

# FARM FRESH

# GAZZETTE



THE

Finicky-Peaches, Beets, Pickles, Eggplant, Kale, Bunched Onions, Lettuce, Cantaloupe

Fanatic -Peaches, Squash, Beets, Pickles, Eggplant, Kale, Bunched Onions, Lettuce & Watermelon

## Layered Eggplant, Zucchini and Tomato Casserole

*Foodandwine.com*

Ingredients:

- 3 tablespoons extra-virgin olive oil, plus more for greasing and brushing
- 3 medium zucchini (1 1/2 pounds), sliced lengthwise 1/4 inch thick
- 2 long, narrow eggplants (1 1/2 pounds), peeled and sliced lengthwise 1/3 inch thick
- Salt and freshly ground pepper
- 1 large shallot, minced
- 1 pound plum tomatoes, cut into 1/2-inch dice
- 3 ounces feta cheese, crumbled (3/4 cup)
- 1/4 cup chopped basil
- 1/3 cup panko or coarse dry bread crumbs

Instructions:

1. Preheat the oven to 425
2. Oil 2 large rimmed baking sheets. Put the zucchini slices on one sheet and the eggplant on the other. Brush the slices all over with oil and season with salt and pepper.
3. Arrange the slices on each sheet in a slightly overlapping layer. Bake for 15 minutes, until tender.

4. Meanwhile, in a large skillet, heat 2 tablespoons of the oil. Add the shallot and cook over moderate heat until softened, 3 minutes. Add the tomatoes and cook over high heat until slightly softened and bubbling, 1 minute. Season with salt and pepper.
5. Oil a large, shallow baking dish (about 10 by 15 inches). Lay half of the eggplant in the dish and spread one-fourth of the tomatoes on top. Scatter with half of the feta and basil. Layer half of the zucchini on top, followed by another one-fourth of the tomato and the remaining basil, eggplant and zucchini. Top with the remaining tomato and feta.

6. Mix the panko with the remaining 1 tablespoon of oil and sprinkle over the casserole. Bake in the upper third of the oven for 20 minutes, until bubbling and crisp. Let stand for 5 minutes, then serve hot or warm.



## Half Sour Pickles

*Brooklynfarmgirl.com*

Ingredients

1. 5 kirby cucumbers (or however many you can fit into your jar)
2. 1/2 teaspoon coriander seeds
3. 1/2 teaspoon mustard seeds
4. 1/2 teaspoon black peppercorns
5. few pieces of fresh dill
6. 3 bay leaves
7. 6 cloves garlic (minced)
8. 1/4 cup sea salt
9. 6 cups water
10. additional whole coriander seeds and peppercorns to add on top

Instructions

1. Wash your cucumbers.
2. Dissolve your sea salt in the water.
3. Grind up all the dry ingredients (coriander,

mustard seeds, peppercorns, 2 bay leaves). If you don't have a mortar/pestle, throw it in a plastic bag and use a rolling pin to crush them.

- Put the cucumbers in your jar.
- Put the minced garlic in the jar, then ground up spices, then pour the salt water mixture on top. If you have any water left, disregard it.
- Add a few pieces of fresh dill on top.
- Add in your additional coriander seeds, peppercorns and bay leaf.
- Make sure your cucumbers are completely covered in water and close the jar.
- Put in the refrigerator. Let them sit for at least 4 days before eating.
- Enjoy!

#### Notes

- This recipe is for a half gallon jar. Please make sure you are using this size as it's important for the salt to water ratio.
- For a crunchy pickle add 1/4 teaspoon Ball Pickle Crisp Granules at the end.

#### Sangria

Indulgy.com

My famous, most dangerous red sangria recipe ever! Very fruity and you can't even taste this alcohol! 1 750ml bottle inexpensive red wine, 1 shot Midori, 1 shot Peach Schnapps, 1 shot Triple Sec, 2 shots Grand Marnier or Brandy, 1 cup Orange Juice, 1 cup Pineapple Juice, 1 can of Sprite. Mix all together and add whatever fruits you want. For best results, make the day ahead with the fruit so the alcohol soaks in. Enjoy :)

#### Roasted Beet Noodles w/ Goat Cheese

Inspiralized.com

##### Ingredients

- For the dressing:
  - 4 tsp honey
  - 4 tsp olive oil
  - 4 tsp red wine vinegar
  - 2 tsp dijon mustard
  - 3 tsp shallot, minced
  - salt and pepper to taste
- For the noodles:
  - 2 medium-sized beets
  - 1/4 cup crumbled goat cheese
  - 1/4 cup whole pecans

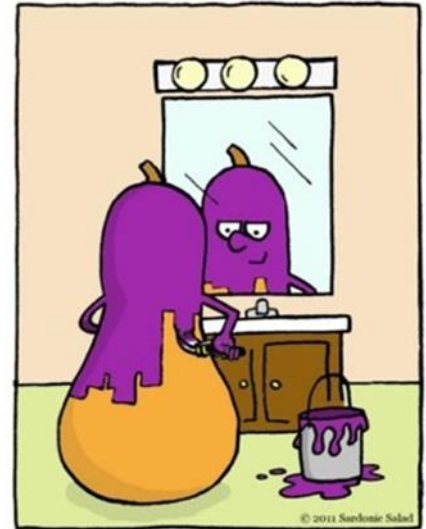
##### Instructions

- Preheat the oven to 400 degrees.
- Combine all of the ingredients for the dressing in an air-tight container and shake to combine - or whisk in a bowl. Set aside in the refrigerator.
- Prepare your beets. Cut the ends off and peel. Place on the spiralizer just like you would a zucchini and spiralize, using Blade C.
- Place on a baking sheet coated with cooking spray and season with salt and pepper. Put in the oven for 5 minutes.
- Take the finished beets out of the oven and place in a bowl. Pour the dressing over the noodles and mix thoroughly to combine.
- Place the dressed beets on a plate and top with goat cheese and pecans. Enjoy

*Five portions of fruit and veg a day is good for you, but 10 is much better and could prevent up to 7.8 million premature deaths worldwide every year, say scientists.*

*The findings of the study led by Imperial College London may dismay the two in three adults who struggle to manage three or four portions – perhaps some tomatoes*

*in a sandwich at lunchtime, an apple and a few spoonfuls of peas at dinner.*



IN AN ATTEMPT TO AVOID BEING AN INGREDIENT IN STEW, CLEVER SQUASH OFTEN TRY TO DISGUISE THEMSELVES AS EGGPLANTS.

#### ONION TOP PESTO

Cookthestory.com

*This pesto is boldly tasty when tossed with pasta (toss 2-3 tablespoons of pesto plus 1-2 tablespoons of pasta cooking water to a serving of cooked pasta) but I really love it with boiled potatoes or mixed with sour cream as a topping for baked potatoes.*

##### Ingredients:

- the tops from 3 bunched onions, roughly chopped
- 1 cup packed parsley leaves
- 2 Tbsp. toasted chopped walnuts
- coarse salt
- olive oil

##### Instructions:

- In a medium saucepan bring 4 cups of water to the boil. Add the onion tops and reduce heat to low. Simmer for 1-2 minutes, just until wilted (they should still be bright green).
- Drain the onions (reserve the liquid for another use - it

is a flavorful vegetable broth).

3. Spoon the onion tops into a food processor or blender. Add the parsley, walnuts, 1/4 teaspoon of coarse salt and 1/4 cup of olive oil. Purée. While the blade is still running, gradually add another 1/4 cup of olive oil. Taste. Add more salt if necessary (I usually add about another 1/4 teaspoon).

### Baked Bloomin' Onion

Paleogrubs.com

#### Ingredients

1. 1 large yellow onion
2. 1/2 cup almond flour or all-purpose white flour
3. 2 tsp paprika
4. 1/2 tsp cayenne pepper
5. 1/4 tsp black pepper
6. 1 tsp garlic powder
7. 1/2 tsp dried oregano
8. 1/2 tsp dried thyme
9. 1/4 tsp salt
10. 2 eggs, lightly beaten
11. 1 tbsp olive oil

#### Instructions

1. Preheat oven to 350 F. Line a baking sheet with parchment paper and set aside.
2. Cut off the top about 1/2 inch of the onion and peel. Place the onion cut-side down on a cutting board. Starting 1/8 inch from the root, cut the onion into 12-16 vertical wedges. Turn the onion over and use your fingers to gently separate the onion petals.
3. In a small bowl combine the almond flour, paprika, cayenne pepper, garlic powder, oregano, thyme, black pepper and salt.
4. Dip the onion in beaten eggs and turn it over to make sure

every part of the onion is covered.

5. Take it out, and coat with almond mixture. Make sure all the layers are covered.
6. Place the onion on prepared baking sheet, brush with olive oil and cover with aluminum foil.
7. Bake for 30 minutes, then remove the foil and bake for 5-10 minutes more or until the onion is tender and the edges are browned.
8. Serve with [homemade paleo ranch dressing](#)

### Cantaloupe Soup

Recipe courtesy of [Alex Guarnaschelli](#) thefoodnetwork.com

#### Ingredients

1 large, or 2 small, cantaloupe (to yield 3 tightly-packed cups sliced cantaloupe)  
3 lemons, juiced  
1 cup sparkling cider (nonalcoholic)  
2 to 3 teaspoons granulated sugar, optional  
1/4 cup cold water, optional  
1 small cucumber, peeled, seeded and diced  
Kosher salt  
Freshly ground black pepper

#### Directions

Place the cantaloupes on a flat surface and split them in half. Scoop out and discard the seeds. Use a spoon to scoop out the flesh in small increments. The goal is to tightly pack 3 cups of cantaloupe flesh.

Place the cantaloupe in the blender and add the lemon juice and cider. Puree until smooth and taste for seasoning. Add the sugar, if needed. Use the water if more liquid is needed. Pour the soup into a

medium bowl. Make an ice bath to chill the soup by combining some ice cubes and cold water in the bottom of a larger bowl. Put the soup in the ice bath and store in the refrigerator until ready to serve.

Season the cucumber lightly with salt and pepper. When ready to serve, pour the soup into the chilled bowls and add some of the cucumber to each.

Recipe courtesy of Alex Guarnaschelli

### Glazed Hens with Cucumber-Cantaloupe Salad

Foodnetworkkitchen.com

#### Ingredients

- 2 Cornish game hens (about 1 1/2 pounds each)
- Kosher salt and freshly ground pepper.
- 2 to 3 teaspoons Asian chili sauce (such as sambal oelek)
- 3 tablespoons fresh lime juice
- 3 tablespoons packed dark brown sugar
- 3 tablespoons extra-virgin olive oil
- 1/2 small cantaloupe
- 1 shallot
- 1 English cucumber or 3 kirby pickles

#### Directions

Preheat the oven to 500 degrees F. Season the hens all over with salt and pepper, place on a rack in a roasting pan and roast 15 minutes. \*\*\*\*\*

Meanwhile, whisk the chili sauce, lime juice, brown sugar, olive oil and 2 teaspoons salt in a measuring cup to dissolve the sugar. Set half of the mixture aside in a bowl for the salad.

\*\*\*\*\*

Baste the hens with some of the remaining dressing, then rotate the pan and continue to cook until the hens are golden and a thermometer inserted into the thickest part of the thigh registers 160 degrees F, about 20 more minutes.

\*\*\*\*\*

Meanwhile, peel and thinly slice the cantaloupe and shallot. Peel the cucumber, then halve lengthwise, seed and thinly slice. Toss the cantaloupe, shallot and cucumber with the reserved dressing. Divide the salad among plates. Use kitchen shears to cut each hen in half and place one half on each plate. Drizzle the pan juices over the hens and salad.

### **Kale Watermelon & Feta Salad**

Hungryhealthyhappy.com

#### **Ingredients:**

- 1 bunch/1 large bunch of kale
- 60g/2oz Feta cheese
- 2 tbsp olive oil
- 2 tbsp cider vinegar
- Juice of half a lemon
- 2 garlic cloves, crushed
- 10 pecans, chopped
- A pinch of sea salt and black pepper

- 150g/1 cup watermelon, diced
- 1) Roughly chop the kale and put it in a bowl with the olive oil, cider vinegar, lemon juice, garlic and salt and pepper and mix well. Massage thoroughly with your hands!!
- 2) Add the feta, watermelon and pecans.

Now, you may have known that eggplants are a great source of folic acid and potassium, and some studies say they help lower blood pressure and cholesterol.

But, here are some other fun facts you might not have known about eggplants.

1. Eggplants aren't REALLY vegetables, they're berries.

Which isn't that strange, considering other fruits are commonly mistaken for vegetables – like tomatoes.

2. Eggplants and tomatoes are actually related. They both belong to the nightshade family with the famous literary poison – deadly nightshade. But don't worry, eggplant isn't toxic (at least not in normal amounts).
3. A [study](#) published in 1993 in the New England Journal of Medicine showed that eggplant has by far the highest level of nicotine of any vegetable. But it's such a small amount that there's really no need for concern. You would have to eat between 20 and 40 pounds of eggplant to consume the amount of nicotine you'd get smoking one cigarette.
4. But eggplant had a bad rap before it's comparison with cigarettes. Ancient Persian philosophers ascribed all kinds of ailments to them – from pimples to epilepsy.
5. People in the U.K. called them aubergines. The word "aubergine" goes all the way back to the ancient Indian language Sanskrit. The eggplant is believed to have originated in India, where it is considered to be the King of Vegetables.
6. The word "eggplant" that we use in North America comes from British-colonized India, where at the time, a small, white, egg-like variety of the vegetable was all the rage.
7. In Renaissance Italy, it was called a *mala insana* or "crazy apple".

8. Japan even has a proverb about eggplant: "The happiest omen for a New Year is first Mount Fuji, then the falcon, and lastly eggplant."

### **garlic kale and brown rice salad with zippy lemon dressing**

#### **Ingredients:**

#### **For the Dressing:**

- juice of one lemon
- juice of one orange
- ½ cup olive oil
- 1 garlic clove
- ½ cup fresh parsley
- ¼ teaspoon salt (more to taste)
- 1-2 teaspoons honey

#### **For the Salad**

- 1 tablespoon olive oil (garlic infused is yummy)
- 1 bunch kale (chopped, without stems, to yield about 4 cups)
- 2 cups cooked brown rice/quinoa/farro or cauliflower rice!
- a few handfuls of [Kettle Brand Salt and Pepper chips](#), crushed finely
- dried cranberries for topping

#### **Ingredients:**

Pulse all the dressing ingredients in a food processor until smooth. Heat the oil in a large skillet over medium high heat. Add the kale and saute until wilted to about half of the original volume. Add the brown rice and stir-fry for a few minutes together with the kale until everything is heated through. Add the dressing into the pan (start with about half of it) and toss to combine. Just before serving (can be served hot or cold), toss with the chips. Top with dried cranberries.

#### **NOTES**

This is delicious with a fried egg on top (leave off the cranberries unless you like eggs + cranberries). The perfect easy dinner!