

FARM FRESH

GAZETTE

Know Your Farmer ... Know Your Food

Wightmans Farms CSA 2015 Week 11



THE HARVEST
Corn
Heirloom Tomatoes
Peaches
Beans
Lettuce
Spaghetti Squash
Red Onions
Nectarines
Grape Tomatoes-
Large
Swiss Chard-
Large
*Try the Wightmans
Marinara!!!*

If you have not yet tasted the Wightman's Farms Marinara this is the week to TRY IT! Why? This marinara on a spaghetti squash is one of thee very best meals. Not only is it delicious it requires no pots or pans, simple clean up and it is nutritious. You can not ask for more for a hectic week-night meal. Need another reason to try it? Steam some of your beans and toss them in the marinara for an Italian Style Beans that is again, O so easy and delicious.. Have a little MORE time and want to make a casserole that I PROMISE YOU you will LOVE LOVE LOVE? This has been thee all time favorite at Dreyer Farms, our chef has made it for sale and it sells out EVERY TIME. It's one of those casseroles that you bring to a party and EVERYONE will be asking for the recipe. Enjoy!

Green Beans and Carmelized Red Onions

Ingredients:

1 tablespoon extra-virgin olive oil
3 medium red onions, (about 1 3/4 pounds), cut into 16 wedges each
1 pound green beans, trimmed
1/2 cup vegetable broth
1 tablespoon balsamic vinegar
2 teaspoons light brown sugar
1/4 teaspoon salt
Freshly ground pepper, to taste

Instructions:

Heat oil in a large skillet over medium heat. Add onions and cook, stirring occasionally, until golden, 10 to 15 minutes.

Meanwhile, bring a large saucepan of lightly salted water to a boil. Add green beans and cook, uncovered, until crisp-tender, 6 to 7 minutes. Drain.

Add broth to the onions; cook for 5 minutes. Stir in vinegar, brown sugar, salt and pepper. Add the beans, cover and cook for 2 minutes. Serve warm

Heirloom Tomato and Green Beans with Ginger Vinaigrette

By Sanura Weathers

Ingredients

10 oz heirloom tomatoes*

Please Return Your Boxes Every Week

2 lb green beans; ends trimmed and cleaned
1 small shallot, finely diced
3 Tbsp fresh mint, minced
2 to 3 inches fresh ginger, peeled and minced
2 cloves garlic, minced**
(Optional) Crushed red pepper; to taste
3 Tbsp rice vinegar
 $\frac{1}{2}$ cup safflower, olive or sunflower oil
 $\frac{1}{2}$ tsp sesame oil
2 tsp honey
Sea salt; to taste
Fresh black pepper; to taste
The juice from one lemon

Directions

Clean and slice tomatoes into $\frac{1}{4}$ " thick wedges. Place in a large bowl. Set aside.

Fill pan 2 inches deep with salted water. Bring water to a boil. Place green beans in the boiling water. Reduce temperature to a rolling boil. Occasionally stir.

Cook beans until they're bright green, slightly soft and still crunchy (about 10 minutes). Strain green beans over a colander and run cold water over them to stop the cooking. Place green beans in a large bowl.

To make the ginger vinaigrette: In a separate small bowl, whisk shallot, mint, ginger, garlic, red pepper, rice vinegar, both oils, honey, sea salt, black pepper and lemon juice.

Place green beans in the large bowl of sliced tomatoes. Gently toss salad with ginger vinaigrette. Adjust seasoning. Let set for a few minutes. Enjoy!

Cook's Note

*Use any color or variety of heirloom toma-

toes.

**Increase or decrease the amount of minced ginger according to personal taste.

Kitchen Counter

Baked Spaghetti Squash with Goat Cheese & Roasted Vegetables

Ingredients

Olive Oil for roasting
sea salt for seasoning
5 cloves of roasted garlic (recipe to roast below)
1 large spaghetti squash
1 red pepper, chopped
1 orange pepper, chopped
2 onions, chopped
1 zucchini, chopped
4 oz cream cheese, softened at room temperature
4 oz goat cheese, softened at room temperature
2 eggs, beaten
3 tbsp sundried tomato in oil, chopped
2 tbsp herbs (parsley & basil)
1 1/2 cups mozzarella cheese, shredded
1/4 cups panko

Instructions

Preheat the oven to 425 degrees F.
to roast the garlic: cut the top off the head of garlic exposing a bit of each clove of garlic. Place garlic head in a sheet of aluminum foil. Drizzle olive oil on top, sprinkle with salt. Wrap & Seal the foil around the garlic gathering at the top. Place in the oven and roast 375* for 30 or until completely tender when poked with a fork or knife. Allow to cool, remove from foil. set aside

Halve the spaghetti squash, scoop out the seeds and loose fibers. Drizzle with olive oil, sprinkle with salt and bake 425* 30-40 min

until tender. Remove from the oven and let rest until cool enough to handle. Using a fork, scrape out the squash which resembles strands of spaghetti and place in bowl.

Arrange the chopped peppers & onions on a sheet pan, drizzle with olive oil, sprinkle with salt and roast 425* 20-25 min stirring occasionally until tender and edges start to brown.

In a saute pan, heat 1 tbsp olive oil and sauté the zucchini for 2-3 min until tender. set aside

Squeeze out 5 garlic cloves from the cooled head of garlic and smash into a paste

In a LARGE bowl combine the cream cheese, goat cheese & eggs. Mix together. Add the cooked spaghetti squash, peppers, onions, zucchini, smashed garlic cloves, sundried tomatoes, herbs & mozzarella cheese.. Stir well to combine. Pour into a casserole dish and top with panko.

Bake 350* for 20-30 min until golden on top.

Did you know:

You really don't have to cook corn? Raw on the cob or off. Tossed in a salad or used in a black bean tomato salad. How are you cooking it? Easiest Method: Microwave! Put 1 cob in for about 2-3 minutes and carefully remove the husks and ENJOY. This time of year we have many many people coming in and buying huge amounts of corn so they can squirrel it away for the winter. Yes, you can freeze corn. You simply remove the husks and place in a large freezer bag. Alternatively, you can remove the corn from the husks and freeze the niblets. Either way you will be simply delighted come January when your family can enjoy this amazingly sweet treat.