

FARM FRESH

GAZZETTE



THE

Finicky-Sour Cherries, Blueberries, Beans, Carrots, Savoy Cabbage, Green Peppers, Broccoli

Fanatic -more of everything from above PLUS Cantaloupe

Sausage & Cabbage

Nytimescooking.com

Ingredients:

- Salt
- 3 tablespoons unsalted butter
- 2 pounds fresh sweet Italian pork sausages or bulk sausage
- 1 large green or Savoy cabbage, about 4 pounds, cored and thickly shredded
- Freshly ground black pepper
- Crusty bread and mustard, for serving

Instructions

1. Heat oven to 300 degrees. Bring a large pot of salted water to a boil and butter a 9-by-13-by-2-inch baking dish. If using sausages, remove casings and discard them.
2. Place cabbage in boiling water, cover, and let water come back to the boil. Uncover and boil for 3 minutes. Drain cabbage in a colander and run cold water over it to stop cooking.
3. Put about 1/3 of the cabbage in buttered dish and cover with 1/2 the meat. Sprinkle with salt and pepper and dot

with butter. Repeat, ending with a final layer of cabbage, and dot top with butter.

4. Cover dish tightly with a layer of parchment paper, then top with a lid or a layer of aluminum foil. Cook for about 2 1/2 hours, until cabbage is soft and sweet, and top is lightly browned. After 2 hours, uncover the dish: if there is a lot of liquid in the bottom, leave uncovered for the rest of the cooking time. If not, re-cover and finish cooking.

going to divide it up and share it out among friends. It will make a lot of cabbage soup.



LUCKILY-your cabbage is NOT THIS BIG...but this is from thedaily mailuk.com CRAZY!

He now plans to divide up the gigantic 70lb cabbage between friends or cook some himself - if he can find a pot big enough.

The vegetable measures 3ft tall and 5ft wide, was planted eight months ago in February this year, and was given a special plant mix with seaweed to help its enormous growth.

Graham said: 'I entered it in the East of England Show at Peterborough last week.

'Sadly, it came second to one which was about 4lbs heavier. I think I'm

Green Beans & Shallots

NYTcooking.com

Ingredients

- 4 cups water
- 1 pound very small, firm green beans, cleaned
- 3 tablespoons butter
- 3 tablespoons peeled and chopped shallots
- 1/4 teaspoon salt, or to taste
- 1/4 teaspoon freshly ground black pepper, or to taste
- 1 teaspoon lemon juice

Instructions

1. Bring the water to a boil. Add the beans and cover the pot. Continue cooking the beans, covered, for 3 to 5 minutes until tender but firm. Drain and rinse under cold water.
2. At serving time, heat the butter in a skillet, add the shallots and saute for about 1 minute, until the shallots start to brown.
3. Add the beans, salt and pepper, and saute briefly. Sprinkle with lemon juice

Blueberry Tart - Couldn't Be Easier

Food.com

ingredients

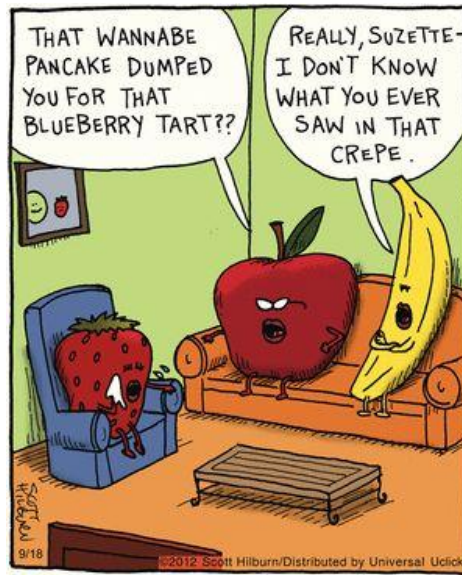
- Crust
- 1 cup [flour](#)
- 1/4 teaspoon [salt](#)
- 2 tablespoons [sugar](#)
- 1/2 cup [butter](#), cold
- 1 tablespoon [white vinegar](#)
- Filling
- 1 cup [sugar](#)
- 2 tablespoons [flour](#)
- 1/8 teaspoon [cinnamon](#)
- 4 1/2 cups [blueberries](#), divided

directions

1. Preheat oven to 400°F and spray 10-inch springform pan with non-stick cooking spray.
2. Combine flour, salt and sugar.
3. Cut in the butter with pastry blender or fork.
4. Mix in the vinegar.
5. Pat crust onto bottom of springform pan and 1 inch up side.
6. For filling combine sugar, flour and cinnamon.
7. Add 2 1/2 cups blueberries.
8. Place evenly on top of crust.
9. Bake for 1 hour.
10. Remove from oven and put remaining 2 cups blueberries

on top, lightly pressing in blueberries.

11. Cool completely.
12. Remove rim and serve from springform bottom.



Sour Cherry Bars

Ingredients

- FOR THE FILLING
- 2 cups pitted, coarsely chopped sour cherries (from 1 pint)
- 1 cup cherry jam
- 1/2 cup sugar
- 4 teaspoons cornstarch
- 2 teaspoons peeled, freshly grated ginger root (optional)
- FOR THE CRUST/CRUMBLE
- 3 cups flour
- 1 cup sugar
- 1 teaspoon baking powder
- Pinch kosher salt
- Finely grated zest of 2 limes
- 16 tablespoons (2 sticks) chilled, unsalted butter cut into small cubes
- 1 large egg

Directions:

Preheat the oven to 350 degrees. Grease the quarter-baking sheet with cooking oil spray, then line it with parchment paper. Combine the cherries, cherry jam, sugar, cornstarch and ginger root, if

using, in a mixing bowl; let it sit while you assemble the crust/crumble.

Combine the flour, sugar, baking powder, salt and lime zest in a separate mixing bowl. Quickly work in the butter to form a crumbly dough, then add the egg and mix until incorporated. Press half the dough into the baking sheet so that it's smooth and packed, then spread the cherry mixture over it, leaving a 1/2-inch margin around the edges. Crumble the remaining dough on top. Bake for 30 to 40 minutes, until golden brown. Cool before cutting into twelve 3-inch bars.

Green Bean, Broccoli, Carrot, Bell Pepper Garden Stir Fry

Notjustbaked.com

Ingredients:

3 cups green beans, snap the ends off, then snap in half
2 cups carrots peeled, and cut into rondelles (cut on the bias)
2 cups medium diced bell peppers (about 1 bell pepper)
1 cup broccoli medium pieces
1 tablespoon sesame oil
1 tbsp grape seed oil

Sauce:

1 tablespoon fish sauce
1/4 cup soy sauce
1/4 cup rice vinegar
1/2 cup stock (whatever you have on hand)
1 tsp honey

How:

1. Place all of the sauce ingredients into a bowl and whisk together set aside.

2. Place sesame and grape seed oil in a large skillet or stir fry pan over high heat. Get the pan very hot before adding any veggies. Once the pan is hot, add the carrots and cook for 2 minutes stirring, or tossing frequently. Add the green beans,

repeat. Add the broccoli repeat. Add the bell peppers, stir. Then add the soy mixture, stir around veggies, and cook for 3-5 minutes. Remove from heat. Use a spider or slotted spoon to remove the veggies from the pan. I then pour the remaining sauce into a small bowl to ladle over the veggies when I serve. I served them over brown rice, with a pinch of red pepper flakes, green onions, and a then drizzle of the sauce.

Note: The key to a good stir fry is the high heat plus not over cooking the veggies. It is meant to be a quick dish with al dente veggies.

spiced carrot & chickpea salad

from love&lemons.com

Ingredients

- 1 cup chickpeas, cooked and drained
- 1 cup cooked israeli couscous (about ½ cup uncooked)
- (sub quinoa if gluten free)
- ¼ teaspoon ground cumin
- ¼ teaspoon ground ginger
- ¼ teaspoon dried orange peel
- a pinch of cayenne
- 2-3 tablespoons olive oil
- smashed garlic clove
- ¼ - ½ teaspoon dried cilantro leaves
- squeeze lemon
- salt & pepper
- 2-3 carrots peeled into ribbons
- 2 tablespoons dried currants
- 2-3 tablespoons toasted sliced almonds
- small handful of fresh mint leaves

Instructions

1. Cook your couscous. Place israeli couscous in a medium pot over medium heat. Before adding water, let it toast (dry) for a minute or so. Fill the pot with

enough water to well cover the couscous. Add a pinch of salt, bring to a boil and reduce to a simmer for about 8 minutes. Drain. Toss with a little oil, and set aside.

2. In a small skillet add cumin, ginger, orange peel and cayenne. Warm spices in the pan for just 30 seconds or so. Add the olive oil (enough to coat), and heat it for 30 seconds until the oil barely comes to a simmer. Remove from heat, scrape the oil & herbs into a small bowl with a smashed clove of fresh garlic (you're going to remove the garlic clove before using the dressing). Let cool for a few minutes and add dried cilantro, salt, pepper & a few good squeezes of lemon.
3. Toss half of the dressing of the dressing with cooked chickpeas & couscous. Let it marinate in the fridge for 20 minutes or so while you peel your carrots.
4. Remove the garlic clove from the remainder of the dressing. Toss everything together - couscous & chickpeas, carrot ribbons, currants, toasted almonds, and fresh mint. Taste and adjust seasonings.

Roasted Green Beans

Instructions:

- First, I trim the green beans. I only cut off the end that was attached to the bean stalk.
- Then, I throw them onto a parchment-lined baking sheet and drizzle them with olive oil.
- Next, the beans are topped with fresh lemon zest and juice.

- Minced garlic and pickled capers are also invited to this party.
- Lastly, salt and pepper. Because.... salt and pepper.
- I use my hands to massage all of that together on the pan, then throw it into a 400 degree oven for about 15 minutes until they are tender and slightly browned.

Stuffed Pepper Soup

Preparation time: 15 minutes

Cooking time: 1 hour 15 minutes

Yield: 12 cups

- 2 pounds lean ground beef
 - 1 medium onion, chopped
 - 2 large cloves garlic, minced
 - 2 medium green bell peppers, chopped
 - 2 cans (10 3/4 ounces each) tomato soup
 - 1 can (28 ounces) diced tomatoes, undrained
 - 1 can (8 ounces) tomato sauce
 - 2 cups water
 - 1 1/2 cups long grain white rice
 - 2 beef bouillon cubes
 - 2 tablespoons each: brown sugar, Worcestershire sauce
 - Salt, freshly ground pepper to taste
1. Brown beef in Dutch oven over medium heat. Remove meat; set aside. Add onion and garlic to pot. Cook until onion is soft, about 5 minutes; drain.
 2. Return meat to pot with all other ingredients; heat to a boil. Reduce heat to low; cover and simmer 1 hour. (If mixture becomes too thick, add additional water.)

!!!!WE LOVE THIS PLACE!!!



Griggstown Beer Can Chicken

Ingredients

- 1 can light lager
- 1 3 1/2- to 4-pound Griggstown chicken
- Your Favorite Rub

- **Special equipment:** A foil baking pan (for drip pan)

Pour out (or drink) half of beer.

Prepare grill for high, indirect heat and fit with grill pan (for a charcoal grill, bank coals on 1 side of grill and put drip pan on empty side; for a gas grill, leave 1 burner turned off and place drip pan over unlit burner). Add water to pan to a depth of 1/2".

Season chicken with Spice Rub.

Place cavity of chicken, legs pointing down, onto open can so that it supports chicken upright. Place can, with chicken, on grill over indirect heat (and above drip pan).

Grill chicken, covered, until cooked through and an instant-read thermometer inserted into the thickest part of thigh registers 165°F, 45-60 minutes. (If using charcoal, you may need to add more to maintain heat.) Let chicken rest 10 minutes before carving. Serve with pan drippings.

If you have not enjoyed any of the Griggstown products, NOW is the time! We have so many items that are perfect for chicken sausage and the flavors are all amazing:

- Feta & Spinach (my favorite)**
- White Wine & Parsley Lemon & Garlic (a classic)**
- Mozzarella & Basil**
- Sun Dried Tomato**
- Chicken & Apple**
- Broccoli Rabe**
- OR**
- Buffalo Chicken Burgers**
- Turkey Burgers**

Cabbage, Sausage, and Ricotta

Calzone: the nearly new yorkers

* makes 2 large calzones

Ingredients

1 tsp. olive oil 1 package Griggstown Turkey Maple Sausage 1 small savoy cabbage, thinly sliced 2 garlic cloves, minced 1 spring onion or yellow onion, chopped 3 carrots, shredded Handful of fresh herbs (like basil, parsley, or oregano), chopped 1 cup Zoup! chicken stock 1 Breadsmith pizza dough 1 egg yolk, mixed with 2 T. water and scrambled with fork (optional)

instructions:

Preheat oven to 500 degrees. Heat olive oil in large sauté pan. Once hot, place sausage in pan and cook, breaking apart until it crumbles.

Cook until lightly browned.

Remove to bowl. In same pan add garlic and cook for 30 seconds or until fragrant.

Add in onion, cooking 2-3 minutes until softened. Pour in chicken stock to deglaze the pan, by scraping the brown bits and stirring for 2 minutes. Add cabbage, stir. Add carrots, stir. Add herbs, stir.

Cook until the vegetables are very tender. Remove Breadsmith pizza dough to a sheet of parchment paper. Cut in half and stretch out using your hands.

Put 1/2 c. cabbage mixture and 1/2 c. sausage on one half of dough. On other half smooth 1/4 c. ricotta cheese.

Fold dough over upon itself, then seal by lifting bottom edge of dough to cover the top and press to seal. Brush egg mixture evenly over dough. Place calzones in oven on parchment paper.

Cook for 10 minutes or until golden brown.

Remove from oven, allow to cool for 5 minutes, then slice and serve with Dreyer Farms marinara sauce and carrot top dipping sauce.

Carrot Top Pesto:

From the nearly new yorkers

ingredients:

1/2 cup walnuts* 1/2 cup cashews* 1/4 pumpkin seeds* 2 garlic cloves large handful basil 2 cups carrots tops 2 tsp. kosher salt, or to taste 1/2 cup olive oil 3 T. lemon juice 2-4 T. water

instructions:

Place walnuts, cashews, pumpkin seeds, garlic cloves, basil, and carrot tops in food processor. Process until well combined. Add kosher salt and process again.

Pour olive oil through feeding tube with processor running until mixture is thick and emulsified.

Add lemon juice and continue to process.

Add water if you wish to thin the pesto.

Serve with calzones as a dip, or add to ricotta mixture inside of calzone.

* You can substitute nearly any type of nut in this recipe including almonds, pine nuts, or pistachio.

We are almost half way through 2017 CSA we can NOT even believe it!!! Remember we WELCOME, questions, comments and suggestions. We are always striving to make the program the absolute best it can be for YOU our cherished members!

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