

FARM  
FRESH

GAZZETTE



Apples, Carrots, Kale, O'Henry Sweet Potatoes, Zucchini, Red Cabbage Cubanelle Peppers, 1/2 Gallon Cider

**Dazzling Winter Slaw - Red Cabbage, Apple and Pecan Salad**

By Frenchart.com

*A dazzling coleslaw salad for your winter festive table. Red cabbage is mixed with apples, carrots, pecans and onions which is then dressed with a tangy mustard and nut vinaigrette - fabulous! Plus, the colors as well as the taste, is amazing! This goes so well with cold cuts, pies, tarts, quiches, buffets as well as being a wonderful supper or light lunch accompaniment. I do all the shredding and grating in my food processor, it is so easy and cuts down on time. You can of course grate and shred by hand - it will just take a little longer! I sometimes add semi-dried cranberries and grated beetroot - these are listed as optional extras*

Ingredients:

8-10 Servings

- Coleslaw

- 1/2 medium [red cabbage](#), finely shredded and outer leaves trimmed
  - 2 [apples](#), cored and thinly sliced
  - 4 [carrots](#), peeled and grated
  - 1/2 small [red onion](#), peeled and thinly sliced
  - Dressing
  - 2 tablespoons [Dijon mustard](#)
  - 1 [garlic clove](#), peeled and finely minced
  - 1 teaspoon [caster sugar](#)
  - 3 tablespoons [olive oil](#)
  - 2 tablespoons [walnut oil](#)
  - 3 tablespoons [white wine vinegar](#)
  - To Finish
  - 1/2 cup finely chopped [pecan nuts](#)
  - [parsley](#), for garnish
  - Optional Extras
  - 1/2 cup semi- [dried cranberries](#)
  - 1/2 cup finely chopped [walnuts](#)
  - 1 raw [beetroot](#), finely grated
- 2 days beforehand and stored in a cool place.
  - Place all the prepared vegetables and the apple in a large mixing bowl and mix by hand.
  - One hour before serving add the dressing and mix well, allowing the flavors to infuse together.
  - Serve in an attractive serving bowl, sprinkling on the pecan nuts just before serving; give them a little mix, leaving some on top.
  - This coleslaw can also be garnished with finely chopped parsley, for extra color.

**Roasted Heirloom Sweet Potato Salad with Maple-Mustard Vinaigrette**

Washingtonpost.com

Servings: 6 – 8 (half this recipe or grab a few extra O'Henry's)

Ingredients:

Preparation:

1. Make the dressing by mixing all the ingredients together in a jar - giving them all a good shake. The dressing can be made up to
- For the salad
  - 8 to 10 small (2 1/2 pounds total) sweet potatoes, such as white Hayman sweet

potatoes, white/yellow O'Henry sweets, Porto Ricos, Beauregard (orange) or Georgia Jet (reddish), peeled and cut into 3/4-inch pieces

- 3 to 4 tablespoons extra-virgin olive oil
- 2 teaspoons kosher salt
- 6 hard-cooked eggs, peeled and cut into slices (optional; see NOTE)
- 1 tablespoon chopped parsley (optional)
  
- For the dressing:
- 3 tablespoons olive oil
- 2 tablespoons maple syrup (may be flavored with spices or herbs, such as ginger, rosemary or red pepper; in the case of the latter use less and combine with a tablespoon of plain maple syrup)
- 2 tablespoons apple cider vinegar or balsamic vinegar
- 1 tablespoon brown or dijon-style mustard
- 1 or 2 medium cloves garlic (1/2 tablespoon)
- 1 tablespoon minced onion or finely chopped scallion (white and light-green parts)
- 1/2 teaspoon kosher salt, or more to taste
- 1/2 teaspoon freshly ground black pepper, or more to taste
- 1/2 teaspoon ground cumin
- 1/2 teaspoon Spanish smoked paprika

### Preparation

For the salad: Preheat the oven to 400 degrees. Have a large roasting pan at hand.

Combine the sweet potatoes, oil to taste and salt in the pan, tossing to coat evenly. Roast for about 15

minutes, then use a large spoon to turn the potatoes so they cook evenly. Roast for 15 minutes, then stir again; when pricked with the tines of a fork, the slightly caramelized potatoes should yield a little. If not, roast for 10 minutes.

Transfer the potatoes to a large bowl and cover tightly with foil; let them steam and cool for 20 to 30 minutes.

For the vinaigrette: Whisk together the oil, maple syrup, vinegar, mustard, garlic (to taste), onion or scallion, salt, pepper, cumin and paprika in a liquid measuring cup until well emulsified. Taste and adjust seasoning as needed.

Drizzle the potatoes with the maple-mustard vinaigrette and toss to coat evenly. If desired, add the slices of hard-cooked egg and the parsley; toss gently to combine.

### Sweet Potato Black Bean Nachos

#### Ingredients

- 3-4 medium sweet potatoes, cut into wedges
- 1 small head cauliflower, cut into florets
- 2 tablespoons olive oil
- 2 tablespoons Old El Paso Taco Seasoning
- 1 (14 ounce) can black beans, drained + rinsed
- 1 1/2 - 2 cups sharp cheddar cheese, shredded (or a mix of cheddar and pepper jack)
- guacamole + plain greek yogurt, for serving
- fresh cilantro, green onions + queso fresco, for serving

- *Green Chile Salsa OR use your favorite jarred if you are in a rush!!!*
- 8 tomatillos
- 1 jalapeño
- 2 cloves garlic
- 1 (4 ounce) can [Old El Paso Chopped Green Chilies](#)
- 1/2 cup fresh cilantro
- juice of 1 lime
- 1-2 teaspoons salt (depending on your taste)

#### Preparation

Preheat the oven to 425 degrees F.

Place the sweet potatoes wedges and cauliflower florets in a large bowl and drizzle with olive oil.

Add the taco seasoning and gently toss with your hands or two spatulas to evenly coat. Spread the wedges and florets out onto one or two baking sheets in an even layer. Bake for 15-20 minutes, then flip and bake for 15-20 minutes more. You want the sweet potatoes to be tender, but crisp.

Remove from the oven and top with the black beans, leaving out 1/2 cup of black beans to add at the end. Add the cheese in an even layer. Return the pan or pans to the oven and bake for another 5-10 minutes or until the cheese is melted and bubbly.

Top with the remaining black beans, Green Chile Salsa (recipe below), guacamole, cilantro, green onions and greek yogurt. DIG IN!

#### Green Chile Salsa

Preheat the broiler to high

Place the tomatillos, jalapeño and garlic on a sheet pan, leaving the skins on the tomatillos and garlic.

Broil for about 5 minutes or until charred all over. Remove and allow to cool.

Once cool enough to handle, remove the skins from the tomatillos and garlic, then discard. Halve the jalapeño and remove the seeds or leave some in for more heat! Add the tomatillos, garlic, jalapeño, Old El Paso Chopped Green Chiles, cilantro, juice from one lime and 1 teaspoon salt to a blender. Blend until smooth and combined. Pour into a bowl and place in the fridge for one hour to let the flavors mend. Taste and add more salt if desired. SERVE!

### **Zucchini Lo Mein with Eggplant, Mushroom, Cabbage and Onions**

Serves 2-from  
theveganepicurian.com

#### *Ingredients:*

2 cups onion, thinly sliced (*allow to stand 10 minutes before heating*)  
2 large cloves, garlic finely minced (*allow to stand 10 minutes before heating*)  
1 zucchini, spiral cut  
1 tablespoon oyster sauce  
3 tablespoons mirin or rice wine vinegar  
1/2 pound mushrooms, any type (*used fresh oyster mushrooms*)  
1 eggplant, cut into bite sized pieces  
1 cup green cabbage, thinly sliced- or all red ☺  
1 cup red cabbage, thinly sliced  
1 – 2 tablespoons water, if necessary  
1 tablespoon pine nuts for garnish

#### *Preparation:*

Slice the onions and garlic and allow to stand 10 minutes before heating. Then cook the onions and garlic in the oyster sauce and rice vinegar until they just begin to soften. Add the eggplant, mushrooms and cook for a few minutes. Add the cabbage just two

to three minutes before you are ready to serve. You want it warmed through but not cooked. Cruciferous veggies (like cabbage) are more nutritious if very lightly cooked. You may need to add a little water to make a sauce depending on the temperature of your burner.

Lightly heat the spiral zucchini in the microwave or toss it into the veggies and heat for a few minutes. To serve, top with pine nuts.

.Salad: In a bowl combine corn, beet, cucumber & pear. Mix in Vinaigrette and serve.

### **Sweet Patater Hash**

Yield:4 servings

#### *Ingredients*

2 pounds sweet potato, peeled and diced into 1/4-inch cubes  
2 tablespoons butter, melted  
1 tablespoon vegetable oil  
3 Cubanelle peppers, diced small  
1/2 yellow onion, diced 1/4 inch  
1 teaspoon chili powder  
1 teaspoon granulated garlic  
Kosher salt and freshly ground black pepper  
2 tablespoons chopped fresh parsley

#### *Directions*

Watch how to make this recipe. Preheat the oven to 400 degrees F. Combine the sweet potatoes, butter, vegetable oil, peppers, onion, chili powder and granulated garlic in a large mixing bowl. Season with some salt and pepper and toss, making sure everything is coated evenly. Spread the mixture out onto a baking tray and place in the oven. Bake until the potatoes are knife tender with a crispy exterior, about 20 minutes, stirring twice during the cooking process. Remove the hash from the oven, increase the oven temperature to broil and broil for 5 minutes to

brown. To finish, toss the potatoes with the chopped parsley and season with salt and pepper.

Recipe courtesy of Jeff Mauro  
**Kale, Carrot & Apple Salad**

*From: EatingWell Magazine  
November/December 2014*

### **Ingredients**12 servings

- *Cider Vinaigrette*
- 1 small shallot, chopped
- 1/4 cup cider vinegar
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons apple cider
- 1 1/2 tablespoons whole-grain mustard
- 2 teaspoons pure maple syrup
- 1/2 teaspoon salt
  
- Ground pepper to taste
- *Salad*
- 10 cups coarsely chopped kale (1-2 large bunches)
- 2 apples cut into matchsticks
- 3 cups carrots
- 1 cup matchstick-cut radishes
- 3/4 cup flat-leaf parsley leaves, coarsely chopped

#### Preparation

1. To prepare vinaigrette: Puree shallot, vinegar, oil, cider, mustard, maple syrup, salt and pepper in a blender or mini food processor until smooth and creamy.
2. To prepare salad: Toss kale, apples, carrots, radishes and parsley in a large bowl. Drizzle with the dressing; toss to coat.

- **Make Ahead Tip:** Cover and refrigerate the dressing (Step 1) for up to 2 days. Bring to room temperature before tossing with the salad. Dress the **salad (Step 2) up to 30 minutes ahead.**



Welcome to  
Wightman's Farms

Dear Valued Members,

This is not goodbye, we are still open and the fun is JUST getting started. Come and enjoy a beautiful hay ride, go apple picking, grab some mums or pumpkins! Insider tip: come early, come when it's cloudy, please note: Columbus Day Weekend is by far the busiest time ever!

For over ninety years the Wightman Family has been growing and selling fruits and vegetables at the farm. In 1922, Albert Wightman and his wife, Laetitia, purchased the first of the land that was to become Wightman's Farms. Albert planted fruit trees and vegetables and drove through the nearby town of Morristown selling his harvests. Gradually the customers began to come to the farm. Even today longtime customers remember the days when the fruit and vegetables were sold from a table under the mulberry tree across the street from today's market and cider mill. Today, members of the third generation of the Wightman family along with close friends continue the tradition of selling the fruits and vegetables grown on the surrounding land.

We thank you so very much for supporting our farm and we hope to see you after this week!

Please note: Unless you have contacted me Dawn Salerno, at 908.477.0105 via text or phone, I will assume that you do want re-new your subscription for 2017. You will get an email BEFORE your credit card gets charged.

It has been my pleasure (and I am sure Kelly would say the same!) working with you. I sure hope that the program inspired you to eat a more diverse array of fruits and vegetables.

Your CSA Director  
Dawn Salerno  
Wightmans Farms  
908.477.0105

