

FARM FRESH

GAZZETTE

Know Your Farmer ... Know Your Food

Wightmans Farms CSA 2015 Week 9



THE

Our Own

Peppers

Radish

Corn

Tomatoes

Peaches

Onions

Lettuce

Beans

Plums

Hope you are loving the program. We are truly delighted that you are joining us for what is proving to be the very best farm fresh program NJ has to offer. We love hearing all your comments and suggestions. The communication with YOU our valued members is key to the continued success of this program.

Corn Soup w/ Grilled Summer Veggies

4 - 6 ears fresh corn shucked
2 sprigs fresh thyme
Juice of half a lemon (about 1 Tbs.)
Salt to taste
Olive Oil

Corn Stuffed Tomatoes

Ingredients:

4 small to medium sized ripe tomatoes
1/2 cup creamy buttermilk salad dressing
2 tablespoons parsley, snipped (or cilantro)
1/4 teaspoon pepper
1 dash ground red pepper
2 cups approximately 4 ears of fresh sweet corn, grilled or boiled
1/2 cup monterey jack cheese
1/4 cup green pepper, chopped
1/4 cup cucumber, seeded and chopped
1/4 cup onion, chopped
lettuce leaves to garnish plates

Instructions:

Place tomatoes, stem side down, on cutting surface. Cut each into 4-6 wedges, cutting just to, but not through, the stemmed end.

Gently spread wedges apart slightly. Sprinkle with salt. Cover and chill.

In a small bowl, combine dressing, parsley, pepper, and red pepper.

In a medium bowl, combine corn, cheese, green pepper, cucumber, and onion. Add dressing mixture and toss gently to coat. Cover & chill.

Fill tomatoes with corn mixture. Serve on top of lettuce on individual plates.

Please Return Your Boxes Every Week

Chopped Mexican Salad with Roasted Peppers, Corn, Tomatoes & Avocado

2 large peppers,
2 ears of corn,
2 large tomatoes-cored seeded diced,
1 small jicama-peeled cut and diced,
15 ounce black beans,
1/4 cup chopped cilantro

Dressing: 1TB EVOO, S&P, 3 TB lime juice, 3TB OJ, 1 garlic clove, 2 tsp finely chopped shallots, 2 TB honey, 3/4 tsp cumin seed toasted and finely ground, 1/4 EVOO,

Instructions:

Position a rack in the center of the oven and heat the oven to 425°F. Line a heavy-duty rimmed baking sheet with foil. Cut the peppers in half lengthwise and remove the stem, seed core, and ribs. Put the pepper halves on the baking sheet cut side down. Husk the corn and put the ears on the baking sheet. Drizzle the oil over the peppers and corn and rub it around to coat the pepper skins and corn kernels evenly. Sprinkle the corn with salt and pepper. Roast in the oven until the peppers are soft and slightly shriveled and browned and the corn kernels are lightly browned in a few spots, about 20 minutes (rotate the corn occasionally as it roasts).

When the vegetables are done, let them rest until cool enough to handle. Scrape away the pepper skin and cut the flesh into 1/2-inch dice. Cut the corn kernels from the cob. You should have about 1-1/2 cups kernels.

Make the vinaigrette

Mince and mash the garlic to a paste with 1/4 tsp. kosher salt. In a medium bowl, whisk the garlic paste with the lime and orange juices, shallot, honey, and toasted ground cumin.

Slowly add the oil in a thin stream, whisking until well blended. Season to taste with black

pepper and more salt and honey, if you like.

Assemble the salad

Artfully arrange the corn, tomatoes, peppers, jicama, avocado, and black beans in stripes or piles on a small platter or other wide, shallow serving dish. Sprinkle with the chopped cilantro. Serve the vinaigrette in a pitcher. Encourage guests to spoon elements of the salad onto their plates and drizzle on some of the vinaigrette. Or drizzle the vinaigrette over the salad platter just before serving.

Corn and Radish Salad with Jalapenos and

Lime

Bon Appétit August 2001

Serve alongside quesadillas

4 cups fresh corn kernels (cut from about 4 ears)

3/4 cup thinly sliced radishes

6 tablespoons chopped fresh cilantro

3 1/2 tablespoons fresh lime juice

3 tablespoons olive oil

2 green onions, chopped

2 tablespoons minced seeded jalapeño chilies

Combine all ingredients in large bowl. Season with salt and pepper. (Can be made 1 day ahead. Refrigerate. Bring to room temperature before serving.)

Butter Fried Corn with Potatoes, Beans, Peppers and Mushrooms

Ingredients:

8 tablespoons (1 stick) butter

1 large potato, cut into 1/2-inch dice

1 onion, chopped

1 clove garlic, crushed or minced

1 cup green beans, chopped

2 ears fresh sweet corn, pared

splash of tamari sauce (optional)

1 red bell pepper, seeded and cut into strips

2 jalapeños, seeded and finely chopped

2 cups white mushrooms, sliced

1/4 cup fresh parsley, chopped

2 tablespoon fresh chives, chopped

1 1/2 teaspoons coarse salt, or to taste

fresh ground black pepper

Instructions:

Heat half of the butter in a large heavy non-stick or cast-iron skillet over medium-high heat. When the butter is frothy, add the potatoes and cook, stirring frequently, for 15 minutes or until golden. Turn the heat down slightly if the butter begins to burn.

Add the remaining butter, turn down the heat to medium, and stir in the onion, garlic, green beans and corn. Cook, stirring frequently, for 5 minutes and then toss in the tamari sauce (if using), red pepper, jalapeños and mushrooms. Continue to stir for another 5 minutes or until the vegetables are tender and the mushrooms have browned but are still plump. Add more butter if necessary.

Grilled Green Beans and Peaches

Toss 2 peaches (cut into 1/2-inch wedges) and 1 pound trimmed green beans with 2 tablespoons olive oil; season with kosher salt and freshly ground black pepper. Cook in a grill pan or in a skillet over high heat, tossing often, until beans are crisp-tender and peaches are lightly charred, 8-10 minutes. Toss with 2 tablespoons toasted slivered almonds and 1 tablespoon Sherry vinegar.

Peach and radish salad with crispy prosciutto

This peach and radish salad is topped with crispy prosciutto and toasted hazelnuts. I used to strongly dislike radishes. <- Normally I'd use the word "hate" there but I'm really trying to stop the abuse of that word. I use it far too much and radishes

don't / really seem like a worthy subject. Anyway, back to the radishes...I thought they were just watery and peppery in all the wrong ways (even though that's exactly how I'd describe watercress or arugula and I love those both). The problem though, is that no one told me the secret to these little things is slicing them as thin as your knife will allow rather than popping half in your mouth all at once. You can also roast them for a potato like taste or, my newest obsession, thanks to wise words last week, serve them on buttered bread with sea salt. Dmg. SO GOOD.

Ingredients:

4-5 radishes, thinly sliced
2-3 peaches (I used a combination of white and yellow), thinly sliced
¼ bulb of fennel, thinly sliced
¼ cup hazelnuts, toasted and chopped
3-4 slices prosciutto, chopped
salt & pepper
¼ cup extra virgin olive oil
½ a lemon

Instructions:

Heat a skillet over medium and place prosciutto in the pan. Cook until crispy, about 5 minutes. Set aside.

Plate the peaches, radishes and fennel.

Top with the hazelnuts, prosciutto and season with salt and pepper.

Drizzle olive oil and squeeze lemon juice over top to dress before serving.

Plum Galette

This tart is a favorite dessert at Jacques Pépin's house. You can make it with any seasonal fruit, such as rhubarb, peaches, cherries, apricots or apples. The dough is buttery, flaky and very forgiving. And it comes together in 10 seconds in a food processor.

Ingredients:

Pate Brisee
1 1/2 cups all-purpose flour
1 1/2 sticks cold unsalted butter, cut into 1/2-inch pieces
1/4 teaspoon salt
1/3 cup ice water
Filling
1/4 cup plus 1/3 cup sugar
3 tablespoons ground almonds
3 tablespoons all-purpose flour
2 1/2 pounds large plums—halved, pitted and cut into 1/2-inch wedges
3 tablespoons unsalted butter, cut into small bits
1/2 cup good-quality plum, apricot or raspberry preserves, strained if chunky or seedy

Instructions:

Make the pate brisee Put the flour, butter and salt in a food processor and process for 5 seconds; the butter should still be in pieces. Add the ice water and process for 5 seconds longer, just until the dough comes together; the butter should still be visible.

Remove the dough from the processor and gather it into a ball. On a lightly floured surface, roll out the dough into a 16-by-18-inch oval 1/16 to 1/8 inch thick. Drape the dough over the rolling pin and transfer it to a large, heavy baking sheet. Chill the dough until firm, about 20 minutes. Preheat the oven to 400°.

make the filling In a small bowl, combine 1/4 cup of the sugar with the ground almonds and flour. Spread this mixture evenly over the dough to within 2 inches of the edge. Arrange the plum wedges on top and dot with the butter. Sprinkle all but 1 teaspoon of the remaining 1/3 cup sugar over the fruit. Fold the edge of the dough up over the plums to create a 2-inch border. (If the dough feels cold and firm,

wait for a few minutes until it softens to prevent it from cracking.) Sprinkle the border with the reserved 1 teaspoon of sugar. Bake the galette in the middle of the oven for about 1 hour, until the fruit is very soft and the crust is richly browned. If any juices have leaked onto the baking sheet, slide a knife under the galette to release it from the sheet. Evenly brush the preserves over the hot fruit; brush some up onto the crust, too, if desired. Let the galette cool to room temperature before serving.

Green Bean Salad with Corn, Basil & Black Olives

Ingredients:

2 pounds green beans, trimmed
3 ears corn, husked
1/2 small bell pepper, finely chopped
1 small red onion, finely chopped
2/3 cup black olives, halved and pitted
1/3 cup chopped fresh basil
1/4 cup extra-virgin olive oil
3 tablespoons balsamic vinegar
3 tablespoons lemon juice
2 cloves garlic, minced
Hot sauce, such as Tabasco, to taste
Salt & freshly ground pepper, to taste

Put a large pot of water on to boil. Fill another large pot half full with ice water. Blanch about half the green beans in the boiling water just until tender, 1 to 2 minutes. Remove with a slotted spoon and plunge into the ice water. Transfer to a large bowl. Repeat with the remaining beans.

Return the water to a boil. Add corn and blanch until tender but still crisp, about 3 minutes. Drain and immediately plunge into the ice water. Cut the kernels off the cobs. Add the corn to the beans in the bowl. Add

bell pepper, onion, olives, basil, oil, vinegar, lemon juice and garlic; toss to mix well. Season with hot sauce, salt and pepper.

ROASTED CORN, BLACK BEAN, & PEPPER SALAD

2 (15 oz.) cans black beans (drained)

1 small can green chilies

1 1/2 c. sweet corn

1 lg. bell pepper, seeded and diced

1-2 tomatoes, diced

2 sm. jalapeno chilies, seeded and minced

1/2 c. finely packed chopped fresh cilantro

1 small onion, minced

1/4 c. lime juice

2 tbsp. olive oil

1 tbsp. vinegar

Salt and pepper, to taste.

Instructions:

Roast corn, peppers, tomatoes and onion in oiled pan over high heat until soft. In a bowl, mix drained beans with roasted corn mixture, cilantro, lime juice, oil, vinegar and salt and pepper. Cover and chill 1 hour or up until the next day.

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Caramelizing onions, by slowly cooking them in a little olive oil until they are richly browned, is a wonderful way to pull flavor out of the simplest of ingredients. Onions are naturally sweet; and as caramel comes from the simple cooking of sugar, when you slowly cook onions over an extended period of time, the natural sugars in the onions caramelize, making the result intensely and wonderfully

flavorful.

You can use onions prepared this way on top of steak, or for onion soup, tarts, pizza, or onion dip. Or you can do what I did with this batch, eat it straight up

Quantities depend on how much caramelized onions you wish to make. In this example, 5 large raw onions yielded about 2 cups caramelized onions.

Ingredients

Several medium or large onions, yellow, white, or red

Olive oil

Butter (optional)

Salt

Sugar (optional)

Balsamic vinegar (optional)

Slice 1/2-inch off the stem ends of the onions and the roots off of the root end. Place the onions cut side down on the cutting board. Cut them in half through the root end. Peel back the peels from the onions. Lay the onions cut side down and make angled cuts into each onion, aimed at the center, cutting almost all the way, but not completely through the root end. Make the cuts to your desired level of thickness. The root end will help hold the onion together as you cut it, making it easier to cut. Then cut a V in the root end to cut out the tough root holding the slices together.

Use a wide, thick-bottomed sauté pan for maximum pan contact with the onions. Coat the bottom of the pan with olive oil, or a mixture of olive oil and butter (about 1 teaspoon per onion). Heat the pan on medium high heat until the oil is shimmering. Add the onion slices and stir to coat the onions with the oil. Spread the onions out evenly over the pan and let cook, stirring occasionally. Depending

on how strong your stovetop burner is you may need to reduce the heat to medium or medium low to prevent the onions from burning or drying out. After 10 minutes, sprinkle some salt over the onions, and if you want, you can add some sugar to help with the caramelization process. (I add only about a teaspoon of sugar for 5 onions, you can add more.) One trick, by the way, to keeping the onions from drying out as they cook is to add a little water to the pan.

Let cook for 30 minutes to an hour more, stirring every few minutes. As soon as the onions start sticking to the pan, let them stick a little and brown, but then stir them before they burn. The trick is to let them alone enough to brown (if you stir them too often, they won't brown), but not so long so that they burn. After the first 20 to 30 minutes you may want to lower the stove temperature a little, and add a little more oil, if you find the onions are verging on burning. A metal spatula will help you scrape up the browned bits from the bottom of the pan as the caramelization proceeds. As the onions cook down, you may find you need to scrape the pan every minute, instead of every few minutes. Continue to cook and scrape, cook and scrape, until the onions are a rich, browned color. At the end of the cooking process you might want to add a little balsamic vinegar or wine to help deglaze the pan and bring some additional flavor to the onions.

Store refrigerated for several days in an airtight container.

Have a food blog? Love taking pictures of your food or your harvest?

Email them to:

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