

# FARM FRESH

# GAZZETTE



**Finicky-Pea Shoots, Sugar Snap Peas, Yellow Squash, Romaine, Goat Cheese, Cabbage & Escarole (back by popular demand)  
Fanatic -everything from above PLUS Spinach & Beets**

## !!!CABBAGE STEAK!!!

REAL TALK: who can get excited about cabbage? After all it stinks up the house when cooking and then there is after the eating...don't make me say it, I am trying to be a lady here, we all know what cabbage is most famous for, right after BEANS!

ANYWAY....I was like many people who thoroughly enjoyed my cabbage on St. Patrick's Day but never did the stuffed cabbage (seemed to labor intense) but then this whole bacon/foil/grill/way easy situation occurred...we almost didn't believe how good it was! The kids were asking for CABBAGE...well, unfortunately not mine but Jess' were!!!

### Ingredients

1 head of cabbage  
1 pound of high quality bacon  
4-6 garlic cloves (depending on size)

Drizzle of coconut oil  
Salt and Pepper (if you have reintroduced)

*(this is a bit different than the original recipe-we didn't use any oil, just bacon +cabbage+ tableside salt and pepper-cut cabbage into quarters, wrap bacon, salt and pepper and cover with foil put on grill or in oven until cooked about*

*30 mins)*

Slice straight through cabbage and slice into big round steaks. Lay the steaks on a cookie sheet, covered in foil or parchment paper. Cut bacon into small 1/4 inch pieces. Chop garlic or use a garlic press. Drizzle cabbage steaks with coconut oil, salt and pepper, scatter the bacon and garlic pieces over the steaks.

Place sheet in the 400 degree oven for 30 min. Then pull out and flip each steak over with a spatula. (They won't look as pretty but don't worry they taste divine!) Cook another 30 min on this side. Yes they take forever and make your house smell like heaven! After 1 full hour they should be crisp and golden brown on the edges. These brown pieces take on a flavor that is really amazing.. I hope you guys love it, I know we do!



## Linguine w/ Bacon, Goat Cheese & Sugar Snap Peas

[framedcooks.com](http://framedcooks.com)

Serves: 4 servings

Ingredients

- 8 slices bacon, cut into 1/2 inch pieces
- 1 cup pecans
- 2 tablespoons coarse salt
- 8 ounces linguine-or make squash noodles!!!
- 2 cups sugar snap peas, trimmed and cut diagonally into 1/2 inch slices
- 1/4 cup sliced scallions
- 1/4 cup olive oil
- 1 tablespoon fresh lemon zest
- 8 ounces crumbled goat cheese at room temperature

### Instructions

1. Cook bacon in a large skillet over medium high heat until it is crispy. Scoop bacon out of the pan with a slotted spoon, leaving the bacon grease. Drain on paper towels.
2. Add pecans to the pan and cook over medium heat for 5 minutes. Scoop those out of the pan, put in food processor and pulse a few times until they resemble crumbs.

- Bring a large pot of water to boil and add 2 tablespoons of salt. Add linguine.
- When linguine is 2-3 minutes from being done, add the sugar snap peas. Cook until linguine is done and drain.
- Transfer linguine and peas to a large bowl. Add bacon, scallions, olive oil and lemon zest and toss. Top with cheese and ground pecan crumbs.

### Cabbage Squash & Cheese Casserole

- 1 head cabbage, cooked until tender and finely chopped
- 3 cups squash, seeds scooped out, sliced
- 1 cup flour
- 1 small onion, minced
- 1 teaspoon baking powder
- 1/2 cup parmesan cheese, grated
- 2 tablespoons fresh parsley, chopped
- 1 teaspoon salt
- 1 teaspoon oregano
- 3 cloves garlic, minced
- 1/2 cup vegetable oil
- 4 eggs, beaten
- 1 1/2 cups cheddar cheese, grated or Jack Cheese
- Freshly ground pepper, to taste

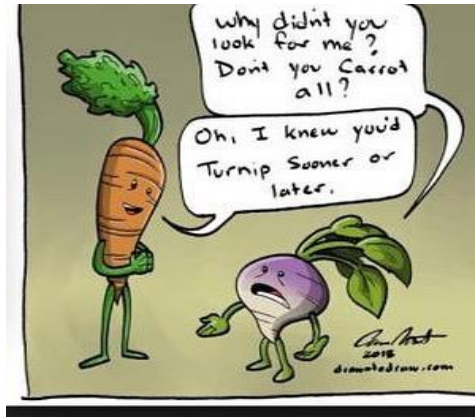
### Instructions

Preheat oven to 350° F, and grease a 9x13-inch casserole pan.

In a large bowl, whisk eggs with vegetable oil, oregano, and parsley, then season with salt and pepper. In a separate bowl, combine flour and baking powder, and slowly whisk eggs into dry mixture. Fold in the chopped onions, garlic, squash, cooked cabbage, parmesan cheese and fresh parsley. Transfer mixture to greased baking dish and place in oven.

Bake for 20 minutes, or until the mixture begins to set. Sprinkle with shredded cheddar cheese and bake another 10-20 minutes, or until bubbly. Garnish with more fresh parsley and enjoy.

*cabbage has a lot to offer. It is low in calories, with only 17 calories in a half cup of boiled cabbage. It will also provide an excellent source of dietary vitamin C, potassium and manganese. It also contains good amounts of nutrients which support metabolism including vitamins A, B1, B2 and B6. These nutrients maintain tissue health as you lose weight, and the B-complex vitamins also support your metabolism.*



### How to Make Fantastic Cesar Dressing

#### **Don't Fight the Anchovies**

What is it about these teeny fish that scares so many cooks? Canned anchovies pack a punch of flavor for being relatively inexpensive and readily available. They also keep almost forever, which makes them a worthy addition to any pantry. While some food historians note that Worcestershire sauce may have been the original source of briny, meaty flavor in classic Caesar salad, it's hard to fight the lure of anchovies in this classic dressing; oil-packed anchovies are best.

### How To Make the Best Caesar Dressing

from [thekitchn.com](http://thekitchn.com)

Makes 1 cup

#### **What You Need**

#### **Ingredients**

- 1 (2-ounce) can oil-packed anchovy fillets, drained
- 2 cloves garlic, coarsely chopped
- 3 large egg yolks
- 1 teaspoon Dijon mustard
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 1/2 cup vegetable oil
- 2 tablespoons finely grated Parmesan cheese
- Freshly ground black pepper

#### **Equipment**

- Chef's knife and cutting board
- Medium mixing bowl
- Whisk

- Measuring cups and spoons

#### **Instructions**

- Make an anchovy-garlic paste:** Mince the anchovies and garlic together until the mixture is mostly smooth and the garlic is minced, about 3 minutes; set aside.
- Whisk the egg yolks:** Whisk the egg yolks together in a medium bowl until smooth.
- Add the mustard:** Whisk in the mustard until just combined.
- Add the anchovy-garlic paste:** Whisk in the anchovy-garlic mixture.
- Whisk in the lemon juice:** While whisking, pour in the lemon juice, then whisk until smooth.
- Whisk in the olive oil:** While whisking, stream in the olive oil to create a thick emulsion. Once all of the olive oil is added, whisk for another minute to thicken.
- Finish with vegetable oil:** Continue whisking and

slowly stream in the vegetable oil. Again, once all of the vegetable oil is added, whisk for another minute to thicken.

8. **Season and serve:** Whisk in the Parmesan cheese. Taste and season with black pepper as needed. Serve immediately.

### Recipe Notes

- **Storage:** Leftover dressing can be stored in an airtight container in the fridge for up to 1 day. Let sit out for 10 minutes and whisk again.

### Putting it all together!

Of course, you need COLD Fresh Romain, Cheese and Croutons

- 1/2 loaf crusty French bread
- 1/4 cup olive oil
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**For the croutons:** Slice the bread into thick slices and cut them into 1-inch cubes. Throw them onto a baking sheet.

Heat the olive oil in a small saucepan or skillet over low heat.

Crush-but don't chop-the garlic and add them to the oil. Use a spoon to move the garlic around in the pan. After 3 to 5 minutes, turn off the heat and remove the garlic from the pan.

Slowly drizzle the olive oil over the bread cubes. Mix together with your hands, and then sprinkle lightly with salt. Toss and cook in the pan until golden brown and crisp. (Add a little butter for more flavor!)

For the salad: Wash and dry the hearts of romaine lettuce. Leave them whole. Use a vegetable peeler and shave off large, thin slices of Parmesan.

Drizzle about half of the dressing over the top of the hearts. Throw in

a good handful of the Parmesan shavings. Give it a good initial toss, just so you can evaluate how much more dressing you need.

Add more dressing and Parmesan to taste. Add the cooled croutons. Toss gently. YUUUUUMMMM!!!

From: [whatifoundouttoday.com](http://whatifoundouttoday.com)  
*Myth: Caesar Salad was named after the Roman Emperor title.*

*Caesar Cardini was an Italian born chef who immigrated to the United States after World War I. Despite having a home in San Diego, the Cardini family operated a restaurant in Tijuana, Mexico, primarily because of prohibition. Many Americans would go to Tijuana to drink, so business for restaurants at that time in Tijuana was booming.*

*According to Caesar's daughter, on July 4th, 1924, Caesar was running short on supplies due to an unexpected rush of customers. In order to not have to turn customers away, he concocted a salad and dressing out of some of the remaining ingredients he had lying around.*

*Another story by a partner of Caesar, Paul Maggiora, said that the Caesar salad was actually made for American airman from San Diego and was called "Aviator's Salad". Caesar's brother Alex also claimed the original name was "Aviator's Salad" and that it was he who invented it, not Caesar.*

### Beet Green and Sugar Snap Pea Salad Recipe

from [phamfatale.com](http://phamfatale.com)

Did you know that beet leaves are edible? This season, my husband Lulu planted chiles, [zucchini](#), squash, tomatoes and beets.

The [beets](#) came out a lot smaller than I expected but maybe it's just because Lulu wasn't patient enough to wait. The beet roots were so small that I decided against serving them by themselves. However, there were plenty of beet greens. I boiled the beet leaves as I would with spinach and made a salad. You could probably eat the beet leaves raw if they're crisp and young, but to ensure the girls would enjoy the salad I boiled them a bit. Just make sure to pick young leaves, as they are quite tender, with little bitterness. Interestingly, when boiled they taste almost like [rau mông toi](#), which is a Vietnamese green if you're familiar with Asian cuisine.

I finished the beet leaf salad with sugar snap peas for crunch and mandarin segments. It was an educational experience for me, and I can definitely say that beet leaves are quite under-rated. They're packed with vitamins A and C and iron.

I reserved the small beets that Lulu had harvested and made [beet risotto](#) for dinner. It's a tasty way to extend the value of a small quantity of beets.

### **Ingredients**

Yields: 6 servings

4 cup beet leaves

1 (11-ounce) can mandarin segments

1 pound sugar snap peas

1 teaspoon Dijon mustard

2 teaspoons champagne vinegar

5 tablespoons olive oil

1 teaspoon salt

1/4 teaspoon black pepper

### **Directions**

#### **For the salad dressing:**

Drain the mandarin segments.

Reserve about 2 tablespoons of mandarin syrup.

In a bowl, dissolve the mustard in champagne vinegar. Add the mandarin syrup. Whisk in the olive

oil and season with salt and pepper. Set aside.

### **For the beet leaves:**

Wash the beet leaves thoroughly in several baths. Remove and discard the older, more fibrous part of the stems.

Bring salted water to a boil. Add the beet leaves. Cook for about 4-6 minutes. Turn off the heat. Cover and let the green sit for about 5 minutes. Drain the liquid and transfer to a cold water bath. Pat dry on a paper towels.

Drizzle with olive oil. Set aside.

### **How to prep sugar snap peas:**

Wash the sugar snap peas. To trim them, snap the ends between your fingers and pull out the fibrous strings on each side of the vegetable.

Boil the sugar snap peas in salted water for about 3-4 minutes. Drain the liquid and immediately transfer to an iced water bath. Pat dry on paper towels.

Season with salt and drizzle with olive oil. Set aside.

### **Assembly time:**

Serve all the ingredients at room temperature. On a serving platter, lay the sugar snap peas on a bed of beet leaves. Finish with the mandarin segments.

Drizzle with salad dressing.

Serve immediately.

### **Tips**

If you don't have beet leaves, you can use regular spinach, Swiss chard or [kale](#).

**Published By:** Jacqueline Pham on June 19, 2010.

### **Beet Risotto**

#### **Ingredients**

- 3 medium beets trimmed
- 3 1/2 cups vegetable or reduced-sodium chicken broth 28 fl oz
- 3 cups water
- 1 small onion finely chopped
- 2 cloves garlic minced

- 2 tablespoons butter
- 2 cups Arborio rice 14 oz
- 1/2 cup dry white wine
- 1 tablespoon balsamic vinegar
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 cup goat cheese
- 1/4 cup Italian parsley chopped
- 1/4 cup pomegranate seeds

#### **Instructions:**

1. Put oven rack in middle position and preheat oven to 425°F.
2. Tightly wrap beets foil and roast on a baking sheet until tender, about 1 1/2 hours. Let cool slightly. Peel the beets under running cold water. Place two of the beets in a blender or food processor and process briefly, until somewhat smooth. Dice the remaining beet into 1/2 inch cubes.
3. While beets are cooling, bring broth and water to a simmer in a 2- to 3-quart saucepan.
4. Heat butter in a wide, heavy pot over moderate heat. Cook the garlic and onion until softened and fragrant. Add the rice and cook, stirring constantly, for 1 minute.
5. Add wine and stir until absorbed, about 1 minute. Using a ladle, stir in 1/2 cup warm broth and simmer briskly, stirring constantly, until broth is absorbed. Continue simmering and adding warm broth, one ladle at a time, stirring constantly and letting each addition be absorbed before adding the next, until rice is just tender and creamy-looking, 18 to 22 minutes.

6. Stir in beets, vinegar, salt, and pepper and cook, stirring, until heated through.
7. Top bowls of risotto with crumbled goat cheese, pomegranate seeds, and parsley. Enjoy!

### **Lettuce Wraps**

**SERVINGS:**8 Servings-from the amazing pioneerwoman.com

#### **Ingredients**

- 1/3 cup Hoisin Sauce
- 1/3 cup Soy Sauce
- 2 Tablespoons Grated Ginger
- 1 Tablespoon Sriracha
- 1 Tablespoon Rice Wine Vinegar
- 3 cloves Garlic, Grated
- 2 whole Boneless, Skinless Chicken Breasts, Cut Into Strips-you can also use ground meat here (1 lb/chicken/turkey/beef/veggie crumbles)
- 1/4 cup Chopped Cilantro
- 8 whole Butter Lettuce Leaves
- 1 cup Bean Sprouts
- 1 cup Thinly Sliced Red Cabbage or white (I know red is prettier!)
- 1 cup Julienned Carrots
- 1 cup Cucumber Slices
- 2 Tablespoons Chopped Peanuts
- 1 cup Cooked Thin Rice Noodles
- Sweet Chili Sauce, For Serving

#### **Instructions**

For the chicken and marinade: Mix the hoisin sauce, soy sauce, grated ginger, Sriracha, rice wine vinegar and grated garlic in a large bowl or resealable plastic bag. Add the chicken strips and marinate, refrigerated, for 2 hours.

Heat a grill pan over high heat.



Remove the chicken (or ground meat) strips from the marinade and grill (cook in a pan and drain grease) until cooked through, about 2 minutes per side. Transfer to a serving platter and sprinkle with the peanuts and cilantro.

For the lettuce and fillings: Set out the lettuce, bean sprouts, cabbage, carrots, cucumbers and rice noodles on the serving platter.

To assemble, use the butter lettuce leaves to contain the chicken and fillings. Add some chili and hoisin sauce, then roll them up and eat!

### **Pea Shoot & Snap Pea Salad with Sunflower Seeds**

Recipe By: EatingWell Test Kitchen

#### **Ingredients**

- 2 tablespoons avocado oil or extra-virgin olive oil
- 1 tablespoon rice vinegar
- 2 teaspoons minced shallot
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 4 cups pea shoots or sunflower sprouts
- 8 ounces snap peas, trimmed and sliced on the diagonal
- ¼ cup toasted sunflower seeds
- 2 TB chopped fresh tarragon

#### **Directions**

- 1 Whisk oil, vinegar, shallot, salt and pepper in a large bowl. Add pea shoots (or sunflower sprouts), snap peas, sunflower seeds and tarragon; gently toss to coat.

#### **Squash Roll Ups**

Serves: about 25 rolls, depending on the size of your squash!

#### **Ingredients**

- 1 each green and yellow summer squash (maybe you have one left over???)
- 1 four ounce package goat cheese, room temperature
- 2 tablespoons sundried tomatoes, minced into small pieces

- 2 tablespoons chopped dill, chives or thyme
- Fresh ground pepper
- Olive oil for drizzling

#### **Instructions**

1. Using a vegetable peeler, shave long strips from each squash, discarding the first piece that is all skin and flipping the squash over when you get deep into the seed section. I find this works best by laying the squash on a cutting board and holding it firmly down with one hand while shaving the strips with the other.
2. Spread a thin layer of goat cheese on each strip, making sure you get cheese all the way to the ends.
3. Sprinkle each strip with tomato, herbs and fresh pepper. Be sparing with the tomato as they have a strong taste - I like just 2-3 pieces per roll. Drizzle with a little bit of olive oil.
4. Roll up each strip, using the goat cheese to hold the roll together. Place them on a pretty platter and serve at once.

#### **Stuffed Squash**

Summer squash is stuffed with turkey/chicken/beef or veggie taco meat and cheese then baked until hot and melted. It's the perfect vegetable-packed meal for veggie haters.

#### **Ingredients**

- 1 lb Ground turkey, chicken, beef or veggie crumbles
- 4 medium summer squash, cut in half lengthwise
- 1/2 cup salsa
- 1 tablespoon taco seasoning (or homemade mix)
- 1/2 small onion, chopped fine
- 1/4 cup bell pepper, chopped fine

- 4 oz can tomato sauce
- 1/4 cup water
- 1/2 cup reduced fat Mexican blend shredded cheese
- 1/4 cup chopped scallions or cilantro, for topping

#### **Instructions**

1. Preheat oven to 400 degrees F. Bring a large pot of water to a boil. Using a spoon, scrape out the seeds of the squash, reserving 3/4 cup and storing the rest for later use.
2. Place the squash in the boiling water for 1 minute, then place on a paper towel to drain.
3. Spoon 1/4 cup salsa into the bottom of a large baking dish and arrange squash face up. Set aside.
4. Brown turkey in a large skillet until no longer pink. Add seasoning, onion, pepper, 3/4 cup reserved chopped squash, tomato sauce and water and stir to combine. Cover and simmer 20 minutes.
5. Fill each squash boat with the turkey mixture, then top with cheese. Cover with foil and bake 35 minutes or until squash is soft and cheese is melted. Garnish and serve with salsa.

#### **Grilled Cabbage Steaks with Bacon & Blue Cheese**

#### **Ingredients**

- 6 slices [bacon](#)
- 1 package [McCormick® Grill Mates® Smoky Applewood Marinade](#)
- 3 tablespoons [vegetable oil](#)
- 2 tablespoons [cider vinegar](#)
- 2 tablespoons [maple syrup](#)
- 1 head [cabbage](#) cut into 6 steaks
- 1/2 cup [bleu cheese](#) crumbled

- 2 tablespoons [green onion](#) thinly sliced

### Instructions

1. Cook bacon in large skillet on medium heat until crisp. Reserve 1 tablespoon of the drippings. Crumble bacon; set aside.
2. Mix Marinade Mix, oil, vinegar, maple syrup and reserved bacon drippings in small bowl until well blended. Place cabbage steaks in large resealable plastic bag or glass dish. Add marinade; turn to coat well.
3. Refrigerate 30 minutes or longer for extra flavor. Remove cabbage steaks from marinade. Reserve any leftover marinade.
4. Grill cabbage steaks over medium heat 5 to 6 minutes per side or until tender-crisp, brushing with leftover marinade. Serve cabbage steaks topped with blue cheese, crumbled bacon and green onions.

### Grilled Escarole Caesar Salad with White Beans-rachaelray.com

#### Ingredients

- 2 large heads escarole
- 2 teaspoons anchovy paste
- 2 large cloves garlic, 1 grated or finely chopped, 1 halved
- About 1 tablespoon worcestershire sauce
- Juice of 1 large, ripe lemon
- About 1/2 cup extra-virgin olive oil (EVOO), plus more for drizzling
- A generous handful of grated pecorino-romano cheese
- Lots of pepper
- Olive oil cooking spray
- A few grates of nutmeg
- Ciabatta bread, sliced

- 5 large eggs, hard-boiled, then chopped (see tip)
- 1 15 ounce can cannellini beans, rinsed and drained

#### Preparation

Preheat an outdoor grill or grill pan to medium-high. Fill the sink with water. Trim the escarole but leave the heads intact, then swish the escarole heads vigorously. Halve the heads and dry them with kitchen towels.

In a shallow bowl, combine the anchovy paste, grated or chopped garlic, worcestershire sauce and lemon juice. Whisk in about 1/2 cup EVOO, the cheese and pepper. Coat the escarole lightly with the cooking spray and grill, turning once, until wilted and grill marks appear, about 5 minutes. Season the escarole halves with a little nutmeg and drizzle the anchovy dressing on top, or chop to mix thoroughly with the dressing.

Char the bread slices on the grill, on the grill pan or under a hot broiler. Rub with the halved garlic and drizzle with EVOO. Chop the bread.

Arrange the eggs and the cannellini beans over the halved escarole or toss with the chopped escarole. Serve with the bread.

#### Why Pea Shoots are so GREAT!

Antioxidants help the body fight free radical damage, commonly associated w/ high cancer risk. Carotenes help inhibit antioxidant activity & are commonly associated with increased cancer prevention.

#### **High In Antioxidants**

One cup of pea shoots provides about 35% the daily value of vitamin C and 15% the DV of vitamin A. In comparison, this is seven times as much vitamin C as blueberries and four times as much vitamin A as tomatoes. They are also an excellent source of vitamin K, providing 66% the DV from a one cup serving.

#### **Anti-Inflammatory**

Pea shoots are dense with the antioxidants and phytonutrients needed to support the body's complex inflammation system.

### Sugar Snap Pea Crostini with Goat Cheese and Arugula

#### Ingredients

- 1 baguette, sliced thinly
- Extra-virgin olive oil
- 1/2 pound sugar snap peas, thinly sliced on a diagonal
- 2 large handfuls of arugula, chopped
- 1 1/2 tablespoons freshly chopped mint
- 1 1/2 tablespoons freshly chopped basil
- 2 teaspoons extra-virgin olive oil
- Salt and pepper
- 8 ounces goat cheese, softened
- 1/4 cup grated Parmesan cheese

#### Instructions

1. Preheat oven to 400 degrees.
2. Place baguette slices on a baking sheet. Brush or spray with olive oil. Bake for 7-10 minutes or until golden. Remove from oven and set aside to cool.
3. Combine peas, arugula, mint, basil and olive oil in a bowl. Season to taste with salt and pepper.
4. Equally spread goat cheese on crostini. Top crostini with pea mixture and sprinkle with grated Parmesan.

