

FARM FRESH

GAZETTE

Know Your Farmer ... Know Your Food

Wightmans Farms CSA 2015 Week 13



THE HARVEST
Corn
Tomatoes
Peaches
Zucchini
Acorn Squash
Beans
Apples-Paula Red
Eating Well



Pesto Zucchini Pasta Salad with Green Beans and Potatoes

For the pesto

1.5 cup basil leaves, packed

1/3 cup of pine nuts

1/4 cup of olive oil (if you like it thicker, less olive oil)

5 cranks of the sea salt grinder

5 cranks of the peppercorn grinder

1 large clove of garlic minced

For the rest

2 zucchinis, Blade C

15-20 green beans, ends trimmed off

2-3 large red potatoes

Place potatoes in a large saucepan, covered in water. Boil potatoes for 20 minutes (depending on the size of your potato) or until easily pierced with a fork. When done, pour into a colander to drain. Let the potatoes cool for about 5 minutes and then quarter each potato. When done, place in the refrigerator.

Pour enough water to cover the green beans in the same saucepan and bring water to a boil.

Once boiling, add in the green beans and cook for about 5 minutes or until beans are easily pierced with a fork. When done, pour into a colander to drain and then place in the refrigerator.

Put all ingredients for the pesto into a food processor and pulse until creamy. Place in the refrigerator.

Let everything chill for about 4-5 hours (or simply overnight) and then mix green beans, potatoes, zucchini pasta and pesto together. OR mix everything together immediately and enjoy!

Sesame Chicken and Bok Choy Zucchini Noodle Bowl with Sriracha

For the chicken and marinade:

2 tablespoons soy sauce

2 teaspoons honey

1/4 teaspoon sriracha or pinch of red pepper flakes

1 teaspoon sesame oil

1 garlic clove, finely minced

2 teaspoons rice vinegar

1 boneless chicken breast, sliced into thin strips

For the rest:

Please Return Your Boxes Every Week

2 medium zucchinis

½" piece of ginger

1 garlic clove

3 scallions

1 bunch of bok choy

½ tablespoon sesame oil

salt and pepper, to taste

1 teaspoon white sesame seeds, to garnish

Instructions

Whisk together all the ingredients for the teriyaki sauce. Add the chicken strips to a zip-tight plastic bag and pour in the marinade. Shake the bag to toss and place in the refrigerator for at least 15 minutes.

While the chicken marinates, spiralize the zucchinis using Blade D, mince the ginger and garlic and dice the scallions, separating the white and green parts. Also, chop the ends off of the bok choy and discard.

Once chicken is done marinating, heat a large skillet over medium-high heat and then add in the chicken with marinade and white parts of the scallions and season with salt and pepper. Once cooked, transfer to a plate and then rinse the skillet under cold water until cool. Put the skillet back over medium heat and add in the sesame oil. Once oil heats, add in the ginger, garlic and let cook for 10 seconds or until fragrant. Then, add in the bok choy. Season with salt, pepper, cover and cook for 5 minutes or until bok choy is wilted and cooked through, slightly seared and brown. Transfer the bok choy to a plate and immediately add in the zucchini noodles, cooking for 3-5 minutes or until al dente. Once noodles are cooked, toss in the chicken with juices and toss for another minute to heat up the chicken.

Divide the chicken and zucchini noodles into bowls and top with bok choy. Garnish with

sesame seeds and green parts of the scallions.

Summer Squash and Tomato Tart

Contributed by Bruce Sherman

Ingredients

2 tablespoons extra-virgin olive oil

1 pound small yellow squash, sliced 1/4 inch thick (you can use zucchini)

1 large onion, halved and thinly sliced

Salt and freshly ground white pepper

2 tablespoons prepared pesto

5 ounces fresh goat cheese, softened

All-purpose flour, for dusting

14 ounces puff pastry, chilled

1 plum or regular tomato, very thinly sliced

1 large egg beaten with 2 tablespoons water

10 small pitted green olives, coarsely chopped

Preheat the oven to 425° and line a baking sheet with parchment paper. In a large skillet, heat the olive oil. Add the squash and onion and season with salt and white pepper. Cover and cook over moderately high heat, stirring occasionally, until the squash and onion are lightly browned, about 5 minutes. Remove the skillet from the heat and let stand, covered, for 5 minutes. Transfer the vegetables to a strainer and press lightly. Meanwhile, in a small bowl, blend the pesto with the goat cheese. On a lightly floured surface, roll out the puff pastry to a 13-inch square; trim the square to 12 inches. Prick the pastry all over with a fork and invert it onto the parchment-lined baking sheet.

Spread the goat cheese all over the pastry, leaving a 1-inch border all around. Top with the squash mixture. Arrange the tomato slices on the tart and sprinkle with salt and white pepper. Fold up the sides, pressing the corners together. Trim any excess pastry at the

corners. Brush the pastry with the egg wash and bake in the lower third of the oven for about 45 minutes, until the edges are golden and the bottom is completely cooked through. Sprinkle with the olives, cut into squares and serve right away.

Stuffed Acorn Squash

1 lb ground beef, pasture raised preferred

2 acorn squash, cut in half & seeds removed

½ cup onion, chopped

½ cup mushrooms, finely chopped

2 cloves garlic, chopped

½ cup cheddar cheese, shredded and divided

1 egg, beaten

½ cup milk

1 tbsp arrowroot powder

1-2 tbsp butter

1 tsp unrefined sea salt

½ tsp black pepper

Instructions

Preheat oven to 350 degrees F

Spread the butter over the cut side of the acorn squash

Sprinkle some S & P over the squash

Place the squash, cut side down onto a baking dish

Cook at 350 for 1 hour or until it is soft
While the squash is cooking, brown the ground beef.

Add the garlic, onions and mushrooms and cook until the onions are translucent

In a small bowl, beat the egg.

Add milk and ¼ cup of cheese.

Add milk mixture to beef mixture & mix well.
Add the arrowroot powder and seasonings and stir well.

Allow mixture to thicken for about 5 minutes

Stuff beef mixture into the acorn squash

Top with remaining cheese

Bake for 30 minutes