

FARM  
FRESH

## GAZZETTE



Finicky & Fanatics Potatoes, Corn, Heirloom Tomatoes, Peaches,  
Fryer Peppers, Apples, Lima Beans, Griggstown Pasture Raised Farm  
Fresh Eggs

This is a pretty lengthy list of positive attributes of the incredible edible egg. I actually cut the last 3 off and #5 but you can go to <http://www.healthline.com/nutrition/10-proven-health-benefits-of-eggs#section3> to read more. I found it so interesting. In the last 10 years, I have had so many people tell me to eat protein POWDER, each and every plastic filled tub had so many ingredients I couldn't pronounce. Eggs, seemed to me a better protein source. If you have read any of Michael Pollan's books where he talks about his definition of food...By "food" Pollan means *real* food, not creations of the food-industrial complex. Real food doesn't have a long ingredient list, isn't advertised on TV, and it doesn't contain stuff like maltodextrin or sodium tripolyphosphate. Real food is things that your great-grandmother (or *someone's* great-grandmother) would recognize. I believe EGGS, quality eggs were always at the tippy top of Grandma's list!

**1. Eggs Are Incredibly Nutritious** Eggs are among the [most nutritious foods](#) on the planet.

A whole egg contains all the nutrients required to turn a single cell into a baby chicken. A single large boiled egg contains (1):

- **Vitamin A:** 6% of the RDA.
- **Folate:** 5% of the RDA.
- **Vitamin B5:** 7% of the RDA.
- **Vitamin B12:** 9% of the RDA.
- **Vitamin B2:** 15% of the RDA.
- **Phosphorus:** 9% of the RDA.
- **Selenium:** 22% of the RDA.
- Eggs also contain decent amounts of Vitamin D, Vitamin E, Vitamin K, Vitamin B6, Calcium and Zinc.

This is coming with 77 calories, 6 grams of protein and 5 grams of [healthy fats](#).

Eggs also contain various other trace nutrients that are important for health.

Really... eggs are pretty much the **perfect** food, they contain a little bit of almost every nutrient we need.

If you can get your hands on pastured or Omega-3 enriched eggs, then these are [even better](#). They have more Omega-3s and are much higher in Vitamin A and E (2, 3).

**BOTTOM LINE:** Whole eggs are among the most nutritious foods on the planet, containing a little bit of almost every nutrient we need. Omega-3 enriched and/or pastured eggs are even healthier.

**2. Eggs Are High in Cholesterol, But They Don't Adversely Affect Blood Cholesterol**

It is true that eggs are high in cholesterol.

In fact, a single egg contains 212 mg, which is over half of the recommended daily intake of 300 mg.

However... it's important to keep in mind that cholesterol in the *diet* doesn't necessarily raise cholesterol in the *blood* (4, 5).

The liver actually produces large amounts of cholesterol every single day. When we eat more eggs, the liver just produces less cholesterol instead, so it evens out (6, 7).

- The response to egg consumption varies between individual (8):
- In 70% of people, eggs don't raise cholesterol at all.
- In the other 30% (termed "hyper responders"), eggs can mildly raise Total and LDL cholesterol.
- However, as I will outline later in the article, the situation is a bit more complicated than that and these changes are actually beneficial.
- (*Exceptions... people with genetic disorders like familial hypercholesterolemia or a*

gene type called ApoE4 may want to minimize or avoid eggs.).

- **BOTTOM LINE:** Eggs are high in cholesterol, but eating eggs does not have adverse effects on cholesterol in the blood for the majority of people.
- **3. Eggs Raise HDL (The "Good") Cholesterol**
- HDL stands for High Density Lipoprotein. It is often known as the "good" cholesterol (9).
- People who have higher levels of HDL usually have a lower risk of heart disease, stroke and various health problems (10, 11, 12, 13).
- Eating eggs is a **great** way to increase HDL.
- In one study, 2 eggs per day for 6 weeks increased HDL levels by 10% (14, 15, 16).
- **BOTTOM LINE:** Egg consumption consistently leads to elevated levels of HDL (the "good") cholesterol, which is linked to a reduced risk of many diseases.
- **4. Eggs Contain Choline - an Important Nutrient That Most People Don't Get Enough of**
- Choline is a nutrient that most people don't even know exists.
- Yet, it is an incredibly important substance and is often grouped with the B vitamins.
- Choline is used to build cell membranes and has a role in producing signaling molecules in the brain, along with various other functions (17).
- Dietary surveys have shown that about 90% of people in

the U.S. are getting less than the recommended amount of choline (18).

- Whole eggs are an excellent source of choline. A single egg contains more than 100 mg of this very important nutrient.
- **BOTTOM LINE:** Eggs are among the best dietary sources of choline, a nutrient that is incredibly important but most people aren't getting enough of.
- **6. Eggs Contain Lutein and Zeaxanthin, Antioxidants That Have Major Benefits For Eye Health**
- One of the consequences of aging is that eyesight tends to get worse.
- There are several nutrients that help counteract some of the degenerative processes that can affect our eyes.
- Two of these are called Lutein and Zeaxanthin, powerful antioxidants that tend to build up in the retina of the eye (26, 27).
- Studies show that consuming adequate amounts of these nutrients can significantly reduce the risk of cataracts and macular degeneration, two very common eye disorders (28, 29, 30).
- Egg yolks actually contain large amounts of both Lutein and Zeaxanthin.
- In one controlled trial, eating just 1.3 egg yolks per day for 4.5 weeks increased blood levels of Lutein by 28-50% and Zeaxanthin by 114-142% (31).
- Eggs are also high in Vitamin A, which deserves another mention here. Vitamin A deficiency is the

most common cause of blindness in the world (32).

- **BOTTOM LINE:** The antioxidants Lutein and Zeaxanthin are very important for eye health and can help prevent macular degeneration and cataracts. Eggs are high in both of them.
- **7. In the Case of Omega-3 or Pastured Eggs, They Lower Triglycerides as Well**
- Of course, it doesn't just matter what we eat... it also matters what the foods that we eat, ate.
- In this regard, not all eggs are created equal. Their nutrient composition varies depending on how the hens were fed and raised.
- Eggs from hens that are raised on pasture and/or fed Omega-3 enriched feeds tend to be much higher in Omega-3 fatty acids.
- Omega-3 fatty acids are known to reduce blood levels of triglycerides, a well known risk factor for heart disease (33, 34).
- Studies show that consuming Omega-3 enriched eggs is a very effective way to reduce triglycerides in the blood. In one of the studies, just 5 omega-3 enriched eggs per week for 3 weeks reduced triglycerides by 16-18% (35, 36).
- **BOTTOM LINE:** Omega-3 enriched and pastured eggs contain significant amounts of Omega-3 fatty acids. Eating these types of eggs is an effective way to reduce blood triglycerides.

## Succotash

Epicurious.com

### **Ingredients:**

- 1/4 lb sliced bacon
- 1 small onion, chopped
- 2 garlic cloves, minced
- 4 ears corn, kernels cut off and cobs discarded
- 1 large fresh jalapeño chile, seeded and finely chopped
- 1 (10-oz) package frozen baby lima beans, thawed
- 1/2 lb okra, cut into 1/3-inch-thick slices
- 3/4 lb cherry tomatoes (1 pint), halved (use your HEIRLOOMS!)
- 2 tablespoons cider vinegar, or to taste
- 1/4 cup chopped fresh basil

1. Cook bacon in a large skillet over moderate heat until crisp. Drain on paper towels, leaving fat in skillet.
2. Add onion to skillet and cook over moderate heat, stirring, until softened. Add garlic and cook, stirring, 1 minute. Stir in corn, jalapeño, lima beans, okra, and tomatoes and cook, stirring, until vegetables are tender, about 7 minutes. Stir in vinegar, basil, and salt and pepper to taste.
3. Serve succotash with bacon crumbled over.

### **Breakfast Succotash with Poached Eggs and Herb Oil**

Feasting at Home Blog

Serves: 4

### **Ingredients**

- 1-2 Tablespoons olive oil ( or butter)
- 1 Cup diced onion
- 3-4 rough chopped garlic cloves
- 2 Cups diced Zucchini ( or summer squash)
- 1 Cup fresh green beans , sliced 1/2 inch pieces ( or use lima beans, or edamame)
- 1 red bell pepper, diced

- 2 ears of corn, shucked and kernels removed ( about 2 cups)
- 3/4 teaspoon smoked paprika
- 3/4 teaspoon cumin
- 1/2 teaspoon salt
- 1/4 teaspoon cracked pepper
- 4-8 large eggs, poached
- **Herb Oil:**
- 1/2 Cup, packed finely chopped tender herbs ( Italian parsley, tarragon, basil, cilantro, sage, oregano)
- 1 large garlic clove
- 1 Tablespoon Lemon zest, chopped
- 1/2 Cup oil
- 1/8 tsp salt, pepper
- chile flakes ( optional)
- **Garnish**
- fresh cherry tomatoes, sliced in half

### **Instructions**

1. In a large skillet, heat oil over medium high heat. Add onion. Saute until tender, about 3-4 minutes, add garlic.
2. Turn heat down to medium, and cook until garlic is fragrant, about 2 minutes. Add zucchini and green beans and cook about 5 minutes, then turn heat to med low.
3. Add peppers and corn. Cooking on medium low for 10-15 minutes until everything is tender. Season with smoked paprika, salt, cumin and pepper. And leave on very low heat.
4. Make the herb oil. Finely chop the herbs and garlic. Zest the lemon and chop it up a bit. Place all ingredients in a bowl and stir to combine.
5. I prefer using mostly Italian parsley and then adding 1 or

2 other herbs as an accent. It takes quite a lot of herbs to make 1/2 cup chopped ( it really condenses down, once chopped.)

6. Poach the eggs.
7. Heat up the succotash (if necessary), place the poached eggs over top and sprinkle with salt and pepper and a teaspoonful of the flavorful herb oil. Finish with aleppo chili flakes ( or chili flakes) - optional, and scatter cherry tomatoes over and around. Serve immediately.

### **Scrambled Eggs with Fresh Corn, Goat Cheese & Tomatoes**

*Serves 2-thekitchn.com*

4 thick slices of tomato (1/4- to 1/2-inch thick)

Olive oil

Salt and pepper

1 medium ear of corn, with the husk still on

1/2 tablespoon unsalted butter

4 large eggs, beaten

2 ounces goat cheese

Set your oven's broiler on high with a rack a few inches below the broiler element. Drizzle the tomato slices with a bit of olive oil, coating both sides, and season with salt and pepper. Put them on a baking sheet and broil in the oven for 8 to 10 minutes, until beginning to caramelize on top.

While the tomatoes are cooking, microwave the corn (in its husk) for 3 minutes on high. Remove from the microwave and let cool for a few minutes, then strip off the husk and cut the kernels from the cob.

Heat the butter in a frying pan over medium heat. Add the corn, season with salt and pepper, and cook for 1 minute. Add the eggs and scramble — this shouldn't take more than a minute, although if you like your eggs creamy, you may want to [lower the heat and cook them](#)

[more slowly](#). Once the eggs are scrambled to your liking, turn off the heat and crumble in the goat cheese.

Use a spatula to transfer the tomato slices to a plate, then top with the eggs. Season with more salt and pepper to taste.

**Let us cut right to the chase: Why are heirlooms better than industrially-grown or hybrid tomatoes?** *Huffingtonpost.com*

The answer is simple: The old ones tasted like a real tomato. What we're growing today, I would hardly classify as a *real* tomato. I suppose they're alive, but the resemblance stops there. We had it right 100 years ago.

One thing is, you get all the subtle differences in heirlooms [that you don't get in the other tomatoes].

Your yellow heirloom tomatoes are milder. And your red heirlooms have a lot more acidic quality.

Something interesting of note is that if you look at a canning recipe from the 1930s or 40s, you didn't have to add anything to it; those tomatoes had a very high acid content.

Today's tomatoes, all the flavor and taste and everything else has been bred *out* of it. So, if you look at the latest Ball canning book they've upped the processing time and also recommend you put a couple of tablespoons of lemon juice [to account for that]. There's a big *big* difference.

**Tok-Cel Lima Beans (Roasted Lima Beans)**

*From NPR.com*

*Makes 4 servings*

1/2 pound fresh or frozen limas

1 bunch green onions

1/2 bunch parsley

Salt to taste

Lemon juice to taste

6 ounces ground, roasted pumpkin seeds

1 tablespoon sesame oil

Preheat oven to 350 degrees.

If using fresh beans, blanch them in boiling water for 1 minute, then rinse and dry. If you use frozen beans, defrost.

Chop the green onions and parsley, medium to fine. Set aside.

Roast the pumpkin seeds in the preheated oven, then grind them (medium to fine) in a food processor.

Put the sesame oil in a large skillet on medium heat. When the oil starts smoking, throw the lima beans in first. Saute them until they are brown and roasted.

Add all the other ingredients except the lemon juice and saute for another minute. Then add lemon juice, and serve.

**Butter Beans with Kale & Eggs**

**Ingredients**

- 1 pound butter beans (large lima beans)
- Kosher salt
- 3/4-ozc salt pork (see note)
- 2 quarts low-sodium homemade or canned chicken broth
- 2 bay leaves
- 4 thyme sprigs
- 1 whole onion, split in half
- 1 medium carrot
- 1 rib celery
- 1 (28-ounce) can whole tomatoes packed in juice, roughly chopped
- 4 cups roughly chopped kale, swiss chard, or curly spinach leaves
- 2 to 4 hard boiled eggs
- 2 tablespoons extra-virgin olive oil
- Freshly ground black pepper

**Directions**

Cover beans with 2 quarts cold water and add 2 tablespoons salt. Stir once to combine then set aside at room temperature for at least 8 hours and up to 18 hours.

Drain and rinse beans and add to a large saucepan. Add salt pork (see note), chicken broth, bay leaves, thyme, onion, carrot, and celery. Bring to a boil over high heat, reduce to a bare simmer and cook until beans are completely tender, about 1 hour, topping up with water as necessary (beans should be just poking through the top surface).

Discard bay leaves, thyme sprigs, onion, carrot, and celery. Remove pork and discard if desired or chop up and add back to pot. Add tomatoes and kale to pot, bring to a simmer, and cook, gently stirring occasionally with a wooden spoon until thickened and stew-like, about 20 minutes longer.

Season to taste with salt and pepper and serve, topping with hard boiled eggs and a drizzle of extra virgin olive oil. Beans can be stored in an airtight container in the fridge for up to 5 days and will improve with time. Reheat by microwaving or stir gently over medium heat, adding liquid as necessary. NOTE: You can totally substitute your Heirlooms for the nasty CANNED tomatoes!!! Just add them closer to the end!!



DON'T YOU ROLL YOUR EYES AT ME, YOUNG MAN!

AS ALWAYS...if you have questions regarding the CSA please do NOT email, CALL 908.477.0105 or even shoot me a text. We hope you have loved the 1<sup>st</sup> 3/4's of the program, we will be opening 2018 BEFORE we close out the 2017 season!!!! -Dawn