

# FARM FRESH

# GAZZETTE



## Muskmelon/Raspberries/Peppers/Beets/Squash/ Swiss Chard/Cucumber/Onions/ Lettuce-Large Only/ Radish-Large Only

The melon we call cantaloupes actually are muskmelons. True cantaloupes -- rough, warty fruit -- are rarely grown commercially in this country. Muskmelons bear the characteristic netting on their rind that's associated with cantaloupes.

**Serving Suggestions:** Squirt melon slices with lemon or lime juice; wrap thin slices of prosciutto around melon chunks. For a chilled, spicy-sweet soup, suggests Cathy Thomas, author of "Melissa's Great Book of Produce" (Wiley, 2006), process cubes of ripe cantaloupe with GewÖrztraminer; add fresh lemon juice to taste and a touch of curry powder; garnish with fresh mint. For a refreshing change-of-pace salad, toss melon chunks with cold cooked rice, toasted almonds, and chopped mint and dress the mixture lightly with mayonnaise or plain yogurt mixed with mango chutney. Season with salt and pepper.

**Nutrition Notes:** Low in calories, cantaloupe is high in beta-carotene, vitamin C, and potassium.

**Food Safety Tips:** Melons grow on the ground, so it's wise to wash

them thoroughly in cold water when you're ready to cut them. Peel, cover, and refrigerate cut cantaloupe.

### Quinoa Stuffed Peppers

#### *Ingredients*

- 3 bell peppers, sliced lengthwise
- 1 tablespoon olive oil
- 1 onion, finely chopped
- 1 tablespoon minced garlic
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 (16 ounce) can diced tomatoes, drained and juice reserved-you can substitute FRESH of course
- 1 cup chicken broth
- 3/4 cup quinoa
- 1/2 carrot, grated
- 1 (14 ounce) can black beans, rinsed and drained
- about 6 ounces' fresh spinach, or more to taste (you can also use kale or Swiss Chard)
- 1/2 cup shredded Mexican cheese blend

- #### *Directions*
1. Preheat oven to 375 degrees F (190 degrees C). Grease a 9x13-inch baking dish and arrange red bell peppers in dish.
  2. Roast peppers in the preheated oven until tender, about 30 minutes.
  3. Heat olive oil in a skillet over medium heat; cook and stir onion until softened, 5 to 10 minutes. Add garlic, cumin, salt, and black pepper to onion; cook and stir until fragrant, about 1 minute more.
  4. Mix tomatoes, chicken broth, quinoa, and carrot into onion mixture; cook until quinoa is tender, about 12 minutes. Stir black beans and spinach into quinoa mixture, adding reserved tomato juice if mixture is dry. Spoon quinoa mixture into roasted red peppers and top with Mexican cheese blend.
  5. Bake in the oven until cheese is melted, about 15 minutes.

- *Tip*

Aluminum foil helps keep food moist, ensures it cooks evenly, keeps leftovers fresh, and makes clean-up easy.

### Scrambled Eggs with Cheddar and Swiss Chard and Raspberries

From Atkins.com

#### INGREDIENTS

- 2 cups Swiss Chard
- 1/4 cup shredded Cheddar Cheese
- 2 large Eggs (Whole)
- 1 tsp Extra Virgin Olive Oil
- 1/4 cup Raspberries

#### DIRECTIONS

1. Sauté Swiss chard in 1 tsp oil until decreased in volume and tender.
2. Beat eggs slightly and add to pan with Swiss chard. Using a spatula, mix to combine and cook till eggs are set.
3. Add shredded cheddar to top or it may be added in with the eggs and cooked all together. Serve with raspberries on the side.

### Spicy Quinoa w/ Beets and Peppers

*Vegweb.com*

What you need:

- 4 cups vegetable broth
- 2 cups quinoa
- 1 to 2 large red beets
- 1 to 2 bell peppers
- 1 onion
- 2 to 3 large carrots
- 2 cups kernel corn
- 3 to 4 cloves garlic, sliced in coins
- 1 - 7 ounce can green chiles

- 1 teaspoon tumeric
- 1 teaspoon garam masala
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon red pepper flakes
- 1 teaspoon coriander
- Pinch saffron
- Olive oil

What you do:

- 1) Chop beets, carrots, peppers and onions into 1/2 inch pieces.
- 2) Bring to boil the broth and add quinoa, saffron and 3-4 pieces of beet in a medium-large sauce pan, let simmer (the beets turn the quinoa pink for a nice color).
- 3) Heat olive oil in a large skillet and add carrots, beets and spices, saute on medium heat until almost soft. Add garlic, peppers, onion and chiles and cook until done. Remove from heat.
- 4) When quinoa almost done leaving a little broth, add the beets mixture into the sauce pan. Add corn. Simmer until remaining liquid is entirely evaporated.
- 5) Serve hot or cold.

### Chickpea and Quinoa Salad with Beets, Cukes, and Peppers

*Cookforgood.com*

Active time: 20 minutes, starting with [cooked chickpeas](#). Total time: 30 minutes, but it's actually best then next day. Makes 4 main-dish servings or 8 sides.

Ingredients

- 4 small beets (save any beet greens for another recipe)
- 1 cup quinoa (170 grams)
- 1 1/3 cup water

- 1/2 teaspoon salt
- 1 cucumber (about 1 cup chopped)
- 1 bell pepper
- 1 1/2 cups cooked chickpeas (250 grams)
- 1/2 cup chickpea broth, apple juice, or water

Method

1. Put on an old or dark apron or shirt in case the beets splash and stain. Actually, do it because the beets WILL splash and stain. Scrub beets and pierce several times with a fork. Save any beet leaves for another recipe.
2. Put beet bulbs in a covered, microwave-safe container and microwave on high for five minutes. (Poking and covering keeps beets from exploding in your microwave and making a mess! The picture below shows a raw beet on the left and a beet that is puffy and split from the steam pressure while cooking.)
3. Turn beets over and microwave until they are fork-tender, about five more minutes. Uncover and let cool so you can peel them.
4. Put quinoa, water, and salt in a medium pot, cover, and bring to a boil over high heat. Reduce heat to low so water barely boils and cook covered for 15 minutes. Turn off the heat and, without lifting the lid, let quinoa finish steaming for five minutes.
5. Meanwhile, cut slices off both ends of the cucumber and taste, then peel if bitter. Cut cucumber and pepper into bite-sized pieces. Put

vegetables into a non-absorbent serving or storage container as you go. For example, a glass bowl shows off the colors and won't stain.

6. Cut off stem and root ends of beets and compost. Peel beets and cut into bite-sized pieces, saving beet juice.
7. Fluff quinoa with a fork. Toss with chickpeas and vegetables, then drizzle with any beet juice and about half the chickpea broth to deepen the flavor and help the salad stick together a bit for easier eating. Use apple juice or water if you are using canned chickpeas. Toss again until the beets turn the quinoa pink, taste, and add salt or more chickpea broth if desired.
8. Serve at room temperature or chilled. Keeps refrigerated for 5 days.

### **Raspberry, Radish and Zucchini Salad**

*Insalata di Lamponi, Ravanelli e Zucchini* /Serves 4

#### **Ingredients**

2 cups washed and dried romaine lettuce leaves, torn into pieces  
6 large radishes, washed and thinly sliced  
1/2 cup diced zucchini  
1 1/2 cups fresh raspberries  
6 tablespoons Filippo Berio extra-virgin olive oil  
2 tablespoons freshly squeezed lemon juice  
1 teaspoon salt  
2 teaspoons warm honey

#### **Directions**

In a medium bowl combine the lettuce, radishes, zucchini, and raspberries. Set aside.

In a smaller bowl, whisk together the olive oil, lemon juice, salt, and honey until the dressing is well blended. Pour mixture over the vegetables and raspberries and toss gently. Serve immediately.

This recipe is from CIAO ITALIA - BRINGING ITALY HOME by Mary Ann Esposito, published by St. Martin's Press in 2001.

#### **Raspberry Radish Salad-from Engine 2.com**

One Bunch of your favorite salad greens

One box of red raspberries

One cup of thinly sliced radishes

The juice from 1/2 a meyer lemon

black pepper

fresh or dried dill

Clean 1<sup>st</sup> 2 ingredients, combine last 3 and whisk then pour over the greens radish and raspberries. Enjoy!

#### **Green beans & radishes with shallot dressing**

*Bbcgoodfood.com*

#### **Ingredients**

- 1 Lb fine green bean, trimmed
- 2 1 [shallot](#), finely diced
- 3 1 tbsp Dijon mustard
- 4 1 tbsp [grapeseed oil](#)
- 5 juice 1/2 [lemon](#)

6 [radish](#), thinly sliced

#### **Method**

1. Boil a large pan of water. Tip in the beans and cook for 4-5 mins until just tender. Meanwhile, mix the shallot, mustard, oil and lemon juice with a little salt and pepper. Drain the beans well, then toss with the radishes and dressing. Serve warm.

### **BEET, CUCUMBER, AND SWEET ONION SALAD WITH DIJON-HONEY DRESSING**

BON APPÉTIT JULY 2002

Makes 6 servings

#### **INGREDIENTS**

- medium beets, trimmed
- 1 large cucumber, unpeeled, cut into 1/4-inch-thick rounds
- 1/2 onion, halved lengthwise, thinly sliced
- 4 teaspoons honey
- 4 teaspoons apple cider vinegar
- 1 1/2 teaspoons Dijon mustard
- 1/3 cup corn oil

#### **PREPARATION**

Preheat oven to 400°F. Wrap each beet in foil, enclosing completely. Place on rack in oven and bake until beets are tender when pierced with fork, about 1 hour 30 minutes. Cool in foil. Peel beets, then cut each into 6 slices.

Arrange beets, slightly overlapping, on half of large platter. Arrange cucumber slices on other half.

Scatter onion in center. (Can be made 4 hours ahead; chill.)

Whisk honey, vinegar, and mustard in small bowl to blend. Gradually whisk in oil. Season with salt and pepper. Drizzle over vegetables.

**Food Babe's Summer Squash Casserole***foodbabe.com*Serves: 4

**Ingredients**

- 1 tablespoon coconut oil
- ½ yellow onion, diced
- 3 cups sliced yellow squash
- 1 egg
- ½ cup goat cheese or grated cheddar (alternative: cashew cheese)
- ½ cup almond milk or dairy milk
- ⅛ teaspoon cayenne pepper
- ¼ teaspoon sea salt and freshly ground pepper
- 1 cup Ezekiel breadcrumbs\* (you can also use regular breadcrumbs)
- 2 tablespoons fresh chopped parsley

**Instructions**

1. Preheat the oven to 350 degrees.
2. Heat the oil in a sauté pan over medium heat. Add the onion and squash and cook for 4-5 minutes.
3. In a bowl, whisk together the egg, cheese, milk, cayenne and salt and pepper.
4. Place the squash mix in a casserole dish and top with the egg mixture. Sprinkle the Ezekiel breadcrumbs on top and place in the oven for 25-30 minutes. To serve, top with some fresh parsley. Enjoy!

**Notes**

\*To make Ezekiel breadcrumbs, toast 4 slices of Ezekiel bread. Place in a food processor and pulse until finely ground.

**BEETS AND CARAMELIZED ONIONS WITH FETA**

[GOURMET](#) SEPTEMBER 2003

**INGREDIENTS**

- 2 tablespoons cider vinegar
- 1 teaspoon Dijon mustard (preferably whole-grain or coarse-grain)
- ¼ teaspoon black pepper
- ¾ teaspoon salt
- 5 tablespoons olive oil
- 1 lb onions (2 medium), quartered lengthwise, then cut crosswise into 1-inch pieces
- 1 bunch of beets boiled and quartered (or halved if very small)
- 3 oz crumbled feta (½ cup)
- ¼ cup pine nuts (1 oz), [toasted](#) and coarsely chopped

**PREPARATION**

Whisk together vinegar, mustard, pepper, and ½ teaspoon salt in a large bowl, then add 3 tablespoons oil in a slow stream, whisking until combined well.

Cook onions with remaining ¼ teaspoon salt in remaining 2 tablespoons oil in a 12-inch heavy skillet over moderate heat, stirring occasionally, until golden brown, 18 to 20 minutes.

Add onions to dressing, then add beets and cheese, stirring gently to combine. Serve sprinkled with pine nuts.

**Swiss Chard Bean Soup** Backyard Living January/February 2007, p63

10 servings

**Ingredients**

- 1 medium carrot, coarsely chopped
- 1 small zucchini, coarsely chopped
- 1 small yellow summer squash, coarsely chopped
- 1 small red onion, chopped
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 3 cans (14-½ ounces each) reduced-sodium chicken broth
- 4 cups chopped Swiss chard
- 1 can (15-½ ounces) great northern beans, rinsed and drained
- 1 can (14-½ ounces) diced tomatoes, undrained
- 1 teaspoon dried thyme
- ½ teaspoon salt
- ½ teaspoon dried oregano
- ¼ teaspoon pepper
- ¼ cup grated Parmesan cheese

**Directions**

1. In a Dutch oven, sauté the carrot, zucchini, yellow squash and onion in oil until tender. Add garlic; sauté 1 minute longer. Add the broth, Swiss chard, beans, tomatoes, thyme, salt, oregano and pepper.
2. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes or until chard is tender. Just before serving, sprinkle with cheese.