**Ultimate Strawberry & Bacon Salad**

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| ***Get Vocal About Local…*** | **Wightmans Farms 2017 CSA – Week 2 5/23-5/27** |
| FARMFRESH |  |
|  | **Finicky-Strawberries, Rhubarb, Spinach, Lettuce, Scallions, Purple Kale, Shiitake Mushrooms****Fanatic Strawberries, Rhubarb, Spinach, Lettuce, Scallions, Dino Kale, Shiitake Mushrooms, Chicory** |

 *Thebarbeehousewife.com*

Ingredients

* ¼ cup of Olive Oil
* 2 tablespoons of Balsamic Vinegar
* 2 tablespoons of Honey
* 1 teaspoon of Dijon Mustard
* Salt & Pepper, to taste
* 8 cups of Spinach
* 1 lb. of Strawberries, sliced
* 6 slices of Bacon, cooked & crumbled
* ⅔ cup of Goat Cheese, crumbled
* ⅔ cup of Pecans, chopped

Instructions

1. Whisk together the oil, vinegar, honey, mustard, and salt and pepper. Refrigerate until ready for use.
2. Add all of the ingredients to a large bowl. Toss and drizzle in the dressing, to your preference!  Notes

originally from, [Sally's Baking Addiction](https://sallysbakingaddiction.com/2016/05/31/favorite-strawberry-bacon-salad/)

I know I know-RAMEN!  But there are great recipes that are quick and delicious!!! and if you must get past the packaging and the MSG I have TIPS for that...these recipes were too good to pass up!!!

**Shiitake and Scallion Ramen**

ingredients:

* 8 ounces of fresh shiitake mushrooms, stemmed and sliced
* 3-ounce package of chicken or chicken mushroom flavored ramen noodles with packet
* ½ cup finely chopped scallions, plus additional for serving
* 2 tablespoons grapeseed, canola, or vegetable oil
* 2 tablespoons butter
* Pinch red pepper flakes
* Black pepper
* Soy sauce or tamari
* black sesame seeds (optional)

directions:

1. Soak the ramen noodles in a bowl of warm water for at least 5 minutes to soften them; drain.
2. Heat the oil in a skillet or wok over medium-high heat.  Add the sliced shiitakes and the flavoring packet from the ramen noodles and stir-fry until the mushrooms begin to take on a golden brown color.  Season with pepper; remove from the pan to a plate.
3. To the skillet or wok add the butter and the noodles; toss for 1 minute.  Add the shiitake mushrooms and toss again for another minute, adding the pinch of red pepper flakes, additional black pepper, and a pinch of black sesame seeds (if using).
4. Remove from the heat and add several dashes of soy sauce or tamari.  Garnish with additional scallions and serve.

Servings:  1-2 (makes 3½ cups)

**Goat Cheese & Spinach Stuffed Strawberries with Candied Walnuts & Balsamic Glaze**

 *Shelikesfood.com*

**Ingredients**

* 2-3 16 oz packages of strawberries
* 1- 8 oz package of goat cheese, softened to room temperature\*
* ½ bag of baby spinach
* ¼ cup balsamic glaze
* ⅓ cup chopped candied walnuts or pecans

**Instructions**

1. Wash the strawberries and cut the green tops off. Take a small pairing knife and carefully cut the center out of each strawberry. If you want the strawberries to stand up on a plate you will also need to cut a small slice off the bottom of them.
2. Place the softened goat cheese into a plastic piping bag fitted with a #10 size tip. Place one small spinach leaf in the strawberry and then pipe a small amount of goat cheese in. Repeat until all strawberries are filled with 1 leaf of spinach and goat cheese. Then sprinkle strawberries with the chopped nuts and drizzle with balsamic glaze.

**Shiitake Mushroom and Kale Ramen**

  *Nutmegnanny.com*

**INGREDIENTS:**

* + 2 tablespoons olive oil
	+ 2 green onions, sliced
	+ 1 cup loosely packed sliced flat leafed kale
	+ 1/2 cup sliced shiitake mushrooms
	+ 3/4 teaspoons ginger powder
	+ 1/2 teaspoon kosher salt
	+ 1/4 teaspoon black pepper
	+ 1 teaspoon chili garlic sauce
	+ 2-3 cups vegetable stock
	+ 1 packet ramen noodles
	+ Optional: sriracha for topping

**DIRECTIONS:**

In a high sided skillet set over medium high heat add olive oil. Once the oil is hot add green onions, kale and mushrooms. Saute until they just start to soften.

Add in ginger, salt, pepper and chili garlic sauce. Quickly stir to combine and pour in vegetable stock.

Bring the mixture to a boil and add in ramen noodles. Break up noodles and once they are cooked remove from the heat, pour into a big bowl, drizzle with optional sriracha (Is sriracha every really optional?)

**Note:** I use a packet of Top Ramen (you know the super cheap stuff) for my noodles. I'm sure there are other fancy really tasty ramen noodles and feel free to use those if you can find them. Also, I just throw away the flavor pack that comes in the packet. Don't hate me.

***If you JUST CAN'T do Ramen, I get it!....look at this...***

Joy loves her ramen noodles, but she's looking for a way to make this cheap and yummy dish healthier. She writes:

*Despite knowing how bad it is for me, I still love instant ramen. It's cheap, delicious, and convenient for those times I don't really want to bother with cooking. Recently I've been adding julienned carrots, napa cabbage, and a whole egg in attempts to make it more "nutritious".*

*Is there a way I can make DIY instant ramen that would be better for me than the kind I can buy?*

Instant ramen is one of the quickest things you can make, and the cheapest too; it's practically synonymous with grad student eating. It's hard to beat that delicious little package in all its MSG goodness.

But if we were trying to duplicate it with fresher ingredients, here's what we'd do. We'd skip those noodles entirely, and opt for thin rice noodles instead. Rice noodles cook just as fast as ramen; you can pour boiling water over skinny rice sticks and have hot noodles in just a couple minutes.

Then we'd mix a little powdered chicken bouillon or some of that vegetarian [Better Than Bouillon](http://www.thekitchn.com/thekitchn/ingredients-pantry/good-product-in-praise-of-better-than-bouillon-073448) base with a teaspoon of miso, some garlic powder and chili powder. We'd mix with hot water and pour over the noodles with some green onions and vegetables.

It might take a little tweaking, but some cupboard staples and rice noodles hold a lot of possibilities. We also think that a quick bowl of udon or soba with a smear of miso or fish sauce is pretty good.

*If you don't want to actually go to the trouble of making your own: boil the ramen for about 2 minutes, instead of the recommended 3, then drain the water, and rinse, this gets rid of a lot of the oil used to preserve the noodles. Measure out ONE cup of water, instead of two, and only use half the package of seasoning. Add veggies, and bring to a boil. While stirring briskly, add an egg white (you're making egg drop soup, here), then add the noodles back in and boil until done.*

*I like the idea of making my own base, but I don't like rice noodles; they taste great, but I'm always starving half an hour later because they're just starch. You can buy chinese egg noodles dried, and in some places, you can actually buy fresh or dried ramen noodles. Soba is also really good, both hot and cold.*

**Chicory with Walnuts**

*EllieKrieger/foodnetwork.com*

**Ingredients**

1/2 cup coarsely chopped walnuts

1 tablespoon sherry vinegar

3 tablespoons walnut oil

1/2 teaspoon Dijon mustard

Salt and freshly ground black pepper

1/2 pound chicory, or other leafy green

1/4 cup shaved Parmesan

Directions

In a dry skillet, toast the nuts over medium-high heat until fragrant, about 2 minutes. Set aside to cool. In a small bowl, whisk together the vinegar, oil, mustard, salt and pepper, to taste. In a large bowl, toss the chicory with the dressing. Put onto serving plates and top with walnuts and shaved Parmesan.

 From marthastewart.com

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| **Farro with Mushrooms &Bacon** |  |

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| 4 generous servings |

It was inspired by [Farro with Mushrooms](http://cooking.nytimes.com/recipes/1013008-farro-with-mushrooms) from Martha Rose Shulman in The New York Times. I made several changes, including adding bacon and adjusting the quantities to my liking. It can be made in advance and rewarmed on the stovetop. Vegetarians can omit the bacon and substitute vegetable stock for the chicken stock. The dried porcini mushroom liquid provides lots of flavor, so try to track some down. (Specialty shops often carry them, although Asian stores usually carry other varieties of dried mushrooms, which can be used.) If you suspect your dried mushrooms may have some grit, after you've soaked them and squeezed them out, you could swish them in a small bowl of water to remove any grit. The liquid could be passed through cheesecloth, to trap any debris. I used thick-cut unsmoked bacon. (Pancetta works well, too.) If using smoked bacon, try to find one that's not too smoky; you don't want to overwhelm the nutty flavor of the farro. Good-quality bacon can be found in natural foods stores, farmers markets, and at butcher shops. Farro can be found in Italian specialty stores and online. It's sometimes available "pearled," but I used whole grain farro for this recipe. ([Rustichella](http://amzn.to/2jDhDYz) brand.) If you use pearled, note that it cooks faster so you'll need to keep an eye on it, and adjust the cooking time. Follow the instructions on the package for using it.

3/4 ounce (15g) dried porcini mushrooms OR use your FRESH shiitakes!!!! About 12 ounces fresh

1 1/2 cups (355ml) water

2 tablespoons olive oil

1 cup (135g) diced thick-cut bacon or pancetta, OR use The Piggery Cottage Bacon!!

1 small onion, peeled and diced

2 cloves garlic, peeled and minced

2 teaspoons chopped fresh rosemary

salt and freshly-ground black pepper

1 1/4 cups (215g) farro

3/4 cup (180ml) dry white wine

2 1/2 cups (590ml) chicken stock, preferably homemade (or low-sodium)

1 cup (90g) grated Parmesan

1/2 cup (40g) chopped flat-leaf parsley

1. Bring 1 1/2 cups of water to a boil in a small saucepan. Remove from heat, add the dried mushrooms, and let stand 15 to 30 minutes. Drain the mushrooms, reserving the liquid,then squeeze the mushrooms to extract as much liquid as possible. Chop the dried mushrooms into small pieces and set aside. (If you get the sense that the mushrooms had grit in them, you can pass the liquid through a very fine-mesh strainer, and swish the mushrooms after they've been soaked in a few changes of water until they're free of dirt, before chopping.) JUST USE YOUR FRESH SHIITAKES!!!

2. Heat the olive oil in a soup pot or medium-sized Dutch oven, over moderate heat. Add the diced bacon and cook a few minutes, stirring, until it's cooked through. Add the onions, garlic and rosemary, and cook 2 to 3 more minutes, until the onions are soft and wilted.

3. Add the mushrooms and season lightly with salt and freshly ground black pepper. (The bacon and stock have salt, so you can add more later, if needed.) Cook the mushrooms until they're soft and cooked through. Stir in the farro and cook for another minute or two, stirring frequently. Add the wine and continue to cook until the wine is almost completely absorbed.

4. Pour in the chicken stock, the mushroom liquid and stir in the chopped dried mushrooms. Increase the heat until the liquid begins to boil, then reduce the heat to a low simmer and cover. Cook until the farro grains are tender and almost all the liquid is absorbed, about 50 minutes to 1 hour, stirring every so often.

5. Turn off the heat and stir in the Parmesan and parsley. Taste, and season with additional salt and pepper, if desired.

Serving: Serve warm with more freshly grated Parmesan cheese grated over the top.

Storage: The farro can be made up to three days ahead, and rewarmed on the stovetop. It'll get thicker as it sits so you may need to add additional stock or water when you rewarm it.

**Kale and Goat Cheese Frittata Cups**
*I always use lacinato kale for this recipe, but you could really use any leafy green you'd like. And since you'll have kale stems leftover, why not reserve them for a stir fry later in the evening?*

***Makes 8 individual cups***

2 cups chopped kale
1 garlic clove, thinly sliced
3 tablespoons olive oil
1/4 teaspoons red pepper flakes
8 large eggs
1/4 teaspoon salt
Dash ground black pepper
1/2 teaspoon dried thyme
1/4 cup goat cheese, crumbled

Preheat the oven to 350°F. To get 2 cups kale, remove the leaves from the kale ribs. Wash and dry the leaves and cut them into 1/2-inch-wide strips.

In a 10-inch nonstick skillet, cook the garlic in 1 tablespoon of oil over medium-high heat for 30 seconds. Add the kale and red pepper flakes and cook until wilted, 1 to 2 minutes.

In a medium bowl, beat the eggs with the salt and pepper. Add the kale and thyme to the egg mixture.

Using a 12-cup muffin tin, use the remaining 2 tablespoons of oil to grease 8 of the cups (you may also use butter or non-stick spray if you'd prefer). Sprinkle the tops with goat cheese. Bake until they are set in the center, about 25 to 30 minutes.

Frittata is best eaten warm from the oven or within the next day, but leftovers can be kept refrigerated and reheated for up to a week.

**Strawberry Spinach Green** **Smoothie**

Ingredients

* 1 1/2 very ripe bananas, peeled, diced and frozen
* 6 oz fresh strawberries, hulled (about 8 - 9 medium)
* 2 mandarin oranges, peeled and halved
* 3 cups packed baby spinach (don't use regular, baby spinach has a milder and sweeter flavor)
* 1 cup cold water

**Directions**

* Add bananas, strawberries, oranges, spinach, water and half of the ice to a blender. Blend until combined then add remaining ice and blend until smoothie is well pureed. Serve immediately.

**Goat Cheese, Mushroom, and Spinach Frittata**

**Ingredients**

1. 4 large eggs
2. ¾ cup grated Asiago cheese
3. 1 tablespoon chopped fresh rosemary
4. ¼ teaspoon kosher salt
5. ¼ teaspoon ground black pepper
6. 1/8 teaspoon ground red pepper
7. 3 tablespoons olive oil
8. 1 Vidalia onion, chopped
9. 1 (8-ounce) package sliced baby bella mushrooms
10. 1 (6-ounce) bag fresh baby spinach
11. 1 (4-ounce) package goat cheese, crumbled
12. Garnish: fresh rosemary

Instructions

1. Preheat oven to 375°. In a large bowl, whisk together eggs, Asiago, rosemary, salt, black pepper, and red pepper. Set aside.
2. In a 10-inch cast-iron skillet, heat olive oil over medium-high heat. Add onion; cook, stirring often, until tender, about 5 minutes. Add mushrooms, and cook, stirring often, until tender, about 3 minutes. Add spinach, and cook, stirring occasionally, until wilted, about 5 minutes. Add egg mixture to onion mixture, whisking to combine. Sprinkle with goat cheese.
3. Bake until golden brown and set, approximately 30 minutes. Let cool in pan for 5 minutes. Garnish with rosemary, if desired. Serve immediately.

**Grilled Scallions**

*Foodnetowrk.com*

**Ingredients**

* 1 bunch scallions, root ends trimmed
* 2 tablespoons olive oil
* 1/4 teaspoons kosher salt
* Freshly ground black pepper

**Directions**

Prepare an outdoor grill to medium high heat. Brush the scallions with olive oil. Lay the scallions on the grill until you see distinct grill marks, about 2 minutes. Turn the scallions over and cook about 1 minute more. Transfer to 2 plates and serve warm.

Rhubarb is often dubbed the "pieplant," and the stalks, soft and delectable when baked, do make a divine pie filling. But pie is by no means the only way to experience rhubarb. It's delicious in all kinds of desserts, and this tart vegetable also works well in savory dishes.

**Rhubarb Basics**

**In Season:** Rhubarb can be found from late winter to early spring with a peak season from April to June.

**What to Look For:** Thin, red, crisp stalks have the best texture. If stalks are floppy, it indicates they were picked too long ago.

**How to Store:**Wrap in plastic and refrigerate for up to one week.

**How to Prep:** Rinse well, then trim the bottoms and tops. If there are any leaves, slice off and discard (they are toxic). If the stalks are stringy, remove with a small paring knife, as you would for celery.

**How to Cook:**Because it’s so tart, rhubarb should always be cooked with a sweetener. It’s usually used in baked desserts like crum- bles, cakes, and pies. You can also toss it with honey, roast briefly, and then add to salads or serve with meats.

**Strawberry Rhubarb Crisp**

Foodnetwork.com

* 4 cups fresh rhubarb, 1-inch diced (4 to 5 stalks)
* 4 cups fresh strawberries, hulled and halved, if large
* 1 1/4 cups granulated sugar, divided
* 1 1/2 teaspoons grated orange zest
* 1 tablespoon cornstarch (see note)
* 1/2 cup freshly squeezed orange juice
* 1 cup all-purpose flour
* 1/2 cup light brown sugar, lightly packed
* 1/2 teaspoon kosher salt
* 1 cup quick-cooking (not instant) oatmeal, such as McCann's
* 12 tablespoons (1 1/2 sticks) cold unsalted butter, diced
* Vanilla ice cream, for serving

Directions

Preheat the oven to 350 degrees.

For the fruit, toss the rhubarb, strawberries, 3/4 cup granulated sugar, and the orange zest together in a large bowl. In a measuring cup, dissolve the cornstarch in the orange juice and then mix it into the fruit. Pour the mixture into an 8 by 11-inch baking dish and place it on a sheet pan lined with parchment paper.

For the topping, in the bowl of an electric mixer fitted with the paddle attachment, combine the flour, the remaining 1/2 cup granulated sugar, the brown sugar, salt, and oatmeal. With the mixer on low speed, add the butter and mix until the dry ingredients are moist and the mixture is in crumbles. Sprinkle the topping over the fruit, covering it completely, and bake for 1 hour, until the fruit is bubbling and the topping is golden brown. Serve warm with ice cream.

**Charred Scallion Butter**

Charring whole scallions before whipping them into the butter gives this spread an irresistible sweet, smoky flavor.

**Ingredients**

***Makes about a cup!***

* 2 bunches scallions, trimmed, halved crosswise
* 2 teaspoons finely grated lime zest
* 1 teaspoon fresh lime juice
* 1 cup (2 sticks) unsalted butter, room temperature
* Kosher salt, freshly ground pepper

**Preparation**

Heat a large cast-iron skillet over high until smoking hot. Add scallions and cook, turning occasionally, until evenly blackened, 8–10 minutes. Transfer to a cutting board and let cool; coarsely chop.

Mix scallions, lime zest, and lime juice into butter in a medium bowl until evenly blended; season with salt and pepper.

Do Ahead: Butter can be made 2 weeks ahead. Cover and chill.

**Questions, comments, stories to share contact:**

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