

# FARM FRESH

# GAZZETTE



Finicky-Tomatoes, Onions, Peaches, Arugula, Lettuce, Chinese Cabbage, Zucchini, Nicola's Cheese Ravioli-1 dozen  
Fanatic -more of everything from above

## Spring Onion and Zucchini Tart

### Ingredients:

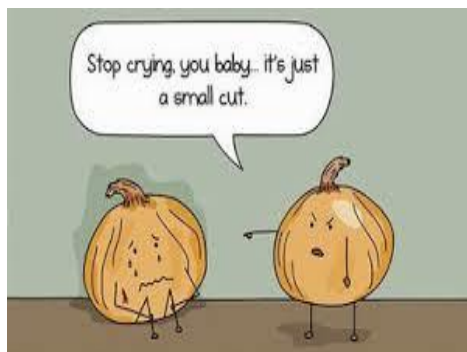
1 Breadsmith Tart Dough (available at Dreyer Farms this week)  
1 bunch spring onions, shredded  
3 small zucchini, shredded  
4 cloves garlic, minced  
3 T. chopped fresh herbs such as basil or parsley  
4 T butter  
1 T. balsamic vinegar  
1 large tomato  
1 1/2 cups shredded cheese (we used a mix of parmesan and white cheddar).

### Directions:

Roll out bread smith tart dough and place in tart or pie pan.  
Trim the edges with your fingers.  
Place tart or pie pan in refrigerator while preparing tart filling.  
Meanwhile preheat oven to 375 degrees.  
Detach onions from the ends and shred in food processor.  
Scrape out of food processor and put into bowl.  
Shred zucchini in processor and place in a bowl. Shred cheese if not already shredded and remove to bowl. (no need to clean processor in-between).  
Heat 2 T. butter in pan. When melted add 2 cloves garlic.

Let cook for 30 seconds, then add zucchini and herbs (if using).  
Sauté until soft and fragrant, about 5 minutes. Remove from pan to bowl, squeezing out juice with tongs as you remove it.  
Allow remaining juice to boil until reduced to almost nothing.  
Add onions with a pinch of salt and pepper and 2 more cloves of garlic. Cook on medium heat until golden (5 minutes). When golden, top with balsamic vinegar and cook for another minute. Remove to bowl. Remove tart pan from oven.  
Layer cooked zucchini, onions, and sliced tomato. Top with cheese. Cook in preheated oven 25 minutes or until golden brown.

1 lemon, zest and juice  
1 box Nicola's pasta fresca cheese ravioli  
Canola Oil  
**Directions:**  
Parboil cheese ravioli in salted water for 5 minutes. Remove to plate and dry with paper towel. Heat 2 T. canola oil in sauté pan. When hot add ravioli, cooking for 1-2 minutes on each side until golden brown. Turn and cook another 1-2 minutes. Remove from pan to platter. In same pan, add 2 cloves garlic and arugula. Toss in oil (and a bit of melted cheese, if you are lucky), for 2 minutes until wilted. Add zest of lemon. Remove from burner and squeeze juice of 1 lemon over the top. Place wilted arugula on top of ravioli. Serve warm.



## Wilted Arugula Topped Ravioli

### Ingredients:

2 bunches Arugula, cleaned and chopped  
2 cloves garlic, minced

## White Peach Sangria

### Ingredients

- 1 bottle white wine (Spanish table wine)
- 3 ounces brandy
- 2 ounces triple sec
- 1 cup orange juice
- 1 cup pineapple juice
- 2 ounces simple syrup (equal parts sugar and water brought to a boil for 2

minutes in a small saucepan) and cooled

- 3 ounces white peach puree (peel peaches, remove pit and puree in a blender with a small amount of water)
- Fresh peaches, oranges, and apples sliced

### Directions

Place all ingredients in a pitcher and stir to mix. Refrigerate at least 8 hours or up to 48 hours. Serve over ice.

You gotta love Jimmy Fallon



### grilled peach salad with white balsamic vinaigrette

(serves 4)

by Sylvia Fountaine, Feasting at Home Blog- June-1-2012

#### Ingredients:

3 Ripe, delicious smelling peaches, halved

6 oz arugula (or other favorite green)

a slightly firm, mild sheep's milk cheese, chèvre, or fresh goat cheese,

or fresh mozzarella (nothing too salty like feta)

1/8 C Toasted slivered almonds

Purple basil leaves

Nasturtiums

White Balsamic Vinaigrette

2 1/2 T white balsamic vinegar

1 T honey or agave

4 T olive oil

pinch salt

Cracked pepper

You could add a T fresh orange juice to this if you want, or even

some finely diced shallot would be nice.

#### Instructions:

Mix the vinaigrette together in a cute jar. Half the peaches, scooping out the seeds if necessary. Brush with a little of the vinaigrette and place on a grill preheated to medium. Let grill for 4-6 minutes uncovered until they have noticeable grill marks. Using a metal spatula gently turn over and grill one more minute. Try to keep peach in tact. Cut peaches into wedges.

Toss greens and purple basil leaves and slivered almonds with some of the vinaigrette.. You will have some left over. Make a bed of greens, and place grilled peaches on top and bits of cheese. Sprinkle with purple basil and nasturtium petals. So easy.

### Buttered Peaches and Ravioli

#### Ingredients

- **Your box of Ravioli**
- 1lemon
- 1/4cup butter
- 3cups fresh peeled peach slices, and cut up
- 1/3cup hazelnuts or almonds, toasted and coarsely chopped
- 1/4cup finely [shredded Parmesan cheese](#)
- 2tablespoons snipped fresh Italian flat-leaf parsley
- Salt

#### Directions

1. Cook ravioli according to package directions; drain, return to pot, and cover to keep warm. Finely [shred peel from lemon](#) (chill lemon for another use); set peel aside. Heat butter in a very large skillet over medium heat until browned (watch carefully so butter doesn't burn). Add peaches, nuts, Parmesan, parsley, and lemon peel; stir to combine.

Add ravioli; toss to coat.

Season with salt.

### Summer Peach and Tomato Salad

Adapted from Cooking Light

#### Ingredients

- 1/4 cup thinly vertically sliced red onion
- 1/2 pound ripe peaches, pitted and cut into wedges
- 1/4 pound tomatoes, cut into thick wedges
- 1 tablespoon sherry vinegar
- 1 1/2 teaspoons extra-virgin olive oil
- 1 teaspoon honey
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1/4 cup (1 ounce) crumbled feta cheese
- 2 tablespoons small basil leaves or torn basil

#### How to Make It

1. Combine first 4 ingredients in a large bowl.
2. Combine vinegar, olive oil, honey, salt, and pepper in a small bowl, stirring with a whisk. Drizzle vinegar mixture over peach mixture; toss well to coat. Sprinkle with cheese and basil.

### Stir-Fry Cabbage

#### Ingredients

- 2 teaspoons canola oil
- 1 small onion, sliced
- 1 clove garlic, minced
- 1 teaspoon minced ginger
- 1 head napa cabbage, cleaned and sliced
- 2 tablespoons soy sauce
- 1 tablespoon rice vinegar
- 2 teaspoons toasted sesame oil

In a large saute pan over medium-high heat, add the canola oil and heat. Add the onion, garlic and ginger and saute, stirring, for 1 minute. Add the cabbage and cook until just starting to wilt, about 2

minutes. Add the soy sauce and rice vinegar and stir well and cook just until cabbage is wilted, about 3 minutes. Remove from heat and drizzle with the sesame oil.  
Recipe courtesy Ellie Krieger

### **Cabbage & Peach Salad**

Allrecipes.com

#### **Ingredients**

- 1 wedge cabbage, core removed (about ¼ of a head)
- 1 red apple, such as Fuji or Gala, cored
- 12 oz (350 g) cooked chicken (cooled to at least room temperature)
- 1 romaine heart (4 cups/1 L chopped)
- 2 ripe white peaches
- ¼ cup (50 mL) canola oil
- 1 lime, juiced
- 1 tbsp (15 mL) honey
- Toppings: ¼ cup (50 mL) crumbled goat cheese, dried cherries, or sliced almonds

#### **DIRECTIONS**

1. Place the cabbage, core facing up, into the [Multi-Grater & Slicer](#) fitted with the slicing disk. Slice into the small [Glass Mixing Bowl](#). (You'll get about 3.5 cups/875 mL grated.) Transfer the cabbage to a large bowl.
2. Cut the apple into chunks. Place them into the grater and slice into the small bowl. Slice the chicken using the grater.
3. Dice the peaches and cut the romaine using a knife.
4. Transfer the apple, chicken, peaches, and romaine into the large bowl.
5. Whisk the oil, lime juice, and honey in a small bowl.
6. Pour the dressing over salad. Top with goat cheese, cherries, or almonds.

### **Ravioli & Cabbage Soup**

Easyrecipes.com

#### **Ingredients:**

- 4 ounces (about 5 slices) sliced bacon (cut into 1/2-inch pieces)
- 1 small onion (finely chopped)
- 2 cloves garlic (minced or pressed)
- 1 tablespoon chopped parsley
- 2 quarts regular-strength beef broth or ZOUP!
- 2 cups water
- 1 large (about 3 oz) carrot (thinly sliced)
- 1 box ravioli
- 2 cups shredded cabbage
- Grated Parmesan cheese

Servings Per Recipe: 4

- Grated Parmesan cheese

#### **Directions:**

In a 5- to 6—quart pan, cook bacon over medium heat until translucent and limp. Add onion; continue to cook, stirring, until onion and bacon are lightly browned (about 5 minutes). Add garlic and parsley into bacon-onion mixture. Add broth, water, and carrot. Increase heat to high and bring to a boil. Separate any ravioli that are stuck together, then add ravioli to boiling broth. Reduce heat to medium and boil gently, uncovered, stirring occasionally until ravioli are just tender to bite (about 10 minutes for fresh, 12 minutes for frozen, or 25 minutes for dry; or time according to package directions). Stir in cabbage during last 5 minutes of cooking. Serve with cheese to add to taste.

### **Peach, Pancetta, Lettuce, and Tomato Sandwiches**

[Fine Cooking Issue 112](#)

#### **Ingredients**

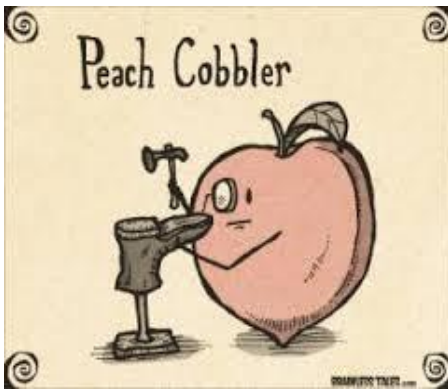
- 8 oz. thinly sliced pancetta
- 1 18-inch baguette
- 1 to 2 Tbs. mayonnaise
- 2 medium ripe tomatoes (6 oz. each), thinly sliced
- Kosher salt and freshly ground black pepper
- 1 large ripe peach, pitted and thinly sliced
- 4 leaves lettuce

#### **Preparation**

- Position a rack 6 inches from the broiler element and heat the broiler on high. Arrange the pancetta on a large rimmed baking sheet and broil until crisp, 2 to 3 minutes. Transfer to a paper towel-lined plate.
- Halve the baguette lengthwise. Put the bread cut side up on the oven rack and broil until golden, about 1 minute.
- Spread the mayonnaise on the bottom half of the baguette. Lay the tomato slices over the bread and season lightly with salt and pepper. Top with the peach slices, pancetta, and then the lettuce leaves. Replace the top half of the bread, cut the sandwich into 4 pieces, and serve.



dreamstime.com



## Since 1922

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.

The head farmer, Adam (featured on your right), has worked and farmed this land for over 25 years already starting as a teenager. He has ventured out over the years trying new farming techniques and seeds bringing the farm to new heights! 2017 begins the third year of our popular Wightman's CSA program. Wightman's CSA will include new crops like Canteloupe, Garlic, and even Fingerling potatoes!

From [thespruce.com](http://thespruce.com)

## !!!ABOUT PEACHES!!

Mature peaches will continue to ripen after they are picked,\* so when it comes time to store them, you have several options. In all cases, if they can't be on a tree, peaches like best to sit on their shoulders and not touch one another. If, however, indulging their solitary nature is too inconvenient for you, go ahead and put them in bags or bowls together, just try to avoid stacking too many on top of any others.

Once you have that in mind, decide how to store them based on how ripe they are:

### Perfectly Ripe Peaches

If the peaches you have at hand are perfectly ripe (if you aren't sure how to tell) but you aren't quite ready to eat them, simply store them in the fridge. The cold will radically slow down their off-tree ripening talents. Check chilled peaches frequently; the cold air in the refrigerator is dehydrating, so watch out for any wrinkly skin, a sign of both drying and over-ripening.

### Not-Quite-Ready-to-Eat Peaches

If, however, your peaches could stand to be a wee bit softer, a wad more fragrant, keep them on the kitchen counter. You can even let them sit in a spot of sunshine to hasten things a bit (just make sure that spot doesn't get too hot).

### Firm Peaches

For peaches that are still quite firm and you'd like to get them moving [along the ripening path](#), put them in a paper bag - it will capture the ethylene gas they give off naturally and speed up the timeline of their perfection.

### Speed Things Up

Still not quick enough for you? Add a banana - the riper the better - or an apple or pear to the bag. These fruits give off even more ethylene

than peaches and will coax the peaches along.

### Check Frequently

When you've kept peaches on the counter or used the paper bag method, once any given peach is ripe be sure to eat it or move it to the fridge until you're ready to eat it so it doesn't go from ripe to rotten.

### Let Them Breathe

In all cases, peaches need to breathe, so paper bags or plastic bags with holes cut in them are your best bet if you want to enclose them in some fashion. Just remember, the paper bag will push along their ripening unless you put it in the fridge.

### For Longer Storage

Can't eat all the peaches at hand quickly enough? Freeze them! Frozen peaches are fabulous in baked goods and smoothies and [for ice cream](#)

THIS IS YOUR FARMER, ADAM



This guy works hard to bring you the best CSA possible, if you see him he would love to hear how much you are enjoying the bounty!

## **PLEASE REMEMBER!**

*Need something, have a question or comment, please call or text me at 908.477.0105 -dawn*