

# FARM FRESH

# GAZZETTE



**Finicky**-Green Beans, Blueberries, Zucchini, Pickles, Bunched Onions, Parsley, Arugula & Peas

**Fanatic** -more of almost everything from above PLUS Red Cabbage

### Le Cirque's Fettuccine With Green Beans and Basil

- 1lb [green beans](#), trimmed and halved
- 1cup [basil leaves](#), loosely packed
- 2large [garlic cloves](#)
- 4tablespoons [parmigiano-reggiano cheese](#), freshly grated
- 1/2cup [olive oil](#)
- 3/4lb [fettuccine pasta](#)
- [salt](#)
- freshly grated [pepper](#)
- 2tablespoons [unsalted butter](#)

#### Directions

1. Bring a good sized pot of salted water to a boil and add the green beans and cook, perhaps as much as five minutes, but you must check--the beans should be tender but still crisp.
2. Drain and set aside.
3. Place basil, garlic, parmigiano and olive oil in a food processor or blender and puree until smooth -- you should have about 3/4 of a cup of the mixture.
4. Meanwhile, cook the fettuccine in boiling salted water until al dente, drain

the pasta, and reserve 1/2 cup of the pasta water.

5. Melt one tablespoon of the butter in a large skillet and gently saute the green beans to warm them, seasoning with salt and pepper.
6. Toss the pasta in with the beans.
7. Add the basil puree, the pasta water and the remaining butter and stir well.
8. Taste, adjust seasoning, and serve.

### PEA, RADISH, AND CABBAGE SLAW

[ALISON ATTENBOROUGH](#) EPICURIOS JUNE 2014

Light, crunchy, and downright pretty, this fresh spring slaw will brighten any spread.

#### INGREDIENTS

- 4 ounces sugar snap peas, thinly sliced crosswise
- 1 bunch radishes, half thinly sliced into matchsticks and half thinly sliced into rounds
- 4 ounces red cabbage, finely shredded
- 4 ounces fresh peas or frozen peas, thawed
- 1 lemon, zested and juiced
- 1/4 cup olive oil
- 1 tablespoon Dijon mustard

- 2 tablespoons white wine vinegar
- Sea salt
- Freshly ground black pepper

#### PREPARATION

1. Combine snap peas, radish matchsticks, red cabbage, and peas in a medium bowl. Add remaining ingredients to a jar with a lid. Shake to mix well.
2. Toss salad with dressing just before serving. Scatter radish rounds over the top.



### Lemony Pasta Salad with Green Beans and Arugula

womansdaykitchen.com

#### Ingredients

- 8 oz. spiral pasta (such as cavatappi)
- 8 oz. green beans
- 1 lemon

- 2 tbsp. olive oil
- 2 tbsp. Parmesan
- 2 tsp. Dijon mustard
- 1 splash Worcestershire sauce
- 1 clove garlic
- kosher salt
- Pepper
- 2 arugula

**Directions**

1. Cook pasta according to package directions, adding green beans during last 3 minutes of cooking. Drain and run under cold water to cool.
2. Meanwhile, using a vegetable peeler, remove 3 strips of zest from lemon; thinly slice. In a large bowl, squeeze 2 tablespoon lemon juice. Whisk in olive oil, Parmesan, mustard, Worcestershire, garlic, and 1/4 teaspoon each salt and pepper.
3. Add pasta, green beans, and lemon zest and toss to coat. Fold in arugula and feta.

**Red Cabbage and Zucchini Slaw**

lowcarbiningitagainblogspot.com

**Ingredients:**

- 2 cups shredded red cabbage
- 1 zucchini, sliced into shreds
- 1/4 cup shredded celery root
- if you don't have (which we don't right NOW) use BELOW
- turnips OR celery ribs (weaker flavor) OR parsley root OR (in salads of grated vegetables) carrots + dash celery seeds.

**For the vinaigrette:**

- 2 tablespoons grapeseed oil
- 2 teaspoons Dijon mustard
- 2 teaspoons sherry vinegar
- 2 teaspoons water
- 1 clove garlic, minced
- 2 tablespoons chopped green onion

- 1 tablespoon chopped fresh parsley
- salt
- pepper
- pinch of red pepper flakes

**Directions:**

1. Chop the red cabbage, zucchini and celery root very fine or use a grating disc on the food processor or a fine-toothed blade on a slicer like the [Benriner](#). Put in a plastic container with a lid.
2. Whisk together the vinaigrette and pour over the vegetables. Close the lid and shake to mix well.

**Crockpot Ham Potato Bean Cabbage Stoup**

by [The Kitchen Whisperer](#)

**Serves 4-6**

- 1 medium head of cabbage cored and rough cut into 1-2" pieces
- 4 medium red skinned potatoes
- 2 cups fresh green beans cut into 1 1/2" pieces
- 2 1/2" thick ham steaks cut into 1" cubes
- 4 cups chicken stock
- 2 teaspoons black pepper
- 1 bayleaf
- 4 tablespoons butter, unsalted
- 1/4 cup flour

**Directions:**

1. Place half of the cabbage, potatoes, beans and ham down in the crock pot.
2. Season with half of the pepper and salt then add in the bay leaf.
3. Add the remaining cabbage, potatoes, beans and ham along with the remaining salt/pepper.
4. Pour 3 cups of stock over top.

5. Place the lid on and cook on low for 7 hours or 4 for high.
6. 20 minutes before the dish is done, add in the butter and stir gently.
7. After 10 minutes, put the flour and remaining 1 cup of stock in a jar and shake to make a slurry.
8. Pour this into the crock pot, stir and replace the lid cooking for at least 10-15 minutes.
9. Remove the lid and allow to cool for 10 min

**Red Cabbage Slaw**

This red cabbage slaw is crispy, sweet and perfect with so many dishes.

Author: Aubrey

Recipe type: Side

Serves: 4

**Ingredients**

- 1/2 red cabbage, thinly sliced
- 1/2 c cilantro, chopped
- 2 med carrots, shredded
- 1/3 c rice vinegar
- 1/2 tbsp sugar
- 1/2 tbsp honey
- 1 tsp salt
- 1 tsp pepper

**Directions**

Toss all ingredients in a bowl and allow to sit for at least an hour

**Summer Pasta Salad**

Ingredients

- 8 ounces dried lasagna noodles, broken into 3-inch pieces, or 3 cups dried [bow ties](#) or [penne](#) pasta
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon salt
- 1 clove garlic, minced
- 1 1/2 cups fresh green beans, trimmed
- 8 ounces cubed fresh mozzarella cheese or bite-size fresh mozzarella balls

- 1 1/2 cups thinly sliced [yellow summer squash](#) and/or [zucchini](#)
- 1 cup chopped tomato, halved cherry tomatoes, and/or halved grape tomatoes
- 2 ounces thinly sliced [prosciutto](#), torn into bite-size pieces, or salami, halved and sliced (optional)
- 1 cup arugula or fresh baby spinach
- 1/2 cup thinly sliced, halved [red onion](#) or sliced [green onions](#)
- 1/2 cup pitted ripe olives, halved pitted [kalamata olives](#), or sliced pimiento-stuffed green olives (optional)
- 2 - 3 tablespoons slivered [fresh basil](#)
- 1 recipe Red Wine Vinaigrette

#### **Directions**

1. Cook pasta according to package directions; drain. Rinse with cold water; drain well. In a very large bowl whisk together olive oil, lemon juice, salt, and garlic. Add pasta; toss to coat. Cover and chill for at least 8 hours or up to 24 hours.
2. In a large saucepan cook green beans in a large amount of boiling water for 5 minutes; drain and let cool. Add green beans, mozzarella cheese, squash, tomato, prosciutto (if using), arugula, onion, olives (if using), and basil to pasta. Add Fresh Herb Vinaigrette. Toss to coat. Cover and chill for at least 4 hours or up to 24 hours before serving.

#### **Blueberry Bacon Breakfast Cake**

Howsweeteats.com  
makes a 9x13 dish

#### **Ingredients:**

6 slices thick-cut bacon- or your cottage bacon pack!  
1 cup all-purpose flour  
1 cup whole wheat pastry flour  
2 teaspoons baking powder  
1/4 teaspoon salt  
1/4 teaspoon cinnamon  
2 tablespoons bacon fat, cooled  
4 tablespoons unsalted butter, melted and cooled  
1/2 cup loosely packed brown sugar  
1/3 cup granulated sugar  
2 large eggs  
1 cup milk  
2 teaspoons vanilla extract  
8 ounces fresh blueberries (frozen work too – just thaw and pay completely dry)

#### **Directions:**

Heat a large skillet over medium-high heat and add bacon. Fry until completely crisp and fat is rendered. Remove bacon and place on a paper towel to drain, reserving 2 tablespoons of the bacon fat. Preheat oven to 350 degrees F. In a small bowl, combine flours, baking powder, salt and cinnamon and mix thoroughly. Set aside. In a large bowl, whisk butter and bacon fat with sugar until combined. Whisk in eggs until completely smooth, then whisk in vanilla extract. Slowly add dry ingredients, mixing with a large spoon. Add in milk and stir until combined. Toss blueberries with 1-2 tablespoons of flour. Fold in bacon and blueberries, then pour batter into a greased 9 x 13 baking dish. Bake for 30-33 minutes, or until golden on the sides and top. Remove cake and poke holes on top with a toothpick. Pour glaze over top, reserving a bit extra for topping if desired.

#### **Cream Cheese Glaze**

1/2 cup whipped cream cheese, at room temperature  
3/4 cup powdered sugar  
1 teaspoon vanilla extract  
2-3 tablespoons milk  
Add softened cream cheese to a bowl and whisk until smooth. Add in milk and vanilla, mixing until combined, then begin to stir in powdered sugar. If mixture is too thick, add additional milk 1 teaspoon at a time. If it is too thin, add in powdered sugar 1 tablespoon at a time until desired consistency is reached.

#### **Potato Salad with Arugula Pesto, Peas, and Zucchini**

*Cookinglight.com*

#### **Ingredients**

- Pesto:
- 2 cups trimmed arugula (about 2 ounces)
- 2 cups torn spinach
- 1/4 cup basil leaves
- 1/4 cup (1 ounce) grated fresh Parmesan cheese
- 3 tablespoons sliced green onions
- 1 1/2 tablespoons fresh lemon juice
- 1 tablespoon olive oil
- 1 tablespoon water
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- Remaining ingredients:
- 4 cups (1/2-inch) cubed red potato (about 1 1/4 pounds)
- 1/2 cup shelled green peas (about 2 1/2 ounces)
- 1 cup diced zucchini

#### **How to Make It**

1. To prepare pesto, combine first 5 ingredients in a food processor; process until minced. Add lemon juice and next 4 ingredients (lemon juice through

pepper); process until well-blended.

2. Place potato in a large saucepan, and cover with water; bring to a boil. Reduce heat, and simmer 9 minutes. Add peas, and cook 1 minute or until tender. Drain. Combine the potato mixture, pesto, and zucchini in a bowl; toss well.

### **Spiralized Summer Squash Recipe with Tagliatelle, Peas, and Arugula Pesto**

*organicauthority.com*

#### **Ingredients(serves 4)**

- 1 1/2 cup of fresh peas (or you can use frozen)
- 3/4 cup pine nuts
- 4 cups arugula leaves
- 3/4 cup of olive oil (plus more for drizzling)
- 1/2 teaspoon of finely chopped garlic
- zest of 1 lemon
- 3 tablespoons of lemon juice
- 1/2 cup of vegan parmesan cheese (see recipe below)
- sea salt and pepper
- 12 oz of tagliatelle pasta
- 3 firm fresh medium zucchini or yellow squash, spiraled or cut thin on a mandolin

#### **Directions**

1. Bring a medium size pot of water to boil. Add peas and parboil for about 1 minute, until just bright green and tender (don't overcook). Drain in a colander and run cold water over them to stop the cooking.
2. Finely chop pine nuts (or use a small food processor). Scrape into a large bowl.
3. In a food processor gently purée 3/4 cup of peas. Scrape into bowl with pine nuts.
4. In same food processor pulse 2 cups of arugula until

roughly chopped (avoid the temptation to overdo it, go for a rough chop). Add to bowl with pine nuts and peas.

5. Stir in 3/4 cup of olive oil, finely chopped garlic, lemon zest, lemon juice, and vegan parmesan cheese. Season with salt and pepper to taste.
6. Bring another large pot of water to boil. Cook tagliatelle until al dente. Drain.
7. Meanwhile, spiralize your squash.
8. Add pasta, squash, remaining peas, and arugula to bowl with pesto. Toss evenly to coat. Season with salt and pepper to taste. Finish with a little more olive oil if necessary. Garnish with pine nuts.

#### **Vegan Parmesan Cheese**

*Makes 1 cup*

#### **Ingredients**

- 3/4 cup raw cashews
- 3 tablespoons of [nutritional yeast](#)
- 3/4 sea salt

Place all ingredients in a food processor and pulse until a fine meal is formed. Store covered in refrigerator. Vegan parmesan cheese will last for several weeks in the refrigerator.

#### **BEST BLUEBERRY MUFFINS**

Ingredients

- 2 cups all-purpose flour, spooned into measuring cup and leveled-off
- 2 teaspoons baking powder
- 3/4 teaspoon salt
- 1 stick (1/2 cup) unsalted butter, softened
- 1 cup granulated sugar
- 2 large eggs
- 1-1/2 teaspoons vanilla extract
- 1/4 teaspoon almond extract

- 1/2 cup milk
- 2-1/4 cups fresh blueberries
- 2 tablespoons turbinado sugar (also called raw sugar or demerara sugar)

For Cooking

- Non-stick cooking spray
- 12 paper muffin liners

Instructions

Preheat the oven to 375°F. Line a 12-cup muffin tin with paper liners. Spray the pan and the liners with non-stick cooking spray.

In a medium bowl, whisk together the flour, baking powder and salt.

In the bowl of an electric mixer, beat the butter and granulated sugar for about 2 minutes. Add the eggs one at a time, scraping down the sides of the bowl and beating well after each addition. Beat in the vanilla extract and almond extract. (The batter may look a little grainy -- that's okay).

Gradually add the flour mixture, alternating with the milk, beating on low speed to combine. Add the berries to the batter and fold gently with a spatula until evenly distributed. Do not overmix.

Scoop the batter into the prepared muffin tin (an ice-cream scoop with a wire scraper works well here); they will be very full. Sprinkle the turbinado sugar evenly on top of the muffins.

Bake for about 30 minutes, until lightly golden and a cake tester comes out clean. Let the muffins cool in the pan for about 10 minutes. Run a knife around the edge of each muffin to free it from the pan if necessary (the blueberries can stick), then transfer the muffins to a rack to cool completely.