce. Add the the parsley and stir to wilt. Season w/ salt and pepper.

**Wightman's Farms 1111 Mount Kemble Ave, Morristown NJ**

## **Swiss Chard Balsamic**

Ingredients:

2 large bunches Swiss chard  
1 tablespoon olive oil  
4 strips thick-sliced bacon, cut into 1/2-inch pieces  
1 large onion, sliced  
3 garlic cloves, sliced  
1/4 teaspoon crushed red pepper flakes  
Kosher salt and freshly ground pepper  
2 teaspoons balsamic vinegar

Directions

Slice the stems into 1-inch pieces and re-serve. Stack the chard leaves into a pile. Roll together into a bundle and slice into 1/2-inch ribbons.

Heat the oil in a Dutch oven over medium heat. Add the bacon and sauté until browned, rendering the fat. Add the onion and garlic and cook until translucent. Add the red pepper flakes and the chard stems, cook for 3 to 4 minutes and then season with salt and pepper.

Begin to add the chard ribbons in batches.

Once the chard wilts down, add the next batch. Stir occasionally until completely tender, about 5 minutes. Add the balsamic vinegar and serve.

## **Baked Summer Squash**

It's hard to mess this one up. Cook it quickly and you have a toothsome side dish, perfect the next day as a cold salad. Cook it too long and the result is a soft casserole-like preparation to complement meat, or served as a vegetarian main dish. I served it with a bowl of pasta with kale pesto and it was the perfect quick weeknight meal.

Ingredients:

2 pounds summer squash (such as zucchini, pattypan squash, yellow crookneck squash)  
1/4 cup olive oil  
1/2 cup grated Parmesan cheese  
1/3 cup bread crumbs

1/2 teaspoon flaked salt  
1/4 teaspoon freshly ground pepper

Preheat the oven to 350°F. Remove the stem ends and slice the squash cross-wise in 1/4-inch-thick rounds. Toss with the olive oil.

In a small bowl, combine the bread crumbs, Parmesan, salt and pepper. Arrange the squash rounds in a 9-x12-inch rectangular baking dish, or 10-inch pie plate. Sprinkle the bread crumb mixture over.

Cover the baking dish with foil and bake in the oven for 30 minutes. Remove foil and bake another five minutes until the top is bubbling and crispy.

## **Pea Shoot Salad with Soy Vinaigrette**

For the soy vinaigrette, blend 1/2 cup of grapeseed oil, 1 teaspoon of dark sesame oil, 3 tablespoons of unseasoned rice wine vinegar, and 1 tablespoon of soy sauce.

## **Pea Shoot Salad with Coconut Curry Vinaigrette and Toasted Sea Vegetables**

For the coconut curry vinaigrette, blend 1/2 cup of coconut milk, 3 tablespoons of rice vinegar, and 2 teaspoons of curry powder. Sprinkle your salad with crumbled, lightly toasted nori, to taste.

## **Asparagus Fava Beans & Pea Shoots**

Ingredients:

- 2-3 oz. fresh pea shoots
- 2 lbs. asparagus, blanched, and cut into 1/4" discs
- 3 lbs. fava beans, shelled, blanched, and peeled
- 2-3 oz. Pecorino cheese, coarsely grated
- Drizzles of the very best extra

virgin olive oil you have

- Best flaked salt you have (sea salt, kosher, etc.)
- Freshly cracked peppercorns

**Instructions:**

1. Blanch asparagus until bright green, then plunge into ice water bath to shock it and prevent further cooking. Drain well: use towels if needed to dry the stems. Cut stems into 1/4" pieces, leaving tips intact. Set aside.
2. Shell the fava beans, and blanch them for 2-3 minutes. Cool quickly in ice water, and drain well. Remove the skins (or not, if you prefer; I don't mind the extra work for the results), and set aside.
3. Coarsely chop the pea shoots into thirds and put them on a platter (12"-14" or so). Top with the asparagus and fava beans, strewn evenly over.
4. Drizzle the olive oil gently back and forth, without using too heavy a hand. Add the grated Pecorino (you can substitute Parmigiano Reggiano), and delicately hand salt the salad. Add a small amount of cracked pepper, and you're done. (You may also add a drizzle of balsamic vinegar, but I think the salad is perfect without it.)
5. Coarsely chop the pea shoots into thirds and put them on a platter (12"-14" or so). Top with the asparagus and fava beans, strewn evenly over.
6. Drizzle the olive oil gently back and forth, without using too heavy a hand. Add the grated Pecorino (you can substitute Parmigiano Reggiano), and delicately hand salt the salad. Add a small amount of cracked pepper, and you're done. (You may also add a drizzle of balsamic vinegar, but I think the salad is perfect without it.)

Most people can agree that comfort food doesn't usually involve lettuce. But if you top lettuce with creamy dressing and a large handful of Parmesan, that's another story entirely. I crave this Caesar salad as much as fried chicken, and with a few tweaks here and there, it's healthier than the classic versions you're used to, in addition to being absolutely delicious.

What makes this kale Caesar both healthier and tastier than any you've ever eaten is the dressing. There's no egg and not much cheese—instead, it gets its creamy Caesar-like texture from a whole head of roasted garlic, which acts as an emulsifier, thickener, and general yumminess-inducer. It gets its funky, punchy Caesar flavor from the capers, anchovies and Dijon. Dig in!

### **Kale Caesar Salad w/ Garlic Dressing**

1 bunch kale  
1/4 cup coarse breadcrumbs or croutons  
1 tbsp. olive oil  
1/4 cup finely grated Parmesan cheese, plus extra for sprinkling over salad  
1/2 cup roasted garlic Caesar dressing (recipe follows)

Directions:

Remove the thick stalks from the center of the kale. Pile the leaves on top of one another and roll together into a cigar. Cut the kale into thin ribbons. Preheat the oven to 400F. Toss the breadcrumbs together with the olive oil in a small mixing bowl and spread in an even layer on a parchment-lined baking sheet. Toast in the oven until golden brown.

In a large mixing bowl, toss the kale together with the dressing. Add the Parmesan cheese and toss again. Divide among four plates, and top with the breadcrumbs, plus a bit more cheese, if you'd like.

### **For the Roasted Garlic Caesar Dressing**

1 head garlic  
Olive oil  
Juice of 1 lemon (about 1/4 cup)  
1 tbsp. capers  
2 anchovy filets  
2 tsp. Dijon mustard  
1/2 tsp. salt

Instructions:

Preheat the oven to 400F.

Remove the outer layers from the head of garlic so the individual cloves are exposed. Chop off the top 1/4 inch of the head so you can see the raw cloves within their skins.

Place on a 9x13 sheet of foil, drizzle with olive oil, and wrap so the packet is tightly sealed.

Roast in the oven for 30 minutes, until the cloves are soft to the touch. Remove from the foil packet and allow to cool.

When cool enough to touch, squeeze the cloves out of their skins and add to a food processor. Puree the garlic along with the lemon juice, mustard, salt, and 1/3 cup olive oil. Taste and add more oil as necessary to reach the consistency you like. (This should be a thick dressing, with a punch of acidity.)

Store in an airtight container for up to 2 weeks. You may need a mint after eating this delicious garlicky creation!

browned.

### **Cold Squash Rigatoni Salad w/ Lemon Parsley Vinaigrette**

Ingredients

1 16 oz package Casa De Trevi Rigatoni  
1 yellow squash  
3 cloves garlic  
2 tablespoons chopped chives (or more to taste)  
1 bunch kale  
extra virgin olive oil  
sea salt  
cracked pepper

Cook pasta according to package, drain and drizzle with olive oil and allow to cool. Rinse, kale, remove stalks and thinly slice leaves.

Preheat oven to 400. Cut squash into cubes and toss with olive oil to coat, salt, pepper and garlic. Place on sheet pan in a single layer and roast for approximately 10-15 minutes.

Toss pasta with lemon parsley vinaigrette. Add roasted squash, chopped chives and served over bed of massaged kale. Top with grated parmesan cheese if desired.

### **Pesto Zoodles with Shrimp**

- 2 medium squash
- 8 oz shrimp, peeled and deveined
- 1/2 cup cherry tomatoes, halved
- 1/2 cup peas
- 1/4 of a white onion, chopped
- 4 cloves of garlic, minced
- 1 tablespoon coconut oil
- salt and pepper
- 1/2 - 1 cup pesto
- Start by making your zoodles. In order to make these veggie noodles a spirallizer is your best bet. However, you can make it work with a simple peeler. Just peel the squash into long strips. Heat a large skillet over medium-high heat. Add half the coconut oil. When the oil melts add the shrimp, season with salt and pepper

and [cook](#) for about 1 1/2 minutes. Add the onion and cook for another 1 1/2 minutes. Add half the garlic and cook for another minute or until the shrimp is opaque. Be careful not to overcook or your shrimp will end up rubbery. Set the shrimp, onion, and garlic mixture aside on a dish. Add the other half of the coconut oil and garlic to the pan and cook for about 30 seconds. Add the peas and zoodles and cook for about 1 1/2 minutes or until the zoodles start to soften up a bit. If you overcook them they will basically turn to mush so keep a careful eye on them.

## The Crisper Whisperer: 4 Ways to Use Lettuce (Other Than Salad)

### #1 Lettuce Soup

- 1/4 cup olive oil
- 1 medium onion, diced
- 10 large outer leaves of Romaine lettuce, torn into pieces
- 1 pound Yukon gold potatoes, peeled and diced
- 3 cups chicken stock
- 1 1/2 teaspoons salt
- 1/4 cup heavy cream
- Pinch of ground nutmeg
- 1 tablespoon lemon juice
- 1 tablespoon parsley leaves
- Freshly ground black pepper, to taste
- 1 small head Bibb or other soft lettuce, torn into pieces
- 1 egg yolk
- 2 teaspoons capers
- Juice of 1 lemon
- 2 tablespoons parsley leaves
- 2 tablespoons diced red onion
- 1 garlic clove, smashed
- 1/2 teaspoon Dijon mustard
- 5 basil leaves, torn into pieces
- 1/2 cup good olive oil
- Plenty of salt and pepper, to taste

Heat the olive oil over medium heat in a 4-quart saucepan. Add the onion and cook until beginning to soften. Add the lettuce, potatoes, chicken stock, and salt. Bring to a boil

over high heat, then cover the pot and reduce the heat so that the liquid stays at a brisk simmer. Cook until the potatoes are tender, about 20 minutes depending on the size of your dice.

Off the heat, add the cream, nutmeg, lemon juice, parsley, and a bit of freshly ground black pepper. Carefully puree the soup with an immersion blender or in batches in a blender. Taste and adjust the seasoning. Serve hot or cold. The soup will keep in the fridge for up to a week, and the flavor improves as it rests. Reheat gently before serving if desired.

### #2 Lettuce Sauce

Combine the lettuce, egg yolk, capers, lemon juice, parsley, red onion, garlic, mustard, and basil in the bowl of a food processor fitted with the blade and process until smooth. Then, with the machine running, pour in the olive oil slowly through the feed tube. Season aggressively with salt and pepper. Chill until ready to use. Serve over cold poached fish or chicken or, as Emeril does, smoked salmon, hard boiled eggs and tomato slices.

### #3 Stir Fried Lettuce

- 1 teaspoon soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon rice wine or dry sherry
- 3/4 teaspoon sugar
- 1/2 teaspoon freshly ground black pepper
- 3/4 tablespoon peanut oil
- 4 scallions, cut on the diagonal into 1" pieces
- 3 cloves garlic, minced
- 1/2 head iceberg lettuce, cored, outermost leaves discarded, inner leaves torn into 4-inch pieces
- Kosher salt, to taste
- 1 large onion, diced fine
- 1 cup canned diced tomatoes, drained
- 1 head cabbage, cored, outer leaves discarded, cut into 1-inch pieces

- 1/4 cup vegetable oil
- 2 large cloves garlic, minced
- Lots of Kosher salt, to taste
- 1 small hot red pepper (optional)

Combine soy sauce, sesame oil, sherry, sugar, and pepper in a bowl. Stir to mix. Set aside, but keep it close to your pan.

Heat a large nonstick skillet over high heat, about 3 or 4 minutes, or until very hot. Add peanut oil. Immediately add garlic and half the scallions. After 5 or 10 seconds, once the garlic starts to change color, add lettuce. Saute 60 seconds, stirring every so often. Add sauce. Cook another 60 seconds, stirring so all the lettuce gets some of the sauce. Kill heat. Salt to taste. Remove to a bowl. Top with extra scallions and serve.

### #4 Grilled Romaine & Blue Cheese Dressing

This dead-easy dish is nothing short of an oil-brushed, salt-sprinkled epiphany. Prepare a grill for medium heat. Remove several layers of outer leaves from a head of romaine. Halve the remaining lettuce lengthwise, leaving the core in place to hold the leaves of each half together. Rub with some olive oil and sprinkle with salt, then grill until lightly charred on each side, about one minute per side. For dressing, combine equal parts sour cream and crumbled blue cheese with plenty of lemon juice, S&P, & a little chopped parsley. Serve the grilled lettuce with a bit of thinly sliced red onion and some dressing.



my name is kale.

I am one of the healthiest vegetables on the planet. I have lots of calcium, vitamin B6, C, & A. I am also a good source of minerals copper, potassium, iron, manganese and phosphorus.