

# FARM FRESH



*Know Your Farmer ... Know Your Food*

**Wightmans Farms CSA 2015 Week 6**

## THE



*Our Own*  
**Sour Cherries**

**Tomatoes**

*Our Own*

**String Beans**

**Mozzarella**

*Our Own*

**Basil**

*Our Own*

**Onions**

*Our Own*

**Lettuce**

*Our Own*

**Cucumber**

*Our Own*

**Kale (large)**

*Our Own*

**Squash (large)**

### Tart Cherry Crisp

4 cups pitted fresh tart cherries or 2 cans (14-1/2 ounces) pitted tart cherries, drained

2 tablespoons sugar

1/2 cup all-purpose flour

1/2 cup packed brown sugar

1 teaspoon ground cinnamon

1/4 teaspoon salt

1/4 cup cold butter, cubed

Directions

Place cherries in an ungreased 9-in. pie plate. Sprinkle with sugar. In a small bowl, combine the flour, brown sugar, cinnamon and salt. Cut in butter until mixture resembles coarse crumbs.

Sprinkle over cherries.

Bake, uncovered, at 375° for 30-40 minutes or until top is bubbly. Serve warm. Yield: 6 servings.

### Fresh Cherry Crisp

4 cups pitted sour cherries

1 1/2 cups white sugar

4 tablespoons all-purpose flour

1 1/2 cups all-purpose flour

1 cup old-fashioned oats

1 cup brown sugar

1/2 cup butter

1/2 cup shortening

Preheat oven to 375 degrees

In a large bowl, combine cherries, 1 1/2 cups white sugar, and 4 tablespoons flour. Pour into 9x13 inch baking dish. In a medium bowl, combine 1 1/2 cups flour, oats, and brown sugar. Cut in butter and shortening until crumbly. Sprinkle over cherries.

Bake in preheated oven for 45 to 50 minutes, or until topping is golden brown.

**Please Return Your Boxes Every Week**

3 cucumbers, peeled, quartered lengthwise & sliced  
4 tomatoes, halved and quartered  
2 garlic cloves, chopped  
6-8 green onions, tops only, chopped  
4 ounces mozzarella cheese, cut into small cubes

1 cup olive oil  
1 cup red wine vinegar  
1 tablespoon dried oregano  
1 tablespoon dried basil  
salt & pepper

#### DIRECTIONS

Combine 1st 5 ingredients and toss. Mix oil & vinegar, add seasoning and whisk thoroughly.

Pour over salad.

Drain & set aside dressing that runs off.

### **Arugula & Fried Mozzarella Salad with Tomato-Basil Vinaigrette**

#### ***Ingredients:***

1 cup mozzarella medallions  
1 large egg  
Kosher salt and freshly ground black pepper  
1 cup fine fresh breadcrumbs  
1-1/2 cups medium diced fresh tomatoes  
1/3 cup loosely packed basil leaves, roughly chopped  
1 medium clove garlic, minced (about 1 tsp.)  
1/4 cup plus 3 Tbs. extra-virgin olive oil  
2 tsp. balsamic vinegar  
arugula (about 6 cups loosely packed), washed and dried

#### ***Directions:***

Slice the mozzarella so that you have 16 pieces of cheese. Whisk the egg in a medium bowl with a pinch of salt and pepper. Put the breadcrumbs in another medium bowl. Working with a few pieces at a time, dip the cheese in the egg, turning to coat all sides of

the cheese. Dredge the cheese in the bread-crumbs, pressing to help the crumbs adhere and cover the cheese as much as possible. Transfer the breaded cheese slices to a plate and refrigerate until ready to cook. You can prepare the cheese up to 1 hour ahead. Discard any leftover egg and crumbs.

In a small bowl, combine the tomatoes, basil, and garlic and season with 1/2 tsp. salt and a few grinds of pepper. Let the tomato mixture sit for 5 min. and then add 1/4 cup of the oil and the vinegar

Heat 1-1/2 Tbs. of the oil in a 10-inch nonstick skillet over medium-high heat. Put half of the cheese in the pan and cook until the bread-crumbs turn golden, 30 to 60 seconds. Use two forks to turn the cheese and cook until the second side is golden, another 30 to 60 seconds. Transfer the cheese to a plate. Using the remaining 1-1/2 Tbs. oil, repeat with the second batch of cheese.

Put the arugula in a large bowl. Stir the tomato mixture and toss it with the arugula. Taste and add salt and pepper as needed. Portion the salad among four plates. Arrange four pieces of cheese on top of each salad and serve immediately.

### **Green Beans with Caramelized Onions**

#### ***Ingredients:***

Kosher salt  
3 pounds green beans, trimmed of stem end  
1/2 cup skin on sliced almonds  
3 tablespoons unsalted butter  
5 tablespoons extra-virgin olive oil  
2 large onions, sliced thin  
2 tablespoons chopped fresh thyme leaves  
Freshly ground black pepper  
Directions

Fill a large high sided skillet with some water, adding enough to be just shy of the rim of the pan by about 1 inch. Place over high heat and bring up to boil; add a big pinch of salt and the green beans. Cook for about 5 minutes,

the beans should still be crisp. Drain the beans and then run them under some cold water to stop them from cooking. Reserve the beans while you start the onions.

Return the skillet you cooked the beans in to the cook top over medium heat. Add the almonds and toast stirring every now and then until golden, about 3 to 5 minutes. Remove the almonds from the skillet and reserve. Return the skillet to the heat and add the butter and olive oil and heat until the butter has melted. Add the onions, season with salt and pepper, and cook stirring frequently until the onions caramelize, 20 to 25 minutes. Add the thyme, and cook for another 5 minutes. Add the cooked cooled green beans and almonds, and stir well to combine. Season with salt and pepper, to taste.

### **Best-Ever Cucumber Dill Salad**

1/2 cucumber, very thinly sliced  
salt and ground black pepper to taste  
1/4 cup sour cream, or to taste  
1/4 cup vinegar, or more to taste  
1/4 cup plain yogurt  
2 tablespoons mayonnaise  
1/2 lime, juiced  
2 teaspoons white sugar  
1 teaspoon dill

1/2 red onion, thinly sliced  
1/2 stalk celery, thinly sliced

#### ***Directions:***

Place cucumber slices in a colander. Generously sprinkle salt over cucumber; let sit until water starts to bead on the slices, about 10 minutes. Drain water from cucumber slices.

Whisk sour cream, vinegar, yogurt, mayonnaise, lime juice, sugar, and dill together in a large bowl until dressing is smooth. Mix cucumber, onion, and celery into dressing until evenly coated; season with salt and pep-

per. 2 cups fresh green beans, cooked til tender  
8 ounces mozzarella cheese, cubed  
1/2 cup Italian dressing (I use prepared Good Seasons)  
4 tomatoes, cut up  
1/3 cup chopped fresh basil

### **Kale Chips**

Ingredients

1 bunch kale, washed and dried (about 1 pound)  
Olive oil cooking spray, for spraying  
BBQ Seasoning, for sprinkling, recipe follows  
BBQ Seasoning:  
1/4 cup paprika  
2 tablespoons ancho chile powder  
2 tablespoons brown sugar  
1 tablespoon garlic powder  
1 tablespoon salt  
1/2 teaspoon dry mustard

Directions

Preheat the oven 275 degrees F. Line a baking sheet with parchment paper.

Remove the thick stem from the kale and discard. Tear the kale leaves into bite-size pieces. Lay the kale onto the prepared baking sheet and spray evenly with cooking spray. Bake until crispy and browned on the edges, tossing the kale halfway through, 18 to 20 minutes. Sprinkle the kale with BBQ Seasoning and serve.

BBQ Seasoning:

Mix the paprika, ancho chile, sugar, garlic powder, salt and dry mustard in a small bowl.  
Yield: 3/4 cup.

### **String Beans and Summer Squash**

1 tablespoon extra-virgin olive oil  
1 pound green and/or yellow wax beans,

trimmed and halved  
1 large summer squash, halved lengthwise, then cut crosswise into 1/2-inch slices  
2 medium cloves garlic, minced  
1/4 teaspoon salt  
1/4 teaspoon freshly ground pepper  
1/2 cup reduced-sodium chicken broth or vegetable broth  
1 teaspoon dried marjoram or 2 teaspoons fresh chopped

PREPARATION

Heat oil in a large skillet over medium-high heat. Add beans, squash, garlic, salt and pepper and cook, stirring occasionally, until the vegetables are beginning to brown, about 3 minutes.

Add broth, cover and reduce the heat to medium. Cook until the beans are tender-crisp, 4 to 5 minutes. Remove from the heat and stir in marjoram.

### **Tomato Mozzarella Sandwich**

makes 1 sandwich

Olive oil  
2 slices bread  
1/4 small tomato, sliced  
4 thin slices mozzarella cheese  
Salt and freshly ground black pepper  
1/2 clove garlic (optional)  
4 leaves fresh basil (optional)  
Heat a 10-inch skillet over medium heat and coat lightly with olive oil. Place 1 piece of bread in the skillet. Lay two pieces of mozzarella cheese on top of the bread. Lay the tomato slices on top of the cheese and sprinkle with salt and pepper. Place the rest of the cheese on top of the tomato and top with the second piece of bread.

Check the bottom of the bread; if it is looking golden, flip the sandwich. Place a cast iron

skillet on top of the flipped sandwich and cook for an additional 3 to 4 minutes to finish melting the cheese and toasting the bread.  
Option: Rub both pieces of bread with the cut half of a clove of garlic before assembling the sandwich.

Option: Add a few leaves of basil in the center of the sandwich with the tomato.

### **YUMMY POPCORN!!!**

6 cups unbuttered, unsalted microwave popcorn

1/2 bunch chives-or your onion tops!

1 tablespoon olive oil

2 tablespoons grated Parmesan

1 teaspoon black pepper

Microwave popcorn. While warm, empty into a bowl and drizzle with olive oil. While mixing/shaking the popcorn, gently sprinkle the parmesan, chives (chopped) and black pepper evenly. Serve warm.

I think of myself as sandwich agnostic. It's not that I don't believe in them, per se; I just rarely acknowledge their existence. I need cold, hard evidence; you have to really shove a good sandwich in front of me, and then all of a sudden I become a believer all over again.

This sandwich did that for me, many years ago, and it's enough to make a devotee out of any sandwich skeptic; it's utterly simple and yet captures the best of summer, so it's time to make it right now.

This sandwich, called The Mozzacado. It was an odd yet sublime mix of avocado smashed on bread, layered with fresh mozzarella cheese, tomato, and pesto. Think of it as an upgrade to that wonderful classic, the tomato-mozzarella sandwich.

4 thick slices sourdough bread

1 medium avocado  
1 small ripe tomato  
4 thick slices whole-milk mozzarella  
6 to 8 fresh basil leaves  
Flaky sea salt and freshly ground black pepper  
Lightly toast the bread. Meanwhile, smash the pitted avocado with a little salt and pepper. Spread a thick layer of smashed avocado on the warm bread. Layer the cheese with the basil and tomato over the avocado. Make two sandwiches, slice, share with someone you love, and enjoy!

### **Roasted String Bean Tomato Mozzarella**

#### **Ravioli**

2 tbsp olive oil  
1 lb string beans, trimmed  
1 pint cherry or 2 cups diced tomatoes  
1 tbsp Tuscan or Italian seasoning  
1 tsp red pepper flakes  
salt and black pepper, to taste  
½ lb sweet potato, quinoa, and kale ravioli-or regular ravioli  
½ lb mozzarella balls (bocconcini), quartered  
½ cup thinly sliced basil  
¼ cup pistachios, toasted

#### Instructions

Preheat oven to 400.

In a large bowl, toss together the olive oil, string beans, cherry tomatoes, Tuscan seasoning, red pepper flakes, and a hearty pinch of salt and black pepper. Spread out on a parchment-lined baking sheet and bake until string beans are starting to brown and tomatoes are starting to burst, about 20 minutes. Set aside.

In the meantime, bring a pot of salted water to a boil. Cook the ravioli in the boiling water according to package directions. Drain.

In a large bowl, toss together the roasted vegetables, ravioli, mozzarella, and basil. Season to taste with salt and black pepper. Serve topped with the pistachios.

This frittata is so easy to put together and is great hot or cold, for breakfast, lunch or dinner! Serve with potatoes, a green salad, or any vegetable on the side for a full, healthy meal.

Author: Katherine Martinelli

Recipe Type: Breakfast

Yield: 8 servings

### **Tomato Mozzarella Frittata**

#### Ingredients

1 tablespoon olive oil  
½ cup coarsely chopped yellow onion  
4 ounces spinach, chopped (or Kale)  
8 eggs (8 whites and 4 yolks), lightly beaten  
1 cup diced tomatoes  
2 ounces fresh mozzarella, shredded or chopped  
2 tablespoons torn basil

#### Directions

Preheat the oven to 425F.

Heat the oil in a medium cast iron pan or oven-proof skillet over medium heat.

Add the onions and cook for 5 minutes, stirring often, until softened.

Add the spinach (or Kale) and cook until just wilted, about 2 minutes.

Pour the eggs over.

Scatter the tomatoes, mozzarella, and basil on top (they should sink slightly).

Lower the heat slightly and cook until mostly set, about 5 minutes.

Transfer to the oven and bake 5 to 10

minutes (ovens vary so much! It took me 9 minutes), until fully set and cooked through.

Remove from the oven and allow to cool

slightly.

Cut into slices and serve (or refrigerate overnight).

### **What to do with your Onion Tops:**

you can use them exactly like scallions or green onions-- pretty much what you've got anyway-- green salads, potato salads, sub for onions in anything uncooked; or you could use them as a cooked accent in soups, stir-fries and casseroles. the onion tops will have a stronger flavor than chives but milder than onion so you can pretty much use them in the whole range of chive and onion flavored things. i like them on baked or in mashed potatoes too - or omelets

### **Onion Jam**

1/4 cup vegetable oil  
1/2 cup white sugar  
4 cups onion, coarsely chopped  
1/4 teaspoon salt  
ground black pepper to taste

1/2 cup red wine vinegar

#### Directions:

Heat vegetable oil in a heavy skillet over medium heat.

Stir sugar into vegetable oil with a wooden spoon, stirring constantly until mixture is a light caramel-color, about 10 minutes. Mixture will be very hot.

Stir onion, salt, and black pepper into sugar mixture. Onions will immediately start to caramelize. Stir frequently over medium heat until sugar has dissolved and onions are browned, about 15 minutes.

Pour red wine vinegar into onion mixture and simmer until mixture has a jam consistency, about 30 minutes. Let cool to serve.