

# FARM FRESH

# GAZETTE



**Finicky & Fanatic-Asparagus, Spinach, Arugula, Radish, Rhubarb,  
Griggstown Pastured Eggs, Shiitake Mushrooms**

## Honey-Rhubarb Chicken *Asparagus & Fingerling Potatoes*

- 2 Boneless, Skinless Chicken Breasts
- 2 cloves Garlic
- 1 stalk Rhubarb
- ¾ lb Fingerling Potatoes
- ½ bunch Asparagus
- 1 bunch Thyme
- 2 Tbsps Butter
- 1 Tbsp Honey
- 1 Tbsp White Wine Vinegar

Remove the honey from the refrigerator to bring to room temperature. Preheat the oven to 475°F. Wash and dry the fresh produce. Halve the potatoes lengthwise. Cut off and discard the tough, woody stem ends of the asparagus; cut into thirds on an angle. Cut off and discard any leaves or woody stem ends from the rhubarb; thinly slice the rhubarb crosswise.

Place the potatoes, whole thyme sprigs, and unpeeled whole garlic cloves on a sheet pan. Drizzle

with 1 tablespoon of olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer, with the potatoes cut side down, on 1 side of the sheet pan. Roast 10 to 12 minutes, or until the potatoes are lightly browned. Leaving the oven on, remove the roasted potatoes from the oven.

While the potatoes and garlic roast, pat the chicken dry with paper towels and season with salt and pepper on both sides. In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned chicken and cook 5 to 7 minutes per side, or until browned and cooked through. Leaving any browned bits (or fond) in the pan, transfer to a cutting board and set aside in a warm place.

Place the asparagus in a bowl; drizzle with olive oil and season with salt and pepper. • Toss to thoroughly coat.

Carefully remove the roasted garlic cloves from the sheet pan; transfer to a small bowl. Add the seasoned asparagus to the other side of the sheet pan in a single, even layer. Return to the oven and roast 5 to 7 minutes, or until the asparagus is lightly browned and the potatoes are tender when pierced with a fork. Remove from the oven; carefully discard the thyme sprigs.



## Rhubarb Wild Rice Pilaf *Allrecipes.com*

- 1/4 cup almonds

- ☐ 2 tablespoons olive oil
- ☐ 1 cup chopped sweet onion
- ☐ 2 cloves garlic, minced
- ☐ 2 cups chopped rhubarb
- ☐ 1/2 cup white wine
- ☐ 1/2 cup golden raisins
- ☐ 1 teaspoon ground cinnamon
- ☐ 1/4 teaspoon cayenne pepper
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon sodium soy sauce

### **Ingredients:**

1. Preheat oven to 400 degrees F (200 degrees C). Spread almonds onto a baking sheet.
2. Toast almonds in preheated oven until golden and fragrant, 7 to 10 minutes.
3. Heat oil in a large skillet over medium-high heat. Saute onion in hot oil until just translucent, 5 to 7 minutes. Add garlic and saute until fragrant, about 1 minute. Mix rhubarb into onion and garlic and saute until

slightly softened, about 2 minutes more.

4. Stir wine, raisins, cinnamon, and cayenne pepper into rhubarb mixture; cover the skillet with a lid, reduce heat to medium-low, and simmer until rhubarb is tender to the bite but still firm, 5 to 8 minutes. Add honey and soy sauce; stir.
5. Mix wild rice and white rice into the rhubarb mixture; cook and stir until rice is heated through. Top with toasted almonds.

*Jokes from RD.com*

*I exercised once, but found I was allergic to it. My skin flushed and my heart raced. I got sweaty and short of breath. Very dangerous.*

### **Shiitake Mushroom Asparagus Spinach Soup** Savorylotus.com

- 1 pound asparagus, ends trimmed off and cut into 1/2 inch pieces
- 2 cups shiitake mushrooms, fresh and chopped into thin slices
- 4 big handfuls of spinach, washed well and roughly chopped

- 1 small onion, finely chopped
  - 4 cloves garlic, minced
  - 4 cups homemade broth (chicken, beef, or veggie)
  - 1/2 tsp tarragon, dried
  - 1 bay leaf
  - 1 cup homemade nut milk of choice
  - 1/4 cup fresh parsley, finely chopped
  - juice of 1 lemon
  - salt and pepper, to taste
  - 2 TBS butter, ghee), or coconut oil
1. Melt fat of choice in medium soup pot and saute onion until translucent and beginning to brown
  2. Add minced garlic and saute for about a minute
  3. Add asparagus and shiitake mushrooms and saute for 3-4 minutes until veggie start to sweat
  4. Pour in 4 cup of broth and add bay leaf, tarragon, and spinach
  5. Simmer soup for about 30 minutes on low-medium until asparagus is nice and soft
  6. Turn off heat, add nut milk, lemon juice and fresh parsley, cover and let sit on stove top for at least another 30 minutes (I usually let it sit for

longer to let flavors meld)

7. Before serving, add salt and pepper to taste and gently reheat.



## Roasted Asparagus wheat berry salad with arugula pistachio pesto

Abeautifulplate.com

### Wheat Berries:

- 1 cup hard red wheat berries, rinsed
- 3 and 1/2 cups cold water
- 1/2 teaspoon kosher salt
- extra virgin olive oil

### Roasted Asparagus:

- 1 bunch of fresh (thick) asparagus, tough ends trimmed
- extra virgin olive oil
- kosher salt
- freshly ground black pepper

### Arugula Pistachio Pesto:

- 2 medium garlic cloves, peeled
- 2 ounces arugula
- 1 and 1/2 ounces fresh basil (set aside 1-2 leaves for garnishing)

- 1/4 cup raw or toasted shelled pistachios, plus more for garnishing
- 1/3 cup extra virgin olive oil
- 1 tablespoon freshly squeezed lemon juice
- kosher salt
- freshly ground black pepper

### Garnishes:

- fresh basil leaves, chiffonade
- roughly chopped raw or toasted shelled pistachios
- freshly grated lemon zest
- shaved aged Manchego or Parmigiano-Reggiano cheese

1. Preheat the oven to 450 degrees Fahrenheit (230 degrees Celsius) with a rack in the center position.
2. In a saucepan, combine the rinsed wheat berries, cold water, and kosher salt. Bring to a boil, reduce to a simmer, cover, and cook for 50 minutes to 60 minutes, or until the wheat berries are tender and cooked through – the exact cooking time will vary by brand and age, similar to dried lentils. Drain the wheat berries in a fine-meshed sieve and spread into a thin layer onto a clean sheet

pan (alternatively, you can place them in a large mixing bowl – the goal is to cool them down quickly). Drizzle and toss with a small amount of olive oil. Cool completely at room temperature, or place them in refrigerator for 10 to 15 minutes to speed this process up.

3. As the wheat berries are cooking, place the trimmed asparagus spears on a second sheet pan. Drizzle with olive oil, sprinkle with kosher salt, and freshly ground black pepper, toss, and distribute into an even layer on the sheet pan, setting them apart slightly. Roast at 450 degrees F (230 degrees C) for 12 to 16 minutes, or until lightly caramelized and tender. Remove and allow to cool on a rack while you prepare the rest of the salad.
4. Prepare the arugula pistachio pesto. In a large processor, pulse the garlic cloves until finely minced. Add the arugula and basil leaves and pulse until coarsely chopped, scraping down the sides of the bowl as necessary. Add the raw pistachios and slowly

pour in the olive oil, processing until mostly smooth. Transfer to container, stir in the lemon juice, and season to taste with salt and pepper.

5. Once the wheat berries have cooled, place in a large mixing or serving bowl and generously toss with the arugula pistachio pesto (\*you will most likely have some leftover pesto). Season the salad to taste with salt and pepper. Cut the asparagus spears on a bias into 1-inch pieces, add to the wheat berries, and toss gently.
6. Serve at room temperature or cold. Garnish the salad with chiffonade basil, coarsely chopped pistachios, freshly grated lemon zest, and shaved Manchego cheese (or Parmigiano-Reggiano, if using) as desired.
7. Leftover salad can be stored in an airtight container in the fridge for up to 5 days.

*This salad would also work perfectly with farro, an Italian grain similar in appearance to wheat berries. Use the same method above but reduce the cook time to 25 to 35 minutes total.*

JOKES from rd.com

*I only seem to remember I want to lose weight after eating 9 cookies.*



### **Asparagus & Shiitake Mushroom Egg Cups**

*From fitfoodiefinds*

#### **Ingredients**

- 6 eggs, large
- 1 tablespoon olive oil
- 1/2 tablespoon garlic, minced
- 1/2 cup shiitake mushrooms, sliced
- 1/2 cup chopped asparagus, quartered
- salt and pepper to taste
- 2 tablespoons milk, any kind
- 3 tablespoons grated cheese (your favorite kind!)

#### **Instructions**

1. First, preheat oven to 350F and spray a 6 tin muffin tin with nonstick cooking spray.
2. Next, in a large sauce pan, heat 1/2 tablespoon of garlic in 1 tablespoon

of EVOO. Then, sautee asparagus for about 4 minutes, then add in mushrooms for an additional 3 minutes or until they have both softened up a bit.

3. While the vegetables are cooking, whisk together 6 eggs and 2 tablespoons of milk.
4. Next, divide out the veggies into the muffin tin. Then, pour egg on top, filling about 3/4 of the way. Season with salt and pepper to taste and sprinkle on your favorite kind of cheese.
5. Bake at 350 for about 25 minutes or until the eggs have set.

### **Chicken Sausage Spinach & Mushroom Pasta**

*Delish.com*

#### **Ingredients**

kosher salt  
1 lb. pasta  
1 tbsp. extra-virgin olive oil, plus more for drizzling  
1 12-oz. package chicken sausage  
12 oz. mushrooms, cut into 1/4" slices  
Freshly ground black pepper  
1/2 c. diced onion  
3 cloves garlic, minced  
1/4 c. dry white wine  
1 c. low-sodium chicken stock  
1/4 c. heavy cream, at room temperature

1 1/2 c. freshly grated  
Parmesan  
5 oz. spinach  
1/4 c. chopped fresh parsley,  
plus more for garnish

1. Bring an 8-quart stock pot of water to a boil and generously season with salt. Cook pasta according to package directions until al dente. Reserve 1/2 cup pasta water and set aside.
2. In a large sauté pan over medium-high heat, drizzle oil and sear chicken sausage until golden brown on all sides, 2 to 3 minutes. Transfer to a plate to cool; cut into 1/4" slices and set aside.
3. Meanwhile, add 1 tablespoon oil and spread out mushrooms evenly in the pan; let brown on one side for 3 minutes. Season with salt and pepper. Add onions and garlic and sauté until softened, 3 to 4 minutes. Add wine, chicken stock, and heavy cream; simmer until slightly thickened and reduced, 5 to 7 minutes. Toss in sausage with any leftover juices, then add Parm, spinach, and parsley.
4. Drain pasta and stir into sauce. (Add additional

pasta water in small increments as needed if sauce is too thick.)  
Garnish with parsley and serve immediately.

### **Asparagus, Pecorino and Red Onion Salad**

Foodnetwork.com

#### **Ingredients**

- 1 bunch pencil asparagus, tough bottom stems removed
- 1 small red onion, finely diced
- 1 cup coarsely grated aged pecorino
- 1/2 cup red wine vinegar
- Extra-virgin olive oil
- Kosher salt

Cut the asparagus, including the tips into very thin slices, crosswise and place in a medium bowl. Add the red onion and pecorino and toss to combine. Dress with the vinegar, olive oil and salt and toss again. This salad should be fairly heavily dressed. The vinegar will sort of "cook" or tenderize the asparagus. It is best to do this about an hour or so in advance to let the flavors "marry".

[\*You know what's hard to beat for breakfast? A boiled egg.\*](#)

### **Wheatberry Salad with Radishes, Asparagus, Walnuts, and Spring Onions**

Food52.com

1cup hard spring wheat berries  
Sea salt

1pound asparagus, trimmed and chopped into 1 1/2-inch pieces, tops and stems separated

- 5white or red radishes, sliced very thinly into rounds

1/2cup walnuts pieces

2spring onions, white and green parts included, chopped

- 2tablespoons sherry vinegar

5tablespoons olive oil (plus more, as needed)

1teaspoon lemon juice

1teaspoon Dijon mustard

Black pepper, to taste

1. To begin, rinse the wheat berries and place them in a large pot, along with a generous pinch of salt and 3 cups of water. Bring the water to a boil and then reduce it to a simmer and cover it. Simmer the wheat berries for 35 to 45 minutes, or until they're tender, but they still retain some chew. Drain them, return them to the pot, and toss them with a drizzle of olive



- oil to keep them from sticking together.
2. While the wheat berries cook, toast the walnuts in a large skillet for a few minutes, or until they smell fragrant and nutty. Transfer them to a paper towel or a plate as soon as they're browning lightly (they'll keep cooking after they're removed from the heat).
  3. Bring a pot of water to a boil and blanch the asparagus stems for 2 minutes. Add the tops and allow them to cook with the stems for another minute, or until all pieces are tender but still crispy. Plunge the pieces into cool water, then transfer to a strainer and set them aside.
  4. Whisk together the vinegar, oil, lemon, mustard, and salt and pepper to taste.
  5. Mix the wheat berries with the radishes, the cooked asparagus, the walnuts, and the onions. Add the dressing and combine everything well. Adjust seasonings and serve.

### **Arugula Radish Salad**

*Naturallyella.com*

- **Salad**
- 4 cups arugula
- 2 sliced radishes

- 1 bunch scallions
- 1 cup quinoa, cooked and cooled
- 1/4 cup sunflower seeds
- 1 ounce feta

### **Dressing**

- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 tablespoon minced dill
- 2 teaspoons honey
- 1/4 teaspoon black pepper
- 1/4 teaspoon sea salt

1. Wash and lightly dry arugula. Place in a large bowl and set aside. Remove the tops from the radishes and cut in half. Set the flat half on the cutting board and cut into thin, half moon slices. Add to arugula. Trim the ends from the scallions and dice through part of the greens. Place in the bowl with the radishes. Finally, add the quinoa, sunflower seeds, and feta.
2. In a jar with a tight fitting lid, combine the ingredients for the dressing and shake vigorously. Pour over the salad and toss until everything is well coated.

### **Rhubarb Spinach Salad**

- 1/2 pound fresh spinach -- cleaned, stemmed, and dried

- 2 large stalks of rhubarb, cut diagonally into thin slices
- water to cover
- 1/4 cup white sugar
- 2 tablespoons sweet red wine vinegar
- 6 tablespoons olive oil

1. Arrange the spinach leaves on a platter.
2. Place the rhubarb in a skillet with enough water to cover by 1 inch; add the sugar. Bring the rhubarb to a gentle boil over medium-low heat and simmer until the sugar has dissolved and the rhubarb is lightly cooked, about 2 minutes. Remove the rhubarb with a slotted spoon and distribute over the spinach.
3. Stir the vinegar into the liquid left in the skillet, raise heat to medium, and bring to a boil. Return heat to medium-low and cook until the liquid has reduced to about 3/4 cup, about 10 minutes. Remove from the heat, whisk in the olive oil, and pour the hot dressing over the spinach and rhubarb to wilt the lettuce. Divide salad between 2 plates; serve warm.

## Rhubarb Compote

- 1/3 cup sugar
- 2 cups chopped rhubarb
- 3 tablespoons plus 1 teaspoon white wine vinegar
- Kosher salt, freshly ground pepper

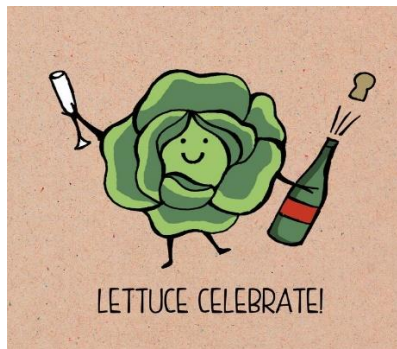
Cook sugar in a medium saucepan over medium-low heat, undisturbed, until mostly melted, 6–8 minutes. Stir edges into the center with a heatproof spatula; cook, swirling pan occasionally, until caramel turns dark amber, about 2 minutes. Stir in rhubarb and 3 Tbsp. vinegar. Partially cover and cook, stirring occasionally, until rhubarb is very soft, 8–10 minutes. Transfer to a small bowl; let cool. Stir in remaining 1 tsp. vinegar; season with salt and pepper.

## Have you taken the-FRIDGE CHALLENGE



*You ever feel like you want to dump everything out of your*

*closet and start all over? Maybe it's a room in your house-or even the entire house!!! I was assigned to take a photo of my fridge and I thought this should be easy because I am generally proud of what I put in there....but a public photo makes you SERIOUSLY RECONSIDER Although I thought I liked what was in there, some items (which shall remain nameless) were terrible -400mg of sodium for 1 serving and my son would have 2 or 3 servings at a, time-so I filed that BOX yes BOX under G and I will not ever buy them again. This very small promise is not inconsequential because it can carry over to the pantry. Items that I buy for my kids with feelings of- "it's a treat, they don't eat it all the time" why does a treat have to be an unhealthy food? Is it bc I have an Italian and Jewish upbringing? Who knows! However, I am determined to have better conversations with my children and keep on keepin' on the path of wellness!*



*My Pal Justine(the social media guru) & I have been obsessed with watching documentaries on Netflix...some I have already seen, and I just wanted to watch again. We encourage you to watch one or more as they most certainly make you think about your food choice!*

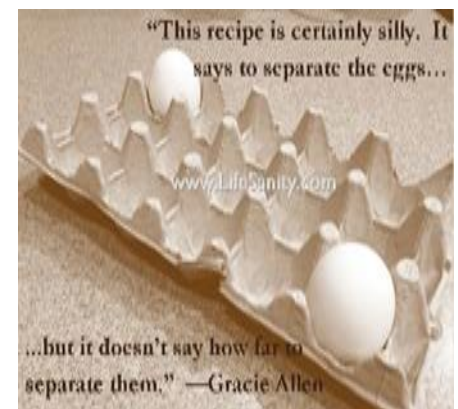
### **Rotten**

<https://www.netflix.com/title/80146284>

### **Fed Up! With Katie Couric**

<http://fedupmovie.com/#/page/home>

<http://www.fatsickandnearlydead.com/>



When [Bobby Flay](#) makes scrambled eggs, he doesn't take a moment to rest. Similar to risotto, scrambled eggs should be stirred continuously, as soon as the eggs go into the pan. Doing so will help to break down the egg curds, giving your eggs a softer and creamier consistency. Just don't stir so vigorously that the eggs begin to foam.

# How To Maximize Your Harvest

## STORE

### Refrigerate Immediately

Asparagus	Wrap stalks in damp towel, then bag
Beets	Cut off green tops store separately
Bell Peppers	Store in plastic bag
Broccoli	Store in open bag in crisper
Brussels Sprouts	Store in plastic bag
Cabbage	Store in perforated bag in crisper
Carrots	Remove greens, store in plastic bag
Cauliflower	Store in open bag in crisper
Celery	Store in plastic bag in crisper
Corn	Keep Husks on until ready to cook. Eat ASAP
Cucumber	Store in plastic bag
Eggplant	Store in plastic bag
Green Beans	Air tight bag or container
Green Onions	Store in plastic bag
Kale	Store in perforated bag in crisper
Leeks	Store in loosely closed plastic bag
Lettuce	Store in perforated bag in crisper
Mushrooms	Store in PAPER bag
Peas	Store in perforated bag
Radish	Remove greens, store in plastic bag
Spinach	Store in perforated bag in crisper
Turnips	Store in plastic bag
Zucchini	Store in plastic bag

### Ripen Prior to Refrigerating

Avocados	Place in Paper bag for faster ripening
Tomatoes	Keep out of direct sunlight

*Yes we know these are technically fruits, but most people treat them as vegetables for cooking purposes.*

### DO NOT Refrigerate

Garlic	Store in a dry well ventilated space
Onions*	Store in a cool dry place. Keep Away from Potatoes
Potatoes	Store in a dark cool, dry place Keep away from Onions
Shallots*	Store in a dry well ventilated space
Sweet Potatoes	Keep away from heat & light
Winter Squash (acorn, butternut squash & pumpkin)	Store in a cool dry place

*\*Onions and shallots keep best when stored between 45° and 55° F. Refrigerate if warmer than that.*

## PRESERVE

### Preserving Your Share

There will be times throughout the season that you'll be overwhelmed with a few items you just can't eat fast enough or have run out of creative ways of preparing. When that happens, preserve it. Whether you want to preserve a veggie because you can't stand another bite of it, or because you want to save some to enjoy after the season is over, preserving is easy and can be fun.

### Ferment or Pickle

- ✓ Fermenting using fresh vegetables pounded with sea salt releases natural lactic acid to sour and preserve veggies. This process not only extends the life of your veggies, but also increases nutritional value and transforms them deliciously
- ✓ You can ferment or pickle almost any hearty vegetable: green beans, cucumbers, cabbage, eggplant, all root veggies, garlic, onion, peppers, asparagus, okra, cauliflower etc.
- ✓ No special equipment is required except a clean mason jar and a wooden spoon.
- ✓ Use your own blend of spices and herbs to create unique flavors
- ✓ Salsa, chutneys and relish can all be creative ways to combine veggies
- ✓ Pickles can be eaten after a few weeks or preserved for months, even years.

### Freeze

- ✓ Corn husked and cut off the cob can be frozen in plastic freezer bags, although they will lose a lot of flavor
- ✓ Broccoli, cauliflower and spinach can be frozen after blanching and squeezing out excess water
- ✓ Green peas and fresh beans can be frozen shucked
- ✓ Grate summer squash in pre-measured quantities for bread throughout the winter
- ✓ Mash or puree cooked winter squash or pumpkin to be saved for soups or pies.
- ✓ To reduce the amount of moisture built up in a freezer bag, squeeze and suck out the excess air before sealing. Use within 6 months.

### Make Sauce

- ✓ This takes more work since you need to make sure you follow proper directions for canning to prevent botulism.
- ✓ Mason jars, tongs and a pot large enough to sterilize jars are required
- ✓ Making sauce is the best way to preserve tomatoes at the peak of season
- ✓ Jars of sauce do not need refrigeration but should be consumed within a year.

### Dry

- ✓ Herbs and chili peppers can be easily hung in a dry cool place with good air circulation or on newspaper in the sun.
- ✓ Dry beans are also a nice winter treat, although they are usually dried on the vine

### Marinate

- ✓ Hearty greens such as collards and kale can be chopped finely and marinated with spices and olive oil, but should be consumed within a week.
- ✓ Charred peppers or eggplant can also be marinated in oil and spices.
- ✓ Fresh herbs make lovely infused oils for cooking and seasoning, you can also use chili peppers and garlic.
- ✓ You can also use herbs to make flavored vinegars