

# FARM FRESH

# GAZETTE



**Finicky-Turnips, Carrots, Lettuce, Scallions, Radish, Cucumber,  
Tuscan Kale, Swiss Chard and Griggstown Pastured Eggs  
Fanatic -everything from above PLUS Sweet Cherries**

## **Roasted Chicken with Carrots, Turnips & Zucchini**

*From gourmet.com*

### **Ingredients:**

- 1 teaspoon ground coriander seeds
- 2 teaspoons ground cumin
- 1 1/2 teaspoons coarse salt
- 3 medium garlic cloves, chopped fine
- 1/3 cup finely chopped fresh coriander sprigs (wash and spin dry before chopping)
- 3 to 4 tablespoons unsalted butter, softened
- a 4-pound chicken, giblets reserved for another use
- 1 pound carrots (about 5 large), cut diagonally into 1-inch-thick pieces
- 1 pound turnips (about 4 medium), peeled and cut into 1-inch wedges
- 1 pound zucchini (about 2 medium), halved lengthwise and cut diagonally into 1-inch-thick pieces
- 1 cup chicken broth
- 1/2 cup water
  - a beurre manié made by kneading together 1/2 tablespoon softened unsalted butter and 1/2 tablespoon all-purpose flour

### **Instructions:**

1. Preheat oven to 425°F. and oil a 15- by 10- by 2-inch flameproof roasting pan.
2. In a small bowl stir together spices, coarse salt, garlic, and fresh coriander. Reserve 3 tablespoons mixture in another small bowl and into remainder stir 3 tablespoons butter.
3. Rinse chicken inside and out, removing any excess fat from opening of body cavity, and pat dry. Arrange chicken, breast side up, in center of roasting pan. With fingers loosen skin from breast at both ends and push half of seasoned butter under skin, spreading over breastbone to each side of breast. Massage skin from outside to spread butter evenly over breast. Put remaining seasoned butter in body cavity and with small metal or wooden skewers completely close body cavity and neck cavity. Tie drumsticks together with kitchen string and salt chicken lightly. Roast chicken in middle of oven 20 minutes.
4. Scatter carrots and turnips around chicken and toss with fat in pan (if chicken is very lean, add remaining tablespoon of butter). Roast chicken and vegetables 30 minutes. Scatter zucchini around chicken and sprinkle vegetables with 2 tablespoons reserved spice mixture, tossing them. Roast chicken and vegetables 30 minutes, or until a meat thermometer inserted in fleshy part of a thigh registers 170°F.
5. Remove string and skewers from chicken and pour any juices from inside chicken into pan. Transfer chicken to a platter and arrange vegetables around chicken, using a slotted spoon. Keep chicken and vegetables warm, covered loosely.
6. Skim fat from pan juices in roasting pan. To pan add broth, water, and remaining tablespoon reserved spice mixture and on top of stove deglaze over moderately high heat, scraping up brown bits and dissolving caramelized juices. Boil mixture until reduced by about half and stir in beurre manié. Boil sauce, stirring, about 2 minutes, or until thickened slightly, and transfer to a sauceboat.
7. Serve chicken and vegetables with sauce.

## **Chicken Sausage, Kale and White Bean Soup**

adapted from Gina's Weight Watcher Recipes from skinnytaste.com

Servings: 4 • Serving Size: 2 cups • Old Points: 7 pt • Points+: 9 pts Calories: 320.7 • Fat: 13.0 g • Protein: 33.2 g • Carb: 15.1 g • Fiber: 5.1 g • Sugar: 1.2 g Sodium: 697.1 mg

### **Ingredients:**

- 1 package of Griggstown Chicken Sausage
- 2 tsp olive oil
- 1 clove garlic, minced
- 1/2 bunch kale – rinsed, leaves removed from the ribs & rough chopped
- 1 cup Cannellini or Northern beans – drained and rinsed
- 4 cups fat free chicken stock- or ZOU!
- 2 cups water
- 1 small pinch dried red pepper flakes (optional)
- salt and freshly ground pepper to taste

### **Directions:**

Heat oil over medium-high heat in a medium sized pot. Add sausage meat breaking it up with a spatula or wooden spoon into large chunks. When completely cooked, add garlic and saute for 2 – 3 minutes (careful not to let the garlic burn). Add the water, stock, beans and red pepper flakes (if using) and stir thoroughly. Simmer on low for 10 minutes, covered. Throw in kale and allow to simmer for another 10 minutes covered. Adjust salt and pepper to taste. Divide into four bowls and serve!

## **Jerry Traunfeld's Root Ribbons with Sage**

fromfood52.com

- 2 pounds medium root vegetables, such as carrots, parsnips, burdock, rutabagas, yams, parsley root
- 3 tablespoons unsalted butter
- 1/4 cup coarsely chopped sage
- 1/4 teaspoons kosher salt
- Freshly ground black pepper
- 1 tablespoon maple syrup
- 2 teaspoons fresh lemon juice

### **Instructions:**

1. Wash and peel the roots and discard the peelings. Continue to peel the vegetables from their tops to the root tips to produce ribbons, rotating the roots on their axis a quarter turn after each strip is peeled, until you're left with cores that are too small to work with. (You can snack on these or save them for stock.) Alternately, you may use a mandoline.
2. Melt the butter with the sage in a large skillet over medium heat. Stir for a minute to partially cook the sage. Add the root ribbons and toss them with tongs until they begin to wilt. Add the salt, a good grinding of black pepper, the maple syrup, lemon juice, and about 3/4 cup of water.
3. Continue to cook the vegetables over medium heat, turning them with tongs every minute or so, until all the liquid boils away and the ribbons are glazed and tender, about 10 minutes total. Serve right away, or cool and reheat in

the skillet when ready to serve



## **Sautéed Swiss Chard with Sun-Dried Tomatoes & Feta**

### **Ingredients**

- 3 lb. Swiss chard (from about 3 bunches)
- 3 Tbs. extra-virgin olive oil
- 1 Tbs. finely chopped garlic (from about 6 cloves)
- Kosher salt
- Pinch crushed red pepper flakes

### **Preparation**

- Fill a sink with cold water and wash the Swiss chard to remove any grit. Transfer to paper towels and let dry for a couple of minutes (it's fine if a little water clings to the leaves).
- Remove the thick part of each stem by cutting a V-shaped notch partway into the leaf. Split each leaf in half lengthwise by slicing down the center rib. Stack the halved leaves (in batches if necessary) and cut them in half crosswise to get 4- to 6-inch pieces.
- Heat the oil in a large skillet over medium-high heat for 1 minute. Working in batches, pile the Swiss chard into the pan, turning and tossing gently until the leaves begin to wilt and turn glossy. Add a new batch of leaves as the previous batch wilts and makes room for more.
- When all the Swiss chard is wilted, sprinkle in the garlic and a little salt and toss well.

Lower the heat to medium low, cover, and cook for 4 minutes. Remove the lid, raise the heat to high, add the red pepper flakes, and continue to cook for 2 to 3 minutes so that much of the liquid evaporates; the leaves should be tender but not overly soft. Serve immediately.

#### **Sautéed Swiss Chard with Gremolata:**

In a small bowl, combine 2 tsp. finely grated lemon zest (from about 1 lemon), 1 small clove finely chopped garlic, and 2 Tbs. minced fresh parsley. Sauté the chard as directed in the basic recipe. When the chard is tender, toss with the gremolata and serve immediately.

#### **Sautéed Swiss Chard with Slivered Almonds & Browned Butter:**

In a small sauté pan, melt 2 Tbs. unsalted butter over medium heat. Add 1/3 cup slivered almonds, reduce the heat to medium low, and cook, stirring often, until the nuts are golden and the milk solids in the butter turn a nutty brown. Remove from the heat and stir in 1 tsp. fresh lemon juice. Keep warm. Sauté the chard as directed in the basic recipe, replacing the garlic with 2 Tbs. finely chopped shallots. Sprinkle the almonds and butter over the finished chard and serve immediately.

**Sautéed Swiss Chard with Anchovies, Parmesan and Breadcrumbs:** Sauté the chard as directed in the basic recipe. Add 6 drained, minced anchovy fillets and 1/3 cup freshly grated Parmigiano Reggiano at the end and toss. Sprinkle with 1/2 cup fresh, toasted breadcrumbs and serve immediately.

**Asian-Style Swiss Chard with Ginger & Peanuts:** Sauté the chard as directed in the basic recipe, but add 1 Tbs. minced fresh ginger, 1/2 red bell pepper, cut into very thin strips, and 1 tsp. granulated sugar along with the garlic. At the end, sprinkle with 1/4 cup coarsely chopped unsalted roasted peanuts and serve immediately.

#### **Sautéed Swiss Chard with Sun-Dried Tomatoes & Feta:**

In a small bowl, combine 6 oil-packed sun-dried tomato halves, drained and cut into thin strips, 1/3 cup crumbled feta cheese and 1/2 tsp. lightly chopped fresh thyme. Sauté the chard as directed in the basic recipe. Add the feta mixture at the end, toss, and serve immediately.

### **Carrot Scallion Latkes**

#### **Ingredients**

- 3 cups shredded carrots
- 3 scallions, finely chopped
- 3 large eggs, whisked
- 1/2 teaspoon [celtic sea salt](#)
- 1/2 teaspoon [coconut flour](#)
- [olive oil](#) for frying

#### **Instructions**

1. In a large bowl combine carrots, scallions and eggs
2. Stir salt and coconut flour into carrot mixture
3. In a large skillet heat oil
4. Scoop large tablespoonfuls of batter onto skillet
5. Fry patties on each side over medium heat until browned and crispy
6. Transfer latkes to a paper towel lined plate
7. Repeat process until all of the batter is used up
8. Serve with applesauce and sour cream (or yogurt)

#### **Buttered Radishes with a**

#### **Poached Egg**

*from naturallyella.com*

#### **Ingredients:**

- 2 bunches (12 to 14) Radishes
- 2 tablespoons good unsalted butter
- 6 scallions, diced
- 1 teaspoon fresh thyme
- pinch of salt
- 2 eggs
- 2 pieces of bread, toasted

#### **Instructions:**

1. Prep the radishes by removing tops and roots. Slice in half lengthwise and set aside.
2. In a skillet, heat butter over medium low heat. Add in scallions and let cook until beginning to soften, 2-3 minutes. Add the radishes, thyme, and salt to the scallions. Cover and let cook, stirring once or twice, until radishes are tender but still have a bit of crispness to them, 5-6 minutes. Taste and adjust seasoning.
3. While radishes cook, poach eggs. I find I have the best luck with [this technique](#). If you don't like runny eggs, this would also be great with scrambled or hardboiled.
4. To serve, place toast on two plates, divide radish mixture, and top each with a poached egg.

### **Turnip-Apple-Carrot Salad With Eggs**

*From food.com*

#### **Ingredients**

- 1 [carrot](#), divided
- 1/2 [turnip](#), diced (about 500g)
- 2 [eggs](#)
- 1 [garlic clove](#), minced
- 1 small [onion](#), chopped
- 1/2 large [apple](#), diced
- 1 tablespoon [scallion](#), sliced
- 150g [yoghurt](#)
- 1 teaspoon [dried herbs](#) (sage, oregano, basil, chives)
- salt and pepper

### **Directions**

1. Dice one half of the carrot and place in a pot together with diced turnip. Bring to a boil, add eggs and simmer for 15 minutes or until veggies are tender but still crisp.
2. Meanwhile slice the other half of the carrot into long strips using a vegetable peeler. Place in a big bowl and add garlic, onion, scallion and apple.
3. Combine yoghurt and spices in a separate bowl and season to taste.
4. When ready lift out the eggs using a slotted spoon. Rinse them with cold water, peel and dice.
5. Drain veggies. Add everything to the big bowl and stir to coat.
6. Eat right away while still warm or let cool and serve later.

### **Carrot, Cucumber and Radish Oshinko**

*From noteatingoutinny.com*

(makes about 1 quart)

half a bunch radishes (about 1/3 lb)

1/3 lb carrot, peeled and sliced to 1/4" oval discs

1/3 lb cucumber, sliced to 1/4" oval discs

2 tablespoons Kosher salt

1 tablespoon rice vinegar

1 tablespoon sake (optional)

### **Ingredients:**

Trim roots and stems to 1/2" from the radishes. Holding each one upside-down by the stub, cut 1/4" slices into the bulbs while keeping the slices all attached. (This is to let the brine seep into the radish while keeping them big, chunky pieces. If you don't care about having big, chunky pieces, then

just trim and slice the radishes like the other vegetables.)

Place vegetables in a wide, shallow, glass (or another non-reactive, non-porous) bowl. Cover with plastic wrap. Place a plate or bowl that fits snugly on top of the vegetables on top. Place something heavy on top of this, so that the vegetables are well-pressed.

Set aside in a cool, dry place. Over the next few hours, drain the liquids that well up at the bottom of the bowl. Over the next three days, do this as often as you find necessary. Pickles are ready to eat after three days. Keep them in an airtight container in the refrigerator afterward.

### **Cucumber Scallion Salad**

*From foodiewithfamily.com*

### **Ingredients**

- 1 large English cucumber
- 3 scallions green onions, roots trimmed and discarded
- 1/3 cup unseasoned rice vinegar
- 1 tablespoon toasted sesame seeds
- 3/4 teaspoon kosher or sea salt
- 3/4 teaspoon sugar

### **Instructions**

1. Julienne the English cucumber lengthwise so you have long, thin, matchstick strips. Transfer them from the cutting board to a bowl. Use a sharp knife to cut the green onion lengthwise into long, thin strips as well, then cross cut them to a length of about 3 inches. Add those to the cucumber strips in the bowl along with the remaining ingredients. Toss to coat and let stand at least 10 minutes before serving.

### **Carrot Shaped Veggie Pizzas**

(makes 8)

*From thekitchn.com*

### **Ingredients:**

a dusting of flour

1 tube Pillsbury Crescent Rolls

8 ounce tub Philadelphia Veggie Cream Cheese

1 1/2 cups finely chopped carrots

1/2 of a head of broccoli

1 tablespoon heavy whipping cream, whole milk, or egg white

### **Instructions:**

Dust a cutting board with flour. Unroll the crescent rolls. Separate them at the perforations. Use a pizza wheel or knife to cut the crescent rolls into carrot shapes. Take the excess dough and cut it into three pieces. Brush the top edge of the crescent roll carrot with cream, milk, or egg white. Press one end of each of the three excess dough pieces onto the top edge of the crescent roll carrot creating the green leafy part of the carrot.

So that the carrots don't stick to the parchment paper, sprinkle a light dusting of flour over the area that was brushed with the cream, milk, or egg white. Turn the carrots over and place on your lined baking sheet. Refrigerate for 15-20 minutes. Meanwhile pre-heat oven to 400 degrees.

Bake crescent roll carrots for 7-10 minutes until golden brown. Allow to cool completely. Equally divide the veggie cream cheese and spread it on top of each carrot. Sprinkle finely chopped carrots over the triangle part of the carrot then add broccoli to the top.