

FARM FRESH

GAZZETTE



**Onions/Peaches/Squash/Pickles/Blueberries/Kale/
Lettuce/Carrots/Turnips*/Brocco Greens-Large Only**

Crab Stuffed Peaches

From Cookmore.com

Ingredients:

- 6 large fresh peaches, halved and pitted
- 3/4cup panko breadcrumbs
- 3tablespoons fresh thyme leaves, finely minced
- 1teaspoon coarse salt
- 1/2teaspoon freshly ground black pepper
- 1/4cup butter, melted
- 1/2cup green onion, sliced
- 0.3cup Greek yogurt
- 1teaspoon garlic, finely minced
- 1teaspoon aged Balsamic vinegar
- 1pound fresh crabmeat, well cleaned

STEP ONE

Heat oven to 400 degrees F. Line a baking sheet with parchment paper.

STEP TWO

In a shallow dish, combine Panko bread crumbs, thyme, salt and pepper. Place melted butter in a separate shallow dish. Dip cut side of peach halves in butter then in the Panko mixture. Place on baking sheet.

STEP THREE

Combine green onion, yogurt, garlic, balsamic vinegar and crab meat and stir to blend. Divide the crab mixture evenly between the

peaches, placing a heaping tablespoon in each peach pit center. Sprinkle with remaining Panko mixture. Bake for 10-16 minutes or until lightly browned.

No-Bake Blueberry Cheesecake

Ingredients

- 16 graham cracker squares (8 whole crackers), crushed
- 1/4 cup ground pecans or walnuts, optional
- 3 tablespoons melted butter
- 1 8-ounce package cream cheese, at room temperature
- 1 cup ricotta cheese
- 2 tablespoons honey, or to taste
- Rind of a lemon, freshly grated
- Pinch salt
- About 1 1/2 cups blueberries

Preparation

- Combine crushed graham crackers, nuts if using, and melted butter. Press evenly into bottom of an 8- or 9-inch square pan (glass is good) to form a crust about 1/4-inch thick. Put in refrigerator until ready to use.
- Using a standing or hand mixer, or a whisk, combine cream cheese, ricotta,

honey, lemon rind and salt, and blend until smooth.

- Spread cheese mixture carefully and evenly over crust, using a spatula or butter knife to smooth top.
- Cover with fresh blueberries and chill for at least an hour, or until set. Cut into squares or bars and serve.

COOKING NOTES

There are those who may not find this sweet enough, and if that's the case I recommend adding a quarter cup or so of sugar instead of increasing the honey, because you don't want the honey flavor to become overpowering. Other flavor possibilities to add with the blueberries: any citrus you like; a teaspoon or so of very finely ground coffee or cocoa; or chopped raisins or, I suppose, chocolate chips. I prefer the straight honey-lemon combination, unadulterated.

Featured in: [Summer Cheesecake, Without The Stove.](#)

Green with Envy Egg White

Frittata

Sautéed BroccoLeaf and sundried tomatoes swirled with Kalamata olives, soft and fresh ricotta, egg whites and herbed Parmesan cheese studded with breadcrumbs then baked till fluffy.

- 1 ½ cups egg whites
- ¼ cup + 2 tablespoons
- Grated Parmesan cheese
- Kosher salt and freshly cracked black pepper to taste
- 1 bunch BroccoLeaf
- ¼ cup water
- 2 tablespoons olive oil
- 2 tablespoons chopped sundried tomatoes
- 2 tablespoons pitted and chopped Kalamata olives
- 4 tablespoons fresh basil, cut into ribbons
- ¾ cup low-fat ricotta cheese
- 2 tablespoons *toasted rolled instant oats*

Makes 4 servings

1. Preheat the oven to 400 degrees.
2. In a medium-size bowl, whisk together the egg whites, ¼ cup Parmesan cheese, salt, pepper.
3. Trim the BroccoLeaf stems where they meet the leaves. Roll the trimmed leaves lengthwise so they resemble a rolled cigar. Holding the roll with one hand, slice the leaves crosswise into thin ½” wide “noodles”.
4. Heat a medium-size non-stick sauté pan or cast iron skillet; 9-1/2 inches in diameter is best. Add the Broccoleaf “noodles” and water, cover and steam for 2 minutes. When the BroccoLeaf is soft and bright green, Add the olive oil, sundried tomatoes, olives and half the fresh basil. Stir to combine.
5. Brush the sides of the pan with a little extra olive oil to prevent sticking and pour in the egg white mixture. Stir constantly over medium-low heat as you would for scrambled eggs, just until the egg whites begin to set, about 5 minutes.
6. When the egg whites are set around the edges, but still loose on the top, drop 6 to 8 spoons full of ricotta cheese randomly into egg

mixture. Place the pan in the preheated oven and bake for 3 to 4 minutes, or until the top of the frittata is firm to the touch. Loosen the edges of the frittata from the pan with a rubber spatula and slide it onto a cutting board; or serve it directly from the skillet.

BroccoLeaf Simple Sauté

BroccoLeaf is the newest member of the Super Greens family. BroccoLeaf is a delicious and mild green for the nutritional punch it packs. Simply cook and serve as is or use this recipe as a base for almost any culinary creation you can imagine. See our bank of recipes for lots of ideas.

- 1 bunch BroccoLeaf
- 2 tablespoons olive oil
- 1 tablespoon minced or sliced fresh garlic
- 1 pinch crushed red chili flakes

Makes 2 to 4 servings

1. Trim the BroccoLeaf stems where they meet the leaves. Reserve the stems for fresh BroccoLeaf juice. Roll the trimmed leaves lengthwise so they resemble a rolled cigar. Holding the roll with one hand, slice the leaves crosswise into thin ½” wide “noodles”.
2. Heat a medium-size non-stick sauté pan or cast iron skillet; 9-1/2 inches in diameter is best. Add the olive oil and heat just until it ripples. Add the garlic, stir and sauté just until it begins to caramelize.
3. Add the BroccoLeaf “noodles” and water, cover and steam for 2 minutes. When the BroccoLeaf is soft and bright green, season to taste with crushed red chili flakes.

Broccokopita (Broccoleaf Spanakopita)

By Celebrity Chef Spike Mendelsohn

Makes a 9 by 9 inch pan

Ingredients

- 5 tablespoons olive oil
- 1 large onion, chopped
- 1 bunch green onions, chopped
- 2 cloves garlic, minced
- 2 pounds Broccoleaf, rinsed and torn
- ½ cup chopped fresh parsley
- 2 eggs, lightly beaten
- ½ cup ricotta cheese
- 1 ½ cup crumbled feta cheese
- 16 sheets phyllo dough
- ¼ cup olive oil

Directions

Preheat oven to 350 degrees F.

Heat 5 tablespoons olive oil in a large skillet over medium heat. Saute onion, green onions and garlic, until soft and lightly browned, caramelized. Remove from heat and let cool. In a large mixing bowl, stir in broccoleaf and parsley and cooled caramelized items. Mix in eggs, ricotta, and feta and stir so all ingredients are blended.

Lay 1 sheet of phyllo dough in prepared baking pan, and brush lightly with olive oil. Lay another sheet of phyllo dough on top, brush with olive oil, and repeat process till you’ve used 8 sheets of phyllo. The sheets will overlap the pan. Spread spinach and cheese mixture into pan and fold overhanging dough over filling. Brush with oil, then layer remaining 8 sheets of phyllo dough, brushing each with oil. Tuck overhanging dough into pan to seal filling.

Bake in preheated oven for 45 minutes, until golden brown. Cut into squares and serve while hot or cold. Can be prepared a day before.

Eggs Broccoleaf

By Celebrity Chef Spike Mendelsohn

Ingredients

hollandaise sauce:

4 egg yolks
3 Tbs. fresh lemon and lime juice
2 Tbs. water
½ tsp. sea salt
2 pinches of coarse ground pepper
Pinch of cayenne pepper or chilli powder
2 sticks unsalted butter, melted
4 English muffins, split and toasted
3 Tbs. softened unsalted butter
4 cups Broccoleaf, torn
8 eggs

Directions

To make the sauce, in a heatproof bowl set over a pot of simmering water, combine the egg yolks, lemon and lime juice and water and whisk constantly until the mixture begins to thicken, then continue whisking for about 1 minute more, but remove the bowl from over the pan as soon as the mixture thickens. Add the sea salt, pepper and cayenne pepper or chilli powder. Continue whisking the sauce while slowly pouring in the melted butter in a thin stream until incorporated, about 2 minutes. Taste and adjust the seasonings. Cover and keep warm over very low heat until ready to serve.

Lightly spread the cut side of each muffin with 1 tsp. of the softened butter.

In a sauté pan over medium-high heat, melt the remaining 1 tsp. butter. Add the torn broccoleaf and cook until slightly wilted, about 2 minutes. You should have about 1 ½ cups cooked broccoleaf. Keep warm.

Fill an egg-poaching pan with ½ inch water, set the pan over medium heat and bring to a simmer. Lightly coat the poaching cups with nonstick cooking spray and crack an egg into each cup. Cover and cook until the whites are firm and the yolks are glazed over but still soft, about 3 minutes, or until done to your liking. Transfer the eggs to a warmed plate and repeat with the remaining eggs.

Place 2 muffin halves on each of 4 warmed individual plates. Top each muffin half with some of the spinach, an egg and some of the sauce. Serve immediately. Serves 4.

Broccoleaf Greens

By Celebrity Chef Spike Mendelsohn

Ingredients

½ cup pancetta, (vegetable oil for vegetarians)
1 medium onion, sliced
1 ham hock (6 carrots, 6 celery, chopped for vegetarians)
2 garlic cloves, smashed
1 quart chicken broth (vegetable stock for vegetarians)
1-2 cups water
8-10 cups chopped Broccoleaf (about 2 pounds)
Cider Vinegar and/or hot sauce to taste

Directions

Heat the pancetta in a large pot set over medium-high heat. Saute the onion in the pancetta mixture, stirring often, until the edges begin to brown, about 5 minutes. Add the ham hock, smashed garlic, chicken stock (vegetable stock) and water and bring to a simmer. Cover and cook for 1 hour.

BroccoLeaf Slaw

By Chef Akasha Richmond
Makes 8 servings

For the slaw mix:

1 bunch BroccoLeaf, taken off stems and shredded (about 4 cups)
4 cups shredded cabbage
1 cup shredded carrots
½ cup thinly sliced red onion
1 cup toasted and salted slivered almonds
¾ cup dried cranberries

For the dressing:

- 1/4 cup cider vinegar
- 2 tablespoons sugar
- 3 tablespoons dijon mustard
- ¼ cup canola oil
- 1/2 teaspoon sea salt
- ½ teaspoon freshly ground pepper

Mix the BroccoLeaf, cabbage, carrots and red onion in a medium sized bowl. Reserve the almonds and cranberries.

In another bowl, whisk together the vinegar, sugar, mustard, canola oil, salt and pepper. Pour over slaw mix and toss to combine. Add the almonds and cranberries.

Orecchiette with Caramelized Turnips, Tuscan Kale, and Cracked Pepper from 'The Vermont Farm Table Cookbook

Ingredients:

- Salt
- 1 pound orecchiette
- 1/4 cup canola oil
- 2 medium turnips, peeled and cut into 1/4-inch dice
- 1 pound Tuscan kale, stems and center ribs removed, roughly chopped
- 2 garlic cloves, minced
- 1/2 teaspoon red pepper flakes
- Freshly cracked black pepper
- 8 tablespoons (4 ounces) unsalted butter

- 2/3 cup grated Parmigiano-Reggiano cheese, plus extra for garnish

Directions:

Bring 6 quarts salted water to a boil in a large pot over medium-high heat. Add the pasta and cook until al dente, about 8 minutes. Drain the pasta, reserving 3/4 cup of the pasta water. Set aside.

Meanwhile, heat the oil in a large saucepan over medium-high heat until hot but not smoking. Add the turnips and reduce the heat to medium. Cook, stirring often, until the turnips are tender and golden, about 6 minutes.

Add the kale and cook, stirring often, until the kale is very tender, about 8 minutes. Add the garlic and red pepper flakes, and cook, stirring often, 1 minute. Add the reserved pasta water as needed and season with cracked pepper to taste. Add the butter and stir gently until melted.

Add the pasta to the kale mixture and toss with tongs until the pasta is well coated. Stir in the Parmigiano-Reggiano. Season with salt and additional cracked pepper to taste.

Divide the pasta into warm bowls, sprinkle with additional cheese, if desired, and serve.

Steak with Glazed Carrots & Turnips

EatingWell: [Nov/December 2015](#)
This cast-iron steak recipe has what it takes to transform beef and vegetables from basic to brilliant—a pop of rosemary on the steak, an intense sear in a hot skillet and a sweet-and-sour glaze on the vegetables. Serve with sautéed spinach and a glass of red wine.

Makes: 4 servings

Ingredients:

- 2 tablespoons extra-virgin olive oil, divided
- 1 tablespoon butter
- 1 pound small carrots (about 5 inches long), halved lengthwise
- 1 pound turnips (about 3 medium), peeled and cut into thick matchsticks
- 3/4 teaspoon salt, divided
- 3/4 teaspoon ground pepper, divided
- 1 pound sirloin or top round steak, about 1 inch thick, trimmed
- 1 teaspoon minced fresh rosemary or 1/2 teaspoon dried
- 2 tablespoons brown sugar
- 1 tablespoon red-wine vinegar

Instructions:

Preheat oven to 450°F.

Heat 1 tablespoon oil and butter in a large cast-iron skillet over medium-high heat. Add carrots and turnips, sprinkle with 1/4 teaspoon each salt and pepper and cook, stirring occasionally, until starting to brown and soften, 8 to 10 minutes.

Transfer to a plate.

Meanwhile, cut steak in half crosswise and sprinkle with rosemary and the remaining 1/2 teaspoon each salt and pepper. Heat the remaining 1 tablespoon oil in the pan over medium-high heat until very hot. Add the steak and cook until starting to brown on each side, about 2 minutes' total. Transfer to another plate.

Return the vegetables to the pan and stir in brown sugar. Place the steak on the vegetables. Carefully transfer the pan to the oven.

Roast until the vegetables are tender and the steak is cooked to your desired doneness, 8 to 10 minutes for medium. Remove the steak to a clean cutting board and let rest 5 minutes before slicing. Drizzle vinegar over the vegetables. Serve the steak with the vegetables.

My mom always said to eat your.....muffins?

How would you like to be the coolest Mom/guardian on the block? Yelling at your kids to eat their.....muffins? Now I know you have all pureed everything in your fridge by now after watching our [video](#) yesterday and I've left you with a freezer full of pureed vegetables. How about I give you a recipe to use those in something your family and little one will love? I was inspired by a cookbook called [Deceptively Delicious](#) that teaches you how to hide veggies in the most unsuspecting meals. Today I am going to share my favorite recipe with you combining yellow squash in blueberry lemon muffins. *Prep time : 10 minutes, Bake time 16 minutes, Total: 26 minutes*

Now onto the **Ingredients:**

- **1/2 cup** firmly packed light or dark brown sugar
- **4 tablespoons** butter, chilled
- **1 cup** lemon yogurt (this can be hard to find, you can substitute plain yogurt and add extra lemon juice)
- **1 cup** blueberries (fresh, frozen or canned, we use frozen because it's the most cost effective for us)
- **1/2 cup** yellow squash puree
- **1** large egg
- **2 tablespoons** lemon juice

- **1 teaspoon** grated lemon zest
- **2 cups** of whole wheat or white all-purpose flour
- **1/4 cup** flaxseed meal
- **1 teaspoon** baking powder
- **1 teaspoon** baking soda
- **1/2 teaspoon** salt

Step 1: Preheat the oven to 350 degrees, line a muffin tin with paper baking cups. (This makes portability easier and cleanup a breeze) You can use a tiny cupcake pan instead if you would like bite size muffins.

Step 2: In a large bowl combine all of your dry ingredients, the flour, sugar, flaxseed meal, baking soda, baking powder, and salt. Stir together.

Step 3: Add the butter, stir in the yogurt, blueberries, yellow squash puree, egg, lemon extract and lemon zest. Stir just to combine, be careful not to over mix – you want it to be a little lumpy. (I would recommend using a wooden spoon if you are using fresh blueberries, it is gentler and keeps you from bruising them) Sometimes I am lucky enough to have a little help in the kitchen....

Step 4: Divide the batter among the muffin cups. (I like to use an ice cream scooper, it's just the right amount of batter and less messy)

Step 5: Bake until the tops of the muffins are lightly browned and toothpick comes out clean when inserted in the center. Depending on your oven this takes 13-16 minutes.

Step 6: Let the muffins cool and store in an airtight container at room temperature for up to 2 days. You can also wrap individually in foil and freeze for up to a month. These are delicious! I am

sorry if you were hoping to taste the yellow squash because you can't taste it at all. Just sweet blueberries and tart lemons. These are great to toss in your snack/diaper bag on long days for a mid day snack for your little one.

Blueberry and Peach Kale Salad

4 servings

Ingredients:

- bunch kale
- 1/3 cup blueberries
- 2 tablespoons dried cranberries
- 1/2 peach, sliced

For the Vinaigrette

- 1/4 cup blueberries
- 1/4 cup olive oil
- 1/4 teaspoon minced garlic
- juice from 1/2 lemon
- sprinkle of salt

For the Vinaigrette

- Place all ingredients into a blender and pulse until smooth consistency. Store in air tight container in the refrigerator.

Directions:

Massage the dressing into the kale for about 2-3 minutes.

Combine the salad ingredients into a large bowl or plate.

Note: Vinaigrette is best used the day that it is made.

Caramelized onions are good on pretty much...everything. The only problem? They're surprisingly tricky to make. They take time to slowly brown and caramelize. It's easy to burn them—and it's easy to remove them from the stove before they're actually done. So we talked to senior associate food editor **Claire Saffitz** in the test kitchen to figure out the common mistakes people make when they try to make this deeply flavored accoutrement.

1. Slicing Them Too Thinly

Thinly sliced onions will burn faster and stick to the bottom of your pan. Aim to slice your onions 1/8" thick—their heft will prevent them from drying out.

2. Using Just Butter

You definitely want the flavor of butter in your onions—but butter has the tendency to burn. For insurance, use a combination of butter and oil, which has a higher smoking point. But how much do you use? Depending on the consistency you want your onions, you can use more or less fat. *Just* cover the bottom of your pan for jammy, soft caramelized onions, or add a little more for more structured, slightly charred caramelized onions. The more fat in the pan, the more the onions will fry rather than soften. (Okay, you can fry them *a little*.) You can use just oil, or a combination of butter and oil—the choice is yours!

3. Crowding the Pan

If you pack too many onions into your pan, they'll steam and produce water. Eventually, they will caramelize—but it will take *much* longer to get them there. In a 12" pan, you'll ideally be able to cook 2 large onions (we like yellow or Spanish onions) without encountering any steaming problems.

4. Cranking the Heat

You're not sautéing your onions—you're trying to slowly coax flavor out of them. It takes time, probably a solid 45 minutes, for the onions' sugars to caramelize. If your heat is too high, the onions will burn. Heat your pan over medium-low, then add your onions. **Keep it on that temp for the whole process.** No cheating!

5. Skipping the Deglazing Step

As our boss's tweet reminded us, there's flavor in the bottom of the pan, too. Take full advantage of the brown bits and **deglaze with stock, wine, beer, vinegar, or even water**—whichever liquid matches the dish you're going to be adding your onions to. Stir to incorporate with the onions, and they'll absorb all that flavorful liquid, making them EVEN BETTER.

6. Removing Them Too Early

Just in case it didn't sink in before: Caramelization takes time. Don't take them off too early—then, you're "blonding" them instead of actually caramelizing them. They should be a rich brown, much reduced from where you started, and very soft but not quite mushy.

Petit Trois's French Onion Soup

Makes 4 Servings

Veal Stock

- 6 pounds veal neck or beef bones
- 1 tablespoon grapeseed or vegetable oil
- 2 large onions, chopped
- 6 celery stalks, chopped
- 1 pound carrots, peeled, chopped
- ¼ cup tomato paste
- 1 head of garlic, halved crosswise
- 4 sprigs thyme
- 1 bay leaf

Soup And Assembly

- 3 tablespoons grapeseed or vegetable oil
- 1 tablespoon unsalted butter
- 1 head of garlic, halved crosswise
- 4 pounds onions, thinly sliced
- Kosher salt, freshly ground pepper
- 3 tablespoons dry Sherry
- 6 sprigs thyme
- 1 bay leaf

- 4 slices ½-inch-thick baguette, toasted
- 4 slices ⅛-inch-thick Gruyère
- 4 slices ⅛-inch-thick Emmenthal cheese

Special Equipment/ Cheesecloth;

French onion soup bowls or 8-ounce ramekins

Preparation/Veal Stock

Preheat oven to 425°. Place a wire rack inside a rimmed baking sheet and place bones on top. Roast bones (undisturbed) until deep golden brown, 40–50 minutes. Transfer to a large pot and add 5 qt. water. Bring to a simmer, then use a fine-mesh sieve to skim off any foam or gray bits from the surface. Remove from heat.

Meanwhile, in another large pot, heat oil over medium-high. Add onions, celery, and carrots and cook, stirring occasionally, until vegetables start to caramelize, 10–15 minutes. Add tomato paste and cook, stirring often, until slightly darkened in color, 6–8 minutes.

Add bones along with liquid, garlic, thyme, and bay leaf to vegetables. Bring just to a boil; reduce heat to low, and cook at a bare simmer, adding water as needed during cooking to maintain level of liquid until stock is flavorful, about 2 hours. Strain stock through a fine-mesh sieve into a large bowl, then strain again into another large bowl or airtight containers.

Do Ahead: Stock can be made 5 days ahead. Let cool; cover and chill, or freeze up to 1 month ahead.

Soup And Assembly/ Heat oil and butter in a large pot over medium heat. Place garlic, cut side down, in pot and cook undisturbed until

golden brown, about 4 minutes. Transfer garlic to a plate.

Add onions to same pot, season with salt and pepper, and cook, stirring occasionally at first and then more often as onions darken to keep them from getting too brown in any one spot, until golden but not mushy, 60–70 minutes (and no, this process can't be rushed at a higher temperature).

Add Sherry and stir, scraping up any browned bits from bottom of pot. Stir in 8 cups veal stock. Bundle up garlic, thyme, and bay leaf in cheesecloth and tie closed with kitchen twine. Add to pot; bring mixture to a boil. Reduce heat and cook, stirring occasionally, until liquid is reduced by one-quarter, flavors have melded, and onions are completely tender, 45–50 minutes.

Heat broiler. Divide soup among bowls and top each with a toast and a slice each of Gruyère and Emmenthal cheese. Place on a rimmed baking sheet and broil until cheese is melted and brown in spots, about 5 minutes. Let cool for a minute or so before serving.

Have any questions about the program or your membership text or call 908.477.0105 Dawn

Please remember pick-up times:

If you are a Tuesday member-you can come either 11-6 Tues OR 8-12 Wednesday. If you are a Friday member you can come Friday 11-6 or Saturday 8-12. If you miss those times your share will be donated.