

FARM FRESH

GAZZETTE

Know Your Farmer ... Know Your Food

Wightmans Farm CSA 2015 Week 3

THE



Our Own

Cherries

Our Own

Lettuce

Squash

Arugula

Mint

Pickles

Beets

Mustard

Greens

Scallions

Pickling

Spice

Cabbage

(Fanatics only)

Ok, not everyone LOVES beets, but with all these options one has GOT TO tickle your fancy! Though they're sweet enough to use in dessert (like a sensational naturally dyed red velvet cake), earthy beets are fantastic in savory dishes, especially when they involve a nice hit of tangy vinegar or goat cheese. Here are 13 ways to use them that go beyond adding them to a salad. There are too many recipes here to go into detail I have provided 2 but I sent you the link if you are interested in any others!

1. **Crushed.** For beets that are crispy on the outside and super tender within, steam them whole, then [mash them](#) until flattened and sear them in butter and olive oil.
2. **Pickled.** [With eggs](#), or [without](#), pickled beets are the ultimate healthy snack.
3. **Sandwiches.** Slice rounds of cooked beets and sandwich them on slider rolls with goat cheese or horseradish crème fraîche. Or use them in a vegetarian [Reuben](#).
4. **Salt-roasted.** To create perfectly seasoned, incredibly flavorful beets, bury them in salt and then [roast](#).
5. **Risotto.** [Stain the creamy rice dish magenta](#) by adding shredded beets soon before serving.
6. **Tomato soup.** Make a lighter [soup](#) that nods to borscht by combining beets and tomatoes and pureeing with stock.
7. **Latkes.** Shred beets along with potatoes to make a (slightly) healthier version of the [fried savory pancake](#).
8. **Soy-braised.** Braise beets in a soy sauce and vinegar-seasoned stock to serve as an incredibly flavorful [side dish](#).
9. **Gnocchi.** Puree beets to use in these deliciously earthy [dumplings](#).
10. **"Tartare."** Shave cooked red beets and top them with classic beef tartare ingredients, like capers and onions.
11. **Slaw.** Shred beets and serve them [raw](#) in a citrusy dressing.
12. **Kebabs.** [Skewer cooked beets](#) and finish them off on the grill so they get nice and smoky.
13. **Dip.** For a lower-calorie [hummus](#), use cooked beets in place of chickpeas. Or [puree beets](#)

Wightman's Farms 1111 Mount Kemble Ave, Morristown NJ

with sour cream and onion and serve with crunchy white vegetables.

14. Salsa. [Broil cooked beets until charred](#), then chop and toss with garlic, chiles and cilantro; serve with tortilla chips.

15. Red velvet cake. Dye this classic [cocoa cake](#) naturally by adding beet puree.

#1 Crushed Beets

1. 1 head of garlic
 2. 4 medium beets (1 1/4 pounds)
 3. Kosher salt
 4. 2 tablespoons unsalted butter
 5. 2 tablespoons extra-virgin olive oil
 6. 1/2 small onion, thinly sliced
 7. 4 thyme sprigs
 8. 4 small rosemary sprigs
 9. Freshly ground pepper
 10. 2 ounces baby arugula (2 cups)
1. Preheat the oven to 375°. Cut off the top 1/2 inch of the head of garlic. Wrap the garlic in aluminum foil and bake for about 45 minutes, until very soft.
 2. Meanwhile, in a medium saucepan, cover the beets with cold water and add a generous pinch of salt. Simmer the beets over moderately low heat until tender, 30 minutes. Drain and let cool slightly, then peel the beets.
 3. On a work surface, using a mug or the bottom of a small bowl, gradually press down on the beets until they are about 3/4 inch thick and cracked around the edges; try to keep the beets whole.
 4. In a large cast-iron skillet, melt the butter in the olive oil. Add the beets and cook over moderately high heat until crusty on the bottom, 4 minutes. Turn the beets and scatter the onion, thyme, rosemary and roasted head of garlic all around. Season with salt and pepper.
 5. Cook over moderately high heat, gently stirring the onion and herbs, until the onion is just soft and the beets are crusty, 4 minutes. Transfer the beets, onion and herbs to plates or a platter and scatter the arugula over the top. Squeeze the roasted garlic cloves from their skins and scatter them over the

top. Spoon the pan juices over the arugula and serve.

#3 Beet Sandwich-The Reuben

With this sandwich, chef Todd Ginsberg proves that vegetarian versions of classic meat dishes can sometimes be just as delicious. Here, in place of the pastrami, Ginsberg sprinkles roasted beet slices with smoked salt, then serves them on buttered rye toast with all the traditional condiments, like sauerkraut, melted Swiss cheese and homemade Russian dressing.

1. 1 large beet (about 14 ounces)
 2. 1 tablespoon extra-virgin olive oil, plus more for brushing
 3. Kosher salt
 4. Freshly ground pepper
 5. 1/2 teaspoon coriander seeds, finely crushed
 6. Smoked salt, for sprinkling
 7. 1/4 cup mayonnaise
 8. 1 tablespoon ketchup
 9. 1 tablespoon sweet pickle relish
 10. 1 tablespoon fresh lemon juice
 11. 8 slices of rye bread
 12. Softened unsalted butter, for brushing
 13. 1/2 cup sauerkraut, drained and warmed
 14. 6 slices of Swiss cheese
- Preheat the oven to 350°. Brush the beet with olive oil and season with kosher salt and pepper. Wrap the beet in foil and roast for about 1 hour and 15 minutes, until tender; let cool slightly. Peel the beet and slice crosswise 1/4 inch thick. Transfer the slices to a plate and drizzle with the 1 tablespoon of olive oil, then sprinkle with the coriander and smoked salt.

In a bowl, whisk the mayonnaise with the ketchup, relish and lemon juice. Season the Russian dressing with salt and pepper. Preheat the broiler. Arrange the bread on a large baking sheet and brush with butter. Broil 6 inches from the heat until lightly toasted, 1 to 2 minutes. Transfer 4 slices of the bread to a work surface. Flip the remaining 4 slices on the baking sheet and top with the beet slices, sauerkraut and cheese. Broil 6 inches from the heat until the cheese is melted. Close the sandwiches, cut in half and serve.

Mustard Greens with Yogurt-Parmesan

Dressing and Bacon Croutons

Myrecipes.com

- 3 cups 1-inch French bread baguette cubes
- 1/2 cup (2 oz.) finely grated Parmigiano-Reggiano cheese
- 5 bacon slices
- 1 cup Greek yogurt
- 1 tablespoon minced shallot
- 2 tablespoons white wine vinegar
- 2 tablespoons extra virgin olive oil
- 1 bunch mustard greens, washed, trimmed, and torn
- 2 tablespoons fresh lemon juice
- 1 teaspoon lemon zest
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

Preheat oven to 350°. Arrange bread cubes in a single layer in a jelly-roll pan. Place bacon slices over bread cubes, so that most of bread is covered.

Bake 25 to 30 minutes or until bacon and bread are crisp.

Meanwhile, stir together shallot and next 3 ingredients in a medium bowl. Let stand 10 minutes. Whisk in yogurt, oil, and grated cheese.

Crumble bacon; toss bacon and croutons with greens. Arrange salad on a platter. Drizzle 3 to 4 Tbsp. dressing over salad. Sprinkle with salt and pepper. Serve immediately with remaining dressing.

Arugula Mint Salad

Ingredients

1. 1/4 teaspoon fennel seeds
2. 1 tablespoon red wine vinegar
3. 1/2 tablespoon Dijon mustard
4. Kosher salt and freshly ground pepper
5. 2 tablespoons extra-virgin olive oil
6. 4 cups curly green-leaf lettuce
7. 4 cups young arugula leaves
8. 20 mint leaves

In a mortar or spice grinder, coarsely grind the fennel seeds. In a small bowl, whisk the ground fennel with the red wine vinegar and Dijon mustard; season with salt and pepper. Gradually add the olive oil, whisking until the

dressing is emulsified. In a bowl, toss the lettuce with the arugula and mint. Add the dressing and season with salt and pepper. Toss well and serve.

Arugula Mint Pesto

Also known as rocket, arugula is a pleasantly peppery green that has been grown along the Mediterranean since Roman times. Here, arugula and fresh mint are combined to create a sprightly pesto that's tossed with spaghetti.

- 5 cups packed arugula
- 3/4 cup packed fresh mint leaves
- 1/2 cup extra-virgin olive oil
- 1/2 cup shaved aged hard cheese such as Parmigiano-Reggiano, plus more for sprinkling
- 2 garlic cloves
- Zest of 1 lemon
- Salt and freshly ground pepper, to taste
- 2 Tbs. fresh lemon juice
- 1 lb. spaghetti

In a blender, combine the arugula, mint, olive oil, the 1/2 cup cheese, the garlic, lemon zest, salt and pepper and blend until smooth. Stir in 1 Tbs. of the lemon juice. Taste and adjust the seasonings with salt and pepper. Refrigerate the pesto until ready to serve.

Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until al dente (tender but firm to the bite), 10 to 12 minutes, or according to the package instructions. Reserve 1/2 cup of the pasta cooking water. Drain the pasta and return it to the empty pot.

Toss the pesto with the spaghetti. Thin it out with a small amount of reserved cooking water if needed. Taste, season with salt and pepper, and toss with the remaining 1 Tbs. lemon juice. Divide among warmed serving bowls. Sprinkle cheese over each portion and serve immediately. Serves 4.

Chilled Pickles and Mint Soup Makes Half Quart or 2 cups

4-5 pickles/Kirby cucumbers peeled, seeded and chopped
1/4 scallions, chopped
1/2 cup mint, roughly chopped
1 garlic clove minced
1 cup vegetable broth
sea salt
cracked black pepper
cream or Greek yogurt (optional)

Puree cucumbers, chives, mint and garlic in food processor or blender. Add up to 1 cup vegetable broth and blend. Season with salt and pepper. Chill in refrigerator for an hour or so. Serve with dollop of greek yogurt or cream if desired. Garnish with diced cucumber pieces and mint.

Kirby Pickles/Cucumber Herb Dressing

Pureeing vegetables into a salad dressing is a great way to give it body. Cucumber is the base of this herb-spiked dressing; it provides a mellow grassy flavor and a luxurious texture.

- 1 small cucumber 2 pickles, peeled, seeded and chopped
- 1/4 cup extra-virgin olive oil
- 2 tablespoons red-wine vinegar
- 2 tablespoons chopped fresh scallions
- 2 tablespoons chopped fresh mint
- 1 tablespoon nonfat or low-fat plain yogurt
- 1 teaspoon Dijon mustard
- 1 teaspoon prepared horseradish
- 1 teaspoon sugar
- 1/2 teaspoon salt

Puree cucumber, oil, vinegar, scallions parsley, yogurt, mustard, horseradish, sugar and salt in a blender until smooth.

Crock Pot Stuffed Cabbage

- 12 leaves [cabbage](#)
- 1 [egg](#), beaten

- 1/4 cup [tomato sauce](#)

- 1/4 cup finely chopped [onion](#)

- 1teaspoon [salt](#)
- 1/4teaspoon [pepper](#)
- 1lb ground turkey
- 1 cup [cooked rice](#)
- 1(8 ounce) can [tomato sauce](#)
- 1tablespoon [brown sugar](#)
- 1tablespoon [lemon juice](#)
- 1teaspoon [Worcestershire sauce](#)

Directions:

1. Immerse cabbage leaves in large kettle of boiling water for about 3 minutes or until limp; drain.
2. Combine egg, 1/4 cup of sauce, onion, salt, pepper, beef, and cooked rice.
3. Place about 1/4 cup meat mixture in center of each leaf; fold in sides and roll ends over meat.
4. Place in slow-cooking pot.
5. Combine tomato sauce with brown sugar, lemon juice and Worcestershire sauce.
6. Pour over cabbage rolls.
7. Cover and cook on low 7-9 hours.

Asian Style Stuffed Cabbage

- 1lb ground turkey
- 4 ounces shiitake mushrooms, stems removed, caps coarsely chopped
- 1/2 cup cooked brown rice
- 4 garlic cloves, minced
- 1 tablespoon finely grated peeled fresh ginger
- 2 scallions, thinly sliced
- 1 tablespoon soy sauce
- 1 tablespoon toasted sesame oil
- 1/8 to 1/4 teaspoon red pepper flakes, plus more for sprinkling
- Coarse salt and ground pepper
- 1 head cabbage

Directions

1. Preheat oven to 400 degrees. In a large bowl, combine beef, mushrooms, rice, garlic, ginger, scallions, soy sauce, sesame oil, red pepper, and 1/2 teaspoon salt.
2. Remove 8 large outer leaves from cabbage

(if leaves are less than 5 inches wide, overlap 2 leaves, side by side). With a rolling pin, roll leaves until the stem end is pliable.

3. Dividing among leaves, mound meat mixture toward upturned stem end. Starting from filled end, holding sides in as you work, tightly roll each leaf into a bundle.

4. Arrange cabbage rolls, seam-side down, in a 9-by-13-inch baking dish. Pour 1 cup water over rolls; cover dish tightly with aluminum foil. Bake until an instant-read thermometer registers 160 degrees when inserted into a roll, 30 to 35 minutes. Serve drizzled with juices and sprinkled with red pepper.

I DARE YOU TO MAKE THIS!!

Ramen Slaw

2 pkg. Ramen noodles (beef or chicken)

1 lb. ready-made cabbage slaw

2 bunches green onions, chopped

1 c. sunflower seed (kernels)

1 c. toasted, slivered almonds

1/2 c. sugar

1/3 c. rice wine vinegar

3/4 to 1 c. vegetable (canola) oil

Break up the noodles and mix with the next 4 ingredients. Make a dressing of the oil, sugar, vinegar and 2 packets of flavoring from the Ramen noodles. Mix and chill for 1 hour.

Add dressing to slaw mixture just before serving.

Mint Simple Syrup

1 1/2 cups packed fresh mint leaves

1 cup sugar

1 cup water

In a small saucepan combine sugar, and water and bring to a boil. Stir until sugar is dissolved. Allow to simmer 2 minutes or until the consistency is syrupy. Remove from heat place mint in liquid and allow it to steep. Let mint leaves continue to steep until syrup reaches room temperature Using a sieve, separate syrup from mint leaves. Do not boil the mint it is better if it just steeps

Add to coffee, tea, lattes, milkshakes, over ice cream, on yogurt, over warm cake...you

get the idea!!!

Instant Mint Chocolate Chip Ice Cream

- 4 frozen bananas chopped into slices

- 8 mint leaves chopped finely

- 1 Tbsp fresh spinach juice (optional - for colour only)

- 1 Tbsp raw agave (optional to round out the flavours)

- The seeds of 1 vanilla bean scraped out

- 1/2 tsp non alcoholic natural vanilla extract

- 1/2 tsp non alcoholic natural peppermint extract

- pinch of Celtic sea salt

- 1/8 cup raw cacao nibs

Place all of the ingredients except the cacao nibs in your high speed blender (I use a [Vitamix](#)).

1. Use the tamper to guide the bananas through the blades until just combined.

2. You will hear the sound of the machine change as four mounds form.

3. Stop the machine as soon as this happens or the friction heat of the blades will melt the ice cream too much.

4. Stir through the raw cacao nibs.

5. Serve immediately topped with fresh mint leaves. ICE CREAM! YUMMO!

Beet Arugula Salad

- 1/4 cup quinoa

- 1/2 cup water

- 1 large or 2 sm beets, peeled, Blade C

- 2 cups arugula

- 1/3 cup quartered pitted green olives

- 2 tablespoons grated parmesan cheese

For the vinaigrette:

- 1 clove of garlic

- 2 tablespoons red wine vinegar

- salt and pepper, to taste

- 3 tablespoons extra virgin olive oil

Instructions

1. Place the quinoa and water in a small saucepan and bring to a boil. Once boiling, reduce to a simmer and cook for 15 minutes or until quinoa is fluffy. Add more water if needed.

2. While quinoa is cooking, prepare the vinaigrette. Add the garlic to a mortar (if you don't have a mortar, crush in a bowl) and lightly season with salt. Grind into a puree and pour in the vinegar. Season with pepper and mix. Pour mixture into a bowl or dressing shaker and add in the olive oil. Mix to combine.

3. In a large mixing bowl, combine the beets, olives and arugula. Pour over the dressing, add in the cheese and toss to thoroughly combine.

Let sit while the quinoa still cooks.

Once quinoa is done, add it to the mixing bowl and toss to combine. Serve.

7lbs [zucchini](#), cut into 1/2 inch rounds

1/2 cup [extra virgin olive oil](#)

1 teaspoon [crushed red pepper flakes](#)

[salt](#)

freshly ground [black pepper](#), to taste

1/2 cup finely chopped [mint](#)

Preheat the oven to 450 degrees F.

Heat 2 large roasting pans in the oven for 5 minutes.

Meanwhile, in a large bowl, toss the zucchini with the olive oil and crushed red pepper.

Season generously with salt and pepper.

Spread the zucchini on the hot pans and roast for 30 minutes without stirring, until the rounds are tender and their bottom are golden.

Transfer to a platter, garnish with mint and serve.