

FARM FRESH



Know Your Farmer ... Know Your Food

Wightmans Farm CSA 2015 Week 4

THE



Our Own

Peas

Our Own

Lettuce

Our Own

Radish

Our Own

Cucumber

Our Own

Basil Pot

Blueberries

Broccoli

Carrots

Squash

Sprouts

Welcome to week 4! If you are a Tues or Fri pick up (at the farm) you do NOT have to email or call if you are picking up the next day. However, please pick up **BEFORE 12** Wednesday or Saturday. **FLOWERS & HERBS!** Unfortunately we still have at least 2 more weeks. Mother Nature was cruel this winter and they are not there yet...(for PYD) the herbs may be ready earlier, I will let you know one week prior to picking!

Broccoli Cheese Yumminess!

- 1 large onion, chopped
- 3 tablespoons vegetable oil
- 4 eggs, lightly beaten
- 4 cups chopped fresh broccoli, cooked
- 2 cups (8 ounces) shredded mozzarella cheese
- 1 carton (15 ounces) ricotta cheese
- 1/3 cup grated Parmesan cheese
- 1/4 teaspoon salt
- Dash ground nutmeg
- 1 unbaked pie pastry (9 inches)

In a skillet, sauté onion in oil until tender, about 5 minutes. Transfer to a large bowl; add eggs, broccoli, cheeses, salt and nutmeg. Pour into pie shell. Bake at 350° for 50-55 minutes or until a knife inserted near the center comes out clean. Yield: 6-8 servings.

Broccoli & Carrot Slaw

Ingredients:

- 2 Carrots
- 1 small head Broccoli (with Stem)
- 1/4 cup Red Onion, finely chopped
- 1/2 cup Raisins (soaked in warm water before use)
- 1/4 cup dry roasted Pumpkin Seeds
- Squeeze of lemon juice
- For the Greek Yogurt mayo:
 - 2/3 cup nonfat plain Greek Yogurt
 - 1/2-1 tbsp dijon mustard
 - 1/2 tsp garlic powder
 - salt and pepper, to taste
 - 1 tbsp freshly squeezed lemon juice

Wightman's Farms 1111 Mount Kemble Ave, Morristown NJ

Instructions

1. Cut the florets off of the head of broccoli in bite size pieces, reserving the stem.
2. Spiralize or use a veggie peeler or mandolin with the carrot and broccoli stem, then cut noodles into smaller pieces.
3. Place all of the ingredients for the "mayo" in a bowl and whisk together. Set aside.
4. In a large bowl place broccoli florets, broccoli stem noodles and carrot noodles. Add "mayo" and mix until well coated.
5. Then add in raisins and pumpkin seeds, continue to mix until well coated.
6. Finish with a squeeze of lemon and mix once more.

Blueberry Ricotta Muffins with Lemon Sugar Topping

Ingredients:

- ¾ cup whole milk Ricotta, room temperature
- 2 large eggs, room temperature
- ½ teaspoon vanilla extract
- 1 stick unsalted butter, 4 ounces, melted and cooled
- 1 cup organic granulated sugar, ⅔ for the muffin batter, ⅓ for the lemon sugar topping
- Finely grated zest of a lemon
- 2 cups all purpose flour
- 2 teaspoons baking powder
- ½ teaspoon sea salt
- 1 & ⅓ cups fresh blueberries

Directions:

1. Preheat the oven to 350F.
2. Spray a 12 cup muffin pan with baking spray or line with paper cups.
3. In a large bowl add the lemon zest to the sugar and rub together with your fingertips until well incorporated, remove ⅓ cup of the lemon sugar for the muf-

fin topping.

4. Place the ricotta, eggs and vanilla in a medium size bowl, whisk together and stir in the melted butter.
5. Stir the flour, baking powder, baking soda and salt into the large bowl containing the lemon sugar.
6. Gently stir the ricotta mixture into the sugar/flour mixture, the batter will be very thick.
7. Gently fold in the blueberries.
8. Divide the batter between the muffin cups and evenly sprinkle the lemon sugar on muffin tops.
9. Place the muffins into the oven for 25-30 minutes or until the tops are golden and a toothpick inserted comes away clean.
10. Place on metal rack to cool.

Pea Salad with Radish & Feta

- 2 teaspoons honey
- ¼ cup extra-virgin olive oil
- 3 tablespoons chopped fresh dill
- 4 cups fresh shelled peas (from about 4 pounds peas in pods) or 1 pound frozen petite peas
- 1 bunch radishes, trimmed, halved, thinly sliced
- 1 cup crumbled feta cheese (about 4 ounces)
- 3 cups fresh pea tendrils, coarsely chopped, or pea sprouts* (optional)

Directions:

Heat small skillet over medium heat. Add cumin seeds and toast until aromatic and slightly darker, about 2 minutes. Cool; grind finely in spice mill. Whisk lime juice, honey, and cumin in small bowl. Gradually whisk in oil; stir in dill. Season dressing with salt and pepper. *DO AHEAD Can be made 1 day ahead. Cover and chill. Bring to room temperature.*

Cook peas in pot of boiling salted water until almost tender, about 5 minutes for fresh (or about 2 minutes for frozen). Drain; rinse

under cold water, then drain well. Transfer to large bowl. Add radishes, feta, and dressing; toss. Season with salt and pepper. If using pea tendrils or sprouts, divide among bowls. Divide salad among bowls. Serve. Personally I would NOT cook the peas, I like them raw...give a couple raw a try if you like the flavor skip the cooking part!

Cucumber Basil Smash Cocktail

Ingredients:

- 2 cucumber slices
- 5 basil leaves
- Ice
- 3 ounces vodka
- 2 ounces limoncello

Directions:

Using handle of [wooden spoon](#), mash cucumber and basil in tall glass. Fill with ice and top with vodka and limoncello.

Blueberry Salad Dressing Over Almond Radish Salad

Ingredients:

- ¼ cup fresh Blueberries
- 2 teaspoons fresh Lemon Juice
- 2 teaspoons Olive Oil
- 2 teaspoons Balsamic Vinegar
- 2 cups Lettuce
- 4 Radishes (sliced)

1. Place blueberries, lemon juice, oil, and vinegar in a food processor and pulse until smooth.
2. Wash lettuce and radishes. Slice radishes try to slice very thin!
3. Divide lettuce, radishes and almonds between two plates and top with blueberry salad dressing.

• ¼ cup sliced Almonds

Salad dressing will keep in fridge for up to 4 days.

Depending on how cold your fridge is, the dressing the dressing might thicken up a bit. Just stir it again and add ½ teaspoon of water if necessary.

Fresh Peas N Carrots Macaroni Salad

This Macaroni Salad with Peas and Carrots makes a Great Barbeque dish

Generally, I don't eat macaroni salads. I try to limit carbs where I can. But this macaroni salad with fresh peas and carrots appeals to me, since I adore fresh peas.

The recipe is rich and creamy and makes a great picnic or barbeque side dish.

1. 1 1/2 c. mayonnaise
2. 2 Tbsp. mustard
3. 1 lb elbow macaroni
4. 1/4 c. sour cream
5. 2 Tbsp. apple cider vinegar
6. 2 Tbsp. sugar
7. 1/2 tsp. Mediterranean sea salt
8. ground black pepper (to taste)
9. 2/3 c. lightly cooked fresh peas
10. 2-3 carrots, shredded
11. 2 spring onions, chopped

Prepare macaroni according to package directions. After macaroni is cooked, drain and rinse in cold water. In a medium-sized mixing bowl, combine the mayonnaise, mustard, sour cream, apple cider vinegar, sugar, salt, and pepper.

Add the peas, carrots, and chopped spring onions.

Fold in mayonnaise mixture until pasta is well coated.

Cover and refrigerate to get the best flavor profile.

Best Veggie Wrap(or add cold cuts if you like) fun for the kids!!!

Ingredients:
tortillas (Whole-grain)
whole wheat pita
whole wheat flat bread
reduced fat cream
nonfat greek yogurt
dip, such as French onion
Or Jalapeño and Salsa
hummus
cottage cheese
pitted black olives-eyes
sliced mushrooms
Sprouts-hair/beard
carrot sticks
broccoli florets
celery stick
peas
veggies
Pepper-red/lips
grape tomatoes
sliced cucumber
reduced-fat cheese (Shredded)



Use the ingredients on the side to make a fun, healthy wrap. The sprouts are most definitely the most adorable nutritious fuzzy hair!!! Making your own hummus is always fun too. Blend chick peas oil salt and pepper! EASY PEASY LEMON SQUEEZE!

Ingredients for an Adorable Appetizer!!!!

Slices of honey wheat bread or other favorite soft bread

2 cups shredded carrots
½ cup finely chopped broccoli

Shredded cheddar cheese
4 ounces softened cream cheese
¼ cup mayonnaise

1 teaspoon lemon juice

Salt and pepper

carrot cookie cutter (not necessary but handy)

Instructions

In small saucepan place the shredded carrots and water

Cover bringing to a boil and steam for about 3-4 min (carrots should reduce to about 1 cup after steaming)

Set aside and allow the carrots to cool

Using a small food processor or blender add mayo, cream cheese, carrots, lemon juice, salt and pepper blending till smooth consistency

Chop broccoli using only the tops very finely

Take the bread slices and cut using the carrot cookie cutter

Spread desired amount of cream cheese mixture onto one entire side evenly

Take the broccoli and place at the top of the carrot



Spring Pea and Cucumber Salad with Greek Yogurt and Fresh Dill

Serves 4 as a side dish

Peas are a bit frustrating in that it takes a whole mess of them to come up with just a cup; this is the only tedious part of the recipe though, and the reward of fresh shelled sweet peas is worth the time it takes to shell them. I got one cup from about a pound of whole peas and you can always save the shells to use in stock. I really don't recommend using fat free Greek yogurt here; the 2% varieties have a great texture and lack the graininess that the fat free type has.

Slicing the cukes thin enough here is key – you want them to be very thin and flexible (no more than 1/8" thick), so that they meld well with the dressing. I bought my mandolin here and - I absolutely love it)

Ingredients:

1 cup shelled peas (from about ~1lb English Peas in shell)

1 cucumber halved seeds removed

zest of one lemon

1/3 cup plain Greek yogurt (I used Chobani 2%)

1/4 cup chopped dill (from a good sized handful)

1 tsp salt + additional to taste

fresh cracked black pepper

Instructions:

On a mandolin, carefully slice the cucumber into very thin slices, no more than 1/8" thick. Or simply use a sharp knife and take you time to cut the cuc thin! In the bottom of a large mixing bowl, whisk together the lemon zest, chopped dill, greek yogurt, salt, and a few grinds of fresh black pepper. Add the sliced cucumber and shelled peas, and gently fold the whole thing with a spatula to combine. The yogurt dressing should evenly cover all of the peas and cucumbers, and be distributed evenly. Taste, and add additional salt and pepper as necessary.

Let the salad chill in the fridge for an hour or so before serving, to allow the flavors to mix and marinate. Salad will keep for a day or so in the fridge, but is best enjoyed very

cold and on the day it's made.

Roasted Carrots, Broccoli, and Whole Summer Squash

This dish can easily be modified for a different profile every time. Asian one night, Italian another, or just salt and pepper for a clean taste. I have it as my main course often!

I add a few whole and a quartered, deveined, deseeded jalapeno for spice with plenty of garlic to just mix it up. Lightly sprinkled with for when I need my cheese fix.

Ingredients:

4 medium carrots

2 stalks of broccoli

4 small-medium yellow squash

1 Tbsp extra virgin olive oil

Seasoning to taste

Directions:

1. Preheat oven to 425 F.
2. Carrots - wash and cut on the bias into rounds
3. Broccoli - rinse, remove florets, and include as much of the stalk as you wish (remember: there is a lot of fiber in those stalks)
4. Squash - Rinse and leave whole.
5. Add olive oil (and optional seasonings) to veggies in the ziplock bag. Gently press out the air, then toss the veggies until all are lightly coated with the olive oil.
6. Pour veggies into baking dish (I use an 8" x 8", aka 2 quart, glass pan) and evenly disburse.
7. Place in oven and cook for approximately 30 minutes for crisp tender or until desired doneness.

Best Blueberry Pancakes—Ever!

Ingredients:

1 cup flour - all-purpose

1 tablespoon granulated sugar

1 teaspoon baking powder

1/4 teaspoon baking soda

1/4 teaspoon salt

2 tablespoons butter - cultured unsalted

3/4 cup milk - whole

1/2 cup yogurt - plain

1 large egg

3/4 cup fresh blueberries

vegetable oil

Instructions:

Combine the flour, sugar, baking powder, baking soda, and salt in a medium bowl and whisk together.

Put the butter in a small microwave-safe bowl and melt in the microwave. Let the butter cool slightly so it's no longer hot, but still liquid.

Measure the milk and yogurt into a 2 cup liquid measuring cup, then add just the white from the egg. Whisk this mixture together until smooth.

Add the yolk to the butter and whisk together until smooth.

Pour the yolk and butter mixture into the milk mixture and whisk until smooth-

Add half the blueberries to the flour mixture and toss together.

Pour the wet ingredients into the dry ingredients then gently mix together until just combined. It's okay if there are still a few small lumps of flour.

Heat a large non-stick skillet over medium heat until hot. Pour a small amount of oil into the pan and use a wadded up paper towel to distribute a thin coating of oil evenly around the pan.

Pour the batter into small pancakes around the pan. Quickly sprinkle some more blueberries onto each pancake to fill in the gaps and let the pancakes cook until the edges start to dry out, and you see large bubbles show up in the pancake. Flip the pancake over and cook until the other side is golden brown