

# FARM FRESH

# GAZZETTE

*Know Your Farmer ... Know Your Food*

**Wightmans Farms CSA 2015 Week 7**

## THE



*Our Own*

**Apples**

*Our Own*

**Peaches**

*Our Own*

**Raspberries**

*Our Own*

**Beans**

**Onions**

**NJ Fresh Ricotta**

**Arugula**

**Fryer Peppers**

**Pickles**

**Tomatoes**

## ARUGULA SO MANY WAYS!

:

1. As a pizza topping.
2. In soup.
3. In sandwiches.
4. As a substitute for basil in pesto.
5. Sautéed in olive oil and lemon juice but for not too long.
6. Baked into chips, although small.
7. In salads and sides.
8. Mixed in with rice or quinoa.
9. Worked into pasta, even lasagna or as an ingredient in sauce.
10. With eggs, my favorite is in omelets.

Satisfy your appetite for spring with these 10 MORE great arugula ideas. We love arugula for its peppery bite, but these recipes will work with any tender spring green; try spinach, watercress, nettles, dandelion, or young mustard greens.

### **Eat It Raw:**

Use about 9 oz (8 cups) arugula for each salad and add the other ingredients to taste. Dress lightly with olive oil, vinegar, and salt and pepper, or use your favorite bottled dressing.

#### 1. Italian

Arugula, sliced radicchio, Parmesan cheese shavings, quartered artichoke hearts, pitted black olives

#### 2. Summer

Arugula, sliced beefsteak tomatoes, fresh corn kernels, fresh basil

#### 3. Steakhouse

Arugula, sliced steak, cucumber, chopped scallions, crisp bacon

#### 4. Sweet and Salty

Arugula, diced fresh apricot, crumbled feta cheese, toasted almonds

#### 5. California

Arugula, crumbled Gorgonzola, toasted pecans, dried cranberries

### **Try It Cooked:**

#### 1. Pesto

Puree 2 garlic cloves, 2 cups packed arugula, ½ cup olive oil, and ¼ cup toasted walnuts. Add 1 Tbsp lemon juice; season with salt and pepper. Serve on grilled fish or chicken.

**Please Return Your Boxes Every Week**

## 2. Pilaf

Sauté 1 diced onion in 2 Tbsp canola oil in a pot. Add 1½ cups rice, 2½ cups water, and salt to taste. Bring to a simmer. Stir in ¼ cup golden raisins and ¼ cup - slivered almonds. When rice is tender, stir in 2 cups packed arugula.

## 3. Sandwich

Layer slices of ripe peach, thin slices of Gruyère cheese, and a handful of arugula between 2 slices of whole wheat bread. Bake until cheese melts.

## 4. Pasta

Combine ¾ lb cooked whole wheat spaghetti, 2 cups packed arugula, 1 cup halved grape tomatoes, ¼ cup chopped parsley, 3 Tbsp pine nuts, 1 Tbsp olive oil, and salt and pepper to taste. Warm.

## 5. Pizza

Top a whole wheat pizza crust with - basil pesto, a handful of arugula, sautéed broccoli, and shredded mozzarella. Bake at 425°F until cheese melts.

## **Melon & Arugula in a Honey Lime Dressing**

Ingredients:

For the Salad:

8 cups baby arugula

2 cups cubed watermelon, 1-inch cubes

2 cups cubed cantaloupe, 1-inch cubes

2 cups cubed honeydew melon, 1-inch cubes

1/2 cup crumbled feta cheese

For the Honey Lime Dressing:

Juice of 2 large limes

2 tablespoons honey

1 tablespoon finely chopped fresh mint leaves

Pinch of sea salt

Directions:

1. Place arugula in a large salad bowl. Top arugula with watermelon, cantaloupe, and honeydew melon cubes. Sprinkle with feta

cheese.

2. In a small bowl, whisk together lime juice, honey, mint, and salt. Drizzle dressing over salad and serve immediately.

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

Ingredients

2 pounds fresh green beans, trimmed

1 pound fresh beets, trimmed, peeled, and cut into thin 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.

Variations:

Out of walnuts? Try slivered almonds or coarsely chopped hazelnuts (filberts). Not feeling feta? Use crumbled goat cheese (chevre) or shredded sharp cheddar cheese instead.

When properly prepared, green beans (and their pole bean cousins wax beans, yellow beans, and purple beans) are snappy and delicious. Chronic overcooking or under-seasoning often makes them less than exciting.

## **1. Buttermilk Fried Green Beans**

I wish I could find the words to express how much I love these fried green beans. They are coated in the manner of buttermilk-fried chicken - a dip in buttermilk, a dredge in flour, and a quick bath in hot oil to crisp them

up. Easy, delicious, and a super fun snack or appetizer

**Ingredients:**

1 pound green beans

1/2 cup buttermilk

2 cups flour

1/2 cup cornmeal

2 teaspoons baking powder

2 teaspoons salt plus more for sprinkling

1/4 teaspoon cayenne (optional but delicious)

Oil for frying

Trim, rinse, and thoroughly dry the green beans. Put them in a medium bowl and toss with buttermilk to coat.

Combine flour, cornmeal, baking powder, salt, and cayenne in a large bowl or re-sealable plastic bag. Drain green beans and toss them in the flour mixture to coat thoroughly.

Bring about 1/2 inch oil in a wide, heavy pot to 350°-375°F over high heat. Adjust heat to maintain that temperature range. Test temperature using a thermometer or by dipping the handle of a wooden spoon into the oil. If the oil bubbles around the handle, it is hot enough to fry the beans.

Shake excess flour mixture off beans as you add enough of them to form a single layer in the oil. Fry until golden to medium brown and beans are tender, about 3 minutes. Transfer with tongs or a slotted spoon to a cooling rack set over paper towels. Sprinkle with salt and serve hot. Repeat with remaining beans.

## **Grilled Green Beans**

Green beans are fabulous on the grill. The trick, really, is keeping them on the grill. A smaller-than-normal spacing on your cooking grate will help. A grill basket works, too. Or, you can accept that you're going to lose a few beans to the fire and wing it.

Prepare a grill for high heat—you want to sear the beans quickly. Toss cleaned and trimmed green beans with a bit of olive oil or vegetable oil, just to coat them lightly. Put the oiled green beans on the cooking grate (placing them in a grill basket first, if you're lucky enough to have such an implement). If you're not using a grill basket, be sure to lay the green beans perpendicular to the bars of the cooking grate so they don't all fall through into the fire. Cook the beans until they're seared on that side and/or the ends, just a minute or two, then use tongs to turn them carefully (this is where you'll definitely lose a few if you don't have a grill basket), and cook them on the other side for another minute or so.

Remove the beans from the grill, put them on a serving platter, sprinkle them with salt to taste, and serve hot, warm, or even at room temperature. Delicious.

### **Mint Jalapeño Green Beans**

These green beans take on the bright, spicy flavor of the dressing and become something way beyond your standard green beans. I like them straight-up, but they also work nicely in a composed salad or served on a bed of lettuce leaves.

#### **Ingredients:**

1 pound green beans, ends trimmed  
2 garlic cloves, chopped  
1 jalapeño chile, seeded and chopped  
2 Tablespoons lemon juice  
1/3 cup fresh mint leaves  
3 Tablespoons extra virgin olive oil  
1/4 teaspoon fine sea salt  
1/4 teaspoon freshly ground black pepper

#### **Instructions:**

Prepare a large bowl of ice water and set it aside.

Steam the green beans. Immediately plunge them in ice water. Swish the beans around until they're completely cool. Dry them thoroughly (I like to pat them dry with paper towels). Put the green beans in a shallow dish. In a blender, whirl the garlic, jalapeño, and lemon juice. Add the mint leaves, olive oil, salt, and pepper and whirl everything until the mixture is very smooth.

Pour the dressing over the green beans and toss the beans to coat them thoroughly with the dressing. Let the beans sit at least 30 minutes at room temperature before serving or up to overnight covered and chilled. (Note, when chilled and allowed to marinate overnight the beans will lose some of their vibrant green color; they will also develop a more complex, intense flavor.)

### **Baked Ricotta with Bacon and Caramelized Onions**

Serves 6-8 as an appetizer

#### **Ingredients:**

1 1/4 cups good quality whole milk ricotta  
3 cloves garlic, minced  
3/4 teaspoon red pepper flakes  
3 tablespoons fresh chopped herbs (rosemary, thyme, chives, etc.)  
salt and lots of black pepper, to taste

1 egg white

6 strips bacon, minced

1 onion, minced

drizzle of good olive oil (optional)

In a small bowl, combine the cheese, garlic, pepper flakes, herbs, salt, pepper, and egg white.

Grease 2 ramekins with olive oil, and pour the ricotta mixture into the ramekins.

Bake in a 350 degree oven until the top begins to brown lightly, about 20 minutes.

Let cool slightly. Meanwhile, heat a skillet

over medium heat. Add the bacon and saute until the fat renders, about 3-5 minutes.

Add the onions and saute until the onions are caramelized and the bacon is crisp, about 5-7 minutes more.

Loosen the ricotta from the ramekin using a butter knife or an offset spatula. Top the ricotta with the bacon and onion mixture, and a drizzle of good olive oil, if desired. Serve with bread or crackers.

### **Ricotta Cheese Apple Pie**

#### **Ingredients:**

3 c. thinly sliced apples

1/4 c. sugar

1/2 tsp. cinnamon

1/4 tsp. nutmeg

2 eggs

1 c. ricotta cheese

1/2 c. sugar

1/2 c. heavy cream

1/8 tsp. salt

1 1/2 tsp. grated lemon peel

Pastry to line deep 9" pie pan

#### **Instructions:**

Line the pie pan with pastry, trim and flute the edge. Turn the sliced apples in, sprinkle with 1/4 cup sugar mixed with cinnamon and nutmeg. Beat eggs slightly, combine with ricotta, 1/2 cup sugar and the cream, salt and lemon peel. Mix and pour over the apples, covering evenly. Bake in preheated 425 degree oven for 10 minutes. Lower temperature to moderate 350 degrees and bake 30 minutes longer. Let cool.

### **Stuffed Peppers**

#### **Ingredients**

4 Green Peppers /you can use your fryers

1 tablespoon Oil

8 oz Ricotta Cheese (low-fat)

2 Tomatoes

4 cloves Garlic

1 Onion

1 Lemon

Herbs

Directions

Put the ricotta cheese in a large mixing bowl, along with a few grinds of fresh pepper to taste.

Wash the lemon, and zest the surface of half of it. [Tip: put the rest of the lemon back in the fridge for another use.] Add the lemon zest to the ricotta cheese in the bowl.

Dice the onion, the tomato and the garlic.

Place in a frying pan along with a tablespoon of oil, and a teaspoon or two of a dried herb such as basil or oregano (or even better use FRESH herbs). Sauté lightly for 5 to 10 minutes. The goal is not to cook the onion and tomato (the oven cooking time will do that); it's just to kick start and marry the flavors. When done, remove from heat, and let cool about 5 minutes.

Wash peppers, cut in half height-wise, (length wise for fryers) scrape out the seeds and white pith and remove stems.

Rinse under running water to get rid of all seeds, shake or pat dry. Then rub, brush or toss the pepper halves in oil to coat them inside and out. Lay out the peppers cavity-side up on a board, ready to be stuffed.

Start oven heating.

Add the onion and tomato mixture to the cheese, and mix well (hands are best), then stuff each of the pepper halves with the mixture (again, hands are best.)

Drizzle a bit of oil on top of the pepper halves, then place into oven and bake for about 45 minutes or until the sides are quite soft.

## Raspberry Ricotta Cake

*Ingredients*

Nonstick vegetable oil spray

1½ cups all-purpose flour

1 cup sugar

2 teaspoons baking powder

¾ teaspoon kosher salt

3 large eggs

1½ cups ricotta

½ teaspoon vanilla extract

½ cup (1 stick) unsalted butter, melted

1 cup frozen raspberries or blackberries, divided

Preheat oven to 350°. Line a 9"-diameter cake pan with parchment paper and lightly coat with nonstick spray. Whisk flour, sugar, baking powder, and salt in a large bowl.

Whisk eggs, ricotta, and vanilla in a medium bowl until smooth; fold into dry ingredients just until blended. Then fold in butter, followed by ¾ cup raspberries, taking care not to crush berries. Scrape batter into prepared pan and scatter remaining ¼ cup raspberries over top.

Bake cake until golden brown and a tester inserted into the center comes out clean, 50-60 minutes. Let cool at least 20 minutes before unmolding.

## Lemon Ricotta Pancakes w/Sauteed Apples (you can also half this recipe)

For the sautéed apples

4 large apples, peeled, cored, and sliced

2 tablespoons unsalted butter

3 tablespoons sugar

1/2 teaspoon cinnamon

fresh lemon juice to taste

For the pancakes

4 large eggs, separated

1 1/3 cups ricotta

1 1/2 tablespoons sugar

1 1/2 tablespoons freshly grated lemon zest

1/2 cup all-purpose flour

Melted butter for brushing the griddle

Maple syrup, as an accompaniment

Prepare the sautéed apples:

In a large heavy skillet sauté the apples in the butter over moderately high heat, stirring occasionally, for 5 minutes, or until they are softened, sprinkle them with the sugar and the cinnamon, and cook them over moderate heat, stirring occasionally, for 5 to 10 minutes, or until they are tender. Stir in the lemon juice and keep the mixture warm.

Make the pancakes:

In a bowl whisk together the egg yolks, the ricotta, the sugar, and the zest, add the flour, and stir the mixture until it is just combined. In a bowl with an electric mixer beat the egg whites with a pinch of salt until they hold stiff peaks, whisk about one fourth of them into the ricotta mixture, and fold in the remaining whites gently but thoroughly. Heat a griddle over moderately high heat until it is hot enough to make drops of water scatter over its surface and brush it with some of the melted butter. Working in batches, pour the batter onto the griddle by 1/4-cup measures and cook the pancakes for 1 to 2 minutes on each side, or until they are golden, brushing the griddle with some of the melted butter as necessary. Transfer the pancakes as they are cooked to a heat-proof platter and keep them warm in a preheated 200°F oven.

Serve the pancakes with the sautéed apples and the maple syrup.

