

# FARM FRESH



*Know Your Farmer ... Know Your Food*

**Wightmans Farm CSA 2015 Week 5**

## THE



*Our Own*

**Beets**

*Our Own*

**Raspberries**

*Own*

**Swiss Chard**

*Our Own*

**Lettuce**

*Our Own*

**Squash**

**Peppers**

**Green Beans**

**Cabbage-large**

**Pickles**

*Our Own*

**Kale-large**

### Beets n' Swiss Chard w/ Feta & Raisins

#### Ingredients

- 1 1/2 pounds red beets (about 3 large)
- 4 pounds Swiss chard
- 1/4 cup olive oil
- 1 large red onion, halved lengthwise, cut thinly crosswise
- 3/4 cup sliced green onions (about 3)
- 5 garlic cloves, chopped
- 2 jalapeño chiles, thinly sliced crosswise with seeds
- 3 14 1/2-ounce cans diced tomatoes in juice, drained
- 1 cup plus 2 tablespoons golden raisins
- 1/4 cup fresh lime juice
- 1 5 1/2-ounce log soft fresh goat cheese, crumbled
- 2 tablespoons pine nuts

#### Directions:

Preheat oven to 400°F. Wrap beets individually in foil. Roast until beets are tender, about 1 hour. Cool. Peel beets, then cut into 1/2-inch cubes. (Can be prepared 2 days ahead. Cover; chill.)

Fold Swiss chard leaves in half lengthwise and cut stalks away from leaves. Cut leaves coarsely into 1-inch pieces. Slice stalks thinly crosswise. Reserve stalks and leaves separately. Cook chopped leaves in large pot of boiling salted water until just tender, about 1 minute. Drain and reserve.

Heat oil in heavy large pot over high heat. Add sliced stalks; sauté until starting to soften, about 8 minutes.

Add onion and next 3 ingredients; sauté 3 minutes. Add drained tomatoes and 1 cup raisins. Reduce heat to medium and simmer until vegetables are soft, stirring occasionally, about 15 minutes.

Add chard leaves to pot; stir to heat through. Remove from heat; add lime juice and stir to blend. Season to taste with salt and pepper. Transfer chard mixture to large platter. Sprinkle with beets, goat cheese, pine nuts, and remaining 2 tablespoons raisins. Serve warm or at room temperature.

## **Grilled Panzanella Salad with Bell Peppers, Summer Squash, and Tomatoes Salad**

### **Ingredients:**

- 1 1/2 pounds assorted bell peppers (about 3 large), cut into 1 1/2-inch-wide strips
- 1 1/2 pounds assorted summer squash, cut lengthwise into 1/3-inch-thick slices
- 1 medium-size red onion, cut into 1/4-inch-thick rounds
- 1 12- to 14-ounce loaf of ciabatta, some crust trimmed to expose bread, cut crosswise into 1-inch-thick slices
- Extra-virgin olive oil
- 1 garlic clove, peeled, cut into thirds
- Dressing
- 1/4 cup fresh lemon juice
- 2 tablespoons red wine vinegar
- 1 tablespoon grated lemon peel
- 1/3 cup extra-virgin olive oil
- 1 pound tomatoes, cored, cut into 3/4-inch dice, juices reserved
- 1/2 cup chopped fresh Italian parsley
- 1/4 cup coarsely chopped assorted fresh herbs (such as chives, dill, chervil, and tarragon)
- 2 tablespoons drained capers

Prepare barbecue (medium heat). Brush both sides of bell peppers, squash, onion, and bread slices lightly with olive oil; sprinkle with salt and pepper. Grill vegetables until tender and brown, about 4 minutes per side for peppers and squash and 3 minutes per side for onion. Grill bread until browned and crisp, turning occasionally, about 4 minutes. Cool slightly. Rub bread with cut sides of garlic. Tear bread into 3/4-inch pieces; place in very large bowl. Cut grilled vegetables into 1-inch pieces; add to bread in bowl.

For dressing:

Whisk first 3 ingredients in small bowl to blend. Gradually whisk in 1/3 cup oil. Season dressing to taste with salt and pepper.

Add dressing, tomatoes with juices, and all remaining ingredients to salad; toss. Let stand 20 minutes. Season with salt and pepper.

## **Greek Stewed Green Beans & Yellow Squash**

Green beans are one of many vegetables that both Greek and Turkish cooks stew with abundant

olive oil in dishes known as ladera. This recipe is inspired by one of them, but it's a far cry from the authentic version, which requires three times as much oil and simmers for a longer time. Don't be put off by the faded color of the beans; they're comforting and delicious. This keeps well in the refrigerator, and you won't have to worry about the beans fading, since the bright green fades during the cooking. The flavor, on the other hand, just gets brighter. It'll be good for about four days.

- 3 tablespoons extra virgin olive oil
- 1 large onion, chopped
- 2 large garlic cloves, minced
- 1 pound fresh green beans, trimmed
- 3/4 pound yellow squash (3 medium squash)
- 1 (14-ounce) can chopped tomatoes, or 1 1/2 cups peeled, chopped tomatoes
- Salt and freshly ground pepper to taste
- 1/4 cup chopped fresh mint, parsley or dill
- 1 to 2 tablespoons fresh lemon juice (optional)

Directions:

Heat 2 tablespoons of the olive oil in a wide, covered skillet or Dutch oven over medium heat, and add the onion. Cook, stirring, until tender and translucent, five to eight minutes.

Add the garlic and cook, stirring, for another minute until fragrant. Stir in the green beans, squash and remaining oil. Stir together for a few minutes, then add the tomatoes and 1/2 cup water.

Bring to a simmer, then add salt and freshly ground pepper. Cover and simmer 30 minutes until the beans are tender and the mixture is stew-like.

Add the herbs, and simmer for another five to 10 minutes. Add lemon juice if desired. Taste, and adjust seasonings with salt and pepper. Serve hot or at room temperature.

## **Roasted Green Beans with Beets, Feta, and Walnuts**

Ingredients

- 2 pounds fresh green beans, trimmed

- 1 pound fresh beets, cut into wedges
- 1/2 cup sliced shallots (4 medium)
- 1/4 cup olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup broken walnuts
- 1/2 cup crumbled feta cheese (2 ounces)

### **Directions**

Preheat oven to 425 degrees F. In a large roasting pan combine green beans, beets, and shallots. Drizzle with oil and sprinkle with salt and pepper; toss to coat.

Roast, uncovered, for 45 to 50 minutes or until beans and beets are tender, stirring once or twice and adding walnuts during the last 10 to 15 minutes of roasting.

To serve, transfer roasted vegetables to a serving platter. Sprinkle with cheese.

A Note from the farm: We hope you are truly enjoying your Farm Fresh Share. This has been such an exciting time for us. Please continue to communicate with us at the farm. We love hearing what recipes you loved and what new things you have tried. Also, we are open to hearing your comments and suggestions. Enjoy your 4th of July holiday. Pick up some extra raspberries and blueberries with some Battenkill Cream and make a red, white and blue dessert for the holiday.

If you have paid in FULL

# **Pick Your Own Flowers and Herbs-STARTS!!!**

