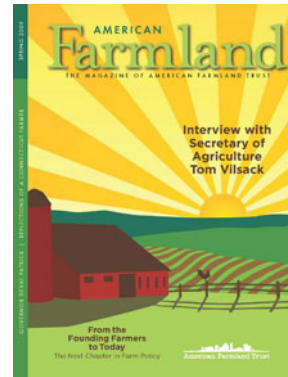
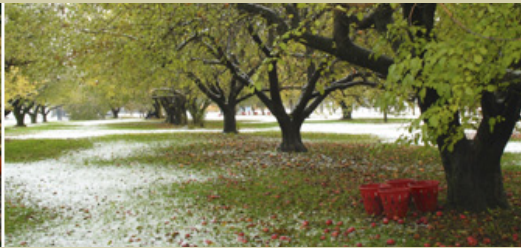




Flavors of the Seasons

Selections from *Farm Fresh News*
and *American Farmland Magazine*



Become a subscriber of *American Farmland* magazine by becoming a member for only \$25.

Go to:
www.farmland.org/magazine

February ~ Farm Fresh News

Chef Mike Lata is dedicated to featuring fresh produce from local farms at FIG, a restaurant in downtown Charleston, South Carolina, that he co-owns with manager Adam Emir. FIG stands for "food is good," and Late has a passion for farm fresh vegetables that began during his childhood in Springfield, Massachusetts, where his grandparents had substantial gardens.

Roma and Yellow Wax Bean Salad with Pine Nuts and Presto Vinaigrette

(Serves Four)

1/2 pound tender young Roma beans, trimmed.
1/2 pound yellow wax beans, trimmed
3 ounces fresh goat cheese, crumbled
2 ounces fresh goat cheese, crumbled
8-10 ripe cherry tomatoes, halved
Sherry vinaigrette; recipe follows
1 tablespoon presto; recipe follows
Salt and pepper

Bring an eight-quart soup pot full of water to a boil. Salt generously. Working in small batches, plunge green beans in boiling water and cook until bright green and tender (three to four minutes). Immediately cool the beans in an ice bath or under cool running water after to stop the cooking process. Continue process until all beans are cooked. Repeat for the yellow beans, cooking until tender. In a large mixing bowl, add the beans, walnuts, cherry tomatoes and goat cheese. Season with salt and pepper, dress with the sherry vinaigrette and add pesto. Toss well and adjust seasoning to taste. Present the salad neatly arranged on four small salad plates or family style on a large platter.

For the Vinaigrette:

2 ounces sherry vinegar
1 teaspoon Dijon mustard
1 shallot, minced
5 ounces of grapeseed oil

Combine the sherry vinegar, Dijon and shallot in a small bowl. Slowly whisk in the oil in a steady stream until well combined. Season with a pinch of salt and pepper.

For the Pesto:

8 ounces very fresh basil
1/2 cup pine nuts
2 cloves garlic, peeled
1 tablespoon Parmesan cheese
1 tablespoon Pecorino cheese
1 cup extra-virgin olive oil
Salt

In the bowl of a food processor, add the basil, pine nuts and garlic. While running, gradually add the oil until all is incorporated. Finish the pesto with the cheese and season with a pinch of salt.

Winter ~ *American Farmland Magazine*

Raised on a working cattle ranch in Texas, Chef D'Aun Carrell's culinary experiences began at age three. Standing on a chair, her first job was panning bacon on cast-iron sheet pans. While the bacon was baking, she helped mix sourdough biscuits. While the bacon was draining, she cut and laid out enough biscuits in the bacon drippings to feed twenty cowhands. One might say D'Aun was born cooking. Years later, she had the opportunity to study with James Beard. Assisting him with the taping of his early television shows, she learned how to build a sauce, that "less is more," how to build a stock and that tasting is paramount throughout any cooking process.

Harvest Bisque

ROOT VEGETABLES:

1 large butternut squash, peeled and seeded, 1/2" slices
1 large rutabaga, peeled and medium-cubed
4 medium parsnips, peeled and sliced
4 medium carrots, scrubbed and sliced (not peeled)
1 large sweet Spanish onion, peeled and coarsely chopped
1 small white onion, cubed
1 garlic bulb, top-cut to expose cloves (not peeled)
2 medium turnips, peeled and medium-cubed
3 celery pieces

SEASONING MIX (place in grinder and process to blend):

2 teaspoons cardamom
2 teaspoons coriander
1 teaspoon allspice seeds
1 teaspoon red/white/pink peppercorns

2 cups heavy cream (half & half will do)
3 tablespoons corn starch
2 tablespoons all-purpose flour
4 cups chicken stock (brown stock is best), keep hot
Kosher salt, on hand
Cayenne pepper, on hand
Olive oil, on hand

Reserve one each: carrot, small onion and 3 celery ribs. Cut in small cubes. In soup pot (Dutch oven, cast iron pot or heavy-bottom stainless steel 3-gallon pot), place 2 tablespoons olive oil. Heat to light smoke and added small cubed carrot/onion/celery mirepoix. Lightly salt with kosher salt. Sauté until onion is clear. Add flour, spice mix. Cook (stirring)

2 minutes. Slowly add 2 cups of hot chicken stock. Simmer 30 minutes. Process smooth.

Heat grill. Brush squash with olive oil (lightly). Place on hot grill 3 minutes on each side to caramelize. Place in container with lid to steam. Place remaining vegetables in large bowl. Sprinkle lightly with olive oil and kosher salt. Toss to coat each piece. Brush olive oil on cut side of garlic and place on baking sheet, cut side down. Scatter the vegetables around the garlic evenly. Bake in 400 degree oven for 20 minutes. Stir (keep garlic cut side down). Bake 20 minutes more. Remove garlic, wrap in foil and set aside.

Remove all vegetables that are soft. The rutabaga and turnip usually take a little longer, so place back in oven until fork tender. Meanwhile, add all veggies to the blended broth. Squeeze the garlic bulb to extract the cloves. Discard the husk and add the roasted garlic to soup. Cut the squash into chunks and add. Add remaining chicken broth. At this point, if you want a little more heat to the taste, add π teaspoon of the cayenne. Bring to simmer for 30 minutes. Do not allow to boil. Make a slurry of the cream and corn starch. Slowly stir into hot soup. Taste; adjust with kosher salt and/or fresh ground pepper.

This version is the Provencal style, leaving the vegetables in bite-size pieces. If you want a very elegant soup, then process the vegetables before adding the cream slurry. A cold pat of butter slowly stirred in will give a lovely sheen. This soup freezes well for up to a month and is always better the next day.

VARIATIONS:

- Add 1/2 cup of Parmesan cheese or a good smoked cheese to cream/cornstarch slurry before adding to soup.
- Brown your favorite sausage, drain and add to soup.
- Use a roasted vegetable stock for an all-vegetarian soup.
- Roasted nuts like walnuts, pecan, almond or pistachio make great garnish.
- Serve with cornbread.

Sweet Potato-Bacon Biscuits

2 cups Bisquick dough
1 cup mashed (baked) sweet potatoes
1 cup cooked crumbled bacon
1 tablespoon brown sugar

Cut in squares. Bake at 400 degrees for five minutes. Reduce heat to 350 degrees and bake 5 minutes until brown.

May ~ Farm Fresh News

Our friends at the National Honey Board conduct research, marketing and promotion programs to expand markets for honey both here and abroad.

Hollow Honey Beehive Bread

6-2/3 cups all-purpose flour
2 envelopes FLEISCHMANN'S RapidRise Yeast
1-1/2 teaspoons salt
1-1/4 cups water
1/2 cup honey
1/2 cup butter or margarine
2 large eggs
Egg Glaze, recipe follows
Honey Butter

In a large bowl, combine 2 cups flour, undissolved yeast, and salt. Heat water, honey, and butter until very warm (120 to 130°F). Gradually add to dry ingredients. Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add eggs and 1 cup flour; beat 2 minutes at high speed. Stir in enough remaining flour to make a soft dough. Knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes. Cover; let rest 10 minutes.

Divide dough into 20 equal pieces; roll each piece to 20-inch ropes. Twist 2 ropes together; pinch ends to seal. Repeat with remaining ropes. Invert a 2 1/2-quart ovenproof mixing bowl onto a greased baking sheet. Heavily grease the outside of bowl. Starting at rim of bowl, wrap twists around bowl, pinching ends to join each new twist. Continue wrapping twists until entire bowl is covered. Cover; let rise in warm, draft-free place until puffy, about 30 minutes.

Brush dough with Egg Glaze. Bake at 375°F for 25 to 30 minutes or until done. Shield with foil if necessary, to prevent excessive browning. Remove from oven; let cool on bowl for 15 minutes. Crumple a large piece of foil, about 2 to 3 feet, into a loose ball with the same diameter and depth of bowl. Place ball on wire rack. Carefully remove hive from bowl; place over ball to complete cooling. Serve with Honey Butter.

Egg Glaze: In a small bowl, combine 1 egg, large and 1 Tablespoon water. Stir until well blended.

HONEY BUTTER

1/2 cup butter or margarine, softened
2 Tablespoons honey
1 teaspoon freshly grated lemon peel

In a bowl, combine butter or margarine, honey and freshly grated lemon peel. Stir until well blended.

Spring ~ American Farmland Magazine

"If you're looking for a chef who uses real food, I'm your guy," says Chef Gil Logan of Louisville, Kentucky. By "real food," it's obvious that Logan means fresh, wholesome food from local farms. The former executive chef of thoroughbred racetrack Churchill Downs, Logan purchases as many ingredients as he can from local farmers. He is an ardent supporter of Kentucky Proud, a Department of Agriculture initiative that supports food grown and raised in the state. Kentucky farmers got a major boost when Logan made sure all the products on the menu for the Kentucky Derby, the nation's premier horse race, came from the Bluegrass State.

He gave American Farmland Trust this seasonal recipe for mushroom bisque using Kentucky-grown Shiitake (but feel free to use mushrooms from your own state).

Shiitake Mushroom Bisque

1/4 cup butter
1 teaspoon dry thyme
2 cups chopped Kentucky shiitake mushrooms
2 shallots, chopped
2 tablespoons all-purpose flour
1 (14.5 ounce) chicken broth
1 cup heavy cream
Salt and pepper to taste

Melt butter in large saucepan over medium-high heat. Sauté the shiitake mushrooms, thyme and shallots for about 5 minutes or until soft. Mix in the flour until smooth. Gradually stir in the chicken broth. Cook, stirring, 5 minutes or until thick and bubbly.

Stir in the heavy cream, season with salt and pepper. Heat through but do not boil.

June ~ Farm Fresh News

This recipe comes from the stars of our California farm video—Full Belly Farm. Full Belly products are marketed both wholesale and retail. They sell to restaurants, at farmers markets and through a Community Supported Agriculture project, or CSA. Both the CSA and the farmers markets forge a direct connection between the farm and the people who buy and eat its produce.

Asparagus New Potato Soup

1 bunch of asparagus
6 cups of vegetable stock, light chicken stock or water
Fresh thyme and bay
Two onions
1 pound new potatoes
Olive oil
1 cup cream

Snap off any rooty ends of the asparagus and simmer it in the stock with the thyme and bay. In a deep soup pot, stew the onions and potatoes in the olive oil and a little water. When the vegetables are very soft, strain the stock into the pot and bring it to a simmer.

Chop the asparagus roughly, reserving the tips to garnish the finished soup. Add the rest of the asparagus to the soup pot. Let the soup simmer for about 5 minutes until the asparagus is just tender. Do not overcook or you will lose freshness and color. Puree the soup and pass it through a sieve into a bowl. The soup should be dense but smooth. To get the right consistency, thin with additional water or stock. Finally, add the cream. Cut the reserved asparagus tips in half lengthwise and parboil for 1 to 2 minutes. Serve the soup garnished with the asparagus tips. It can be served chilled or heated.

August ~ Farm Fresh News

Nettle Meadow Goat Farm is a 50-acre 200-head goat dairy and cheese company in Thurman, New York just below Crane Mountain in the Adirondacks where happy goats = great cheese. Besides making several varieties of soft goat cheeses and semi-aged cheeses, the animal loving owners of Nettle Meadow also provide sanctuary for a number of retired and rescued farm animals which includes several young male goats looking for good homes!

Baked Apples with Raisins and Chevre

6 apples
10 ounces Nettle Meadow plain chevre
1/2 cup brown sugar
1/2 cup raisins
1/4 slivered blanched almonds, toasted
Core apples and spoon out circular cavity in center. Combine goat cheese and brown sugar and raisins. Spoon into hollowed apples and sprinkle with almonds. Bake uncovered at 375 degrees for 45 minutes

Fall ~ *American Farmland Magazine*

The three communities that won this year's America's Favorite Farmers Markets contest all share an appreciation for the taste and flavor of seasonal food grown fresh on nearby farms. Thanks to the market managers from this year's top markets—who each shared a recipe—you can put together a three-course meal that celebrates the bounty of locally grown!

Collingswood Farmers Market Collingswood, New Jersey

Spinach Salad

(Good first course served with a hearty bread)

1 cup walnuts, coarsely chopped
1 bunch market spinach, stems and coarse leaves discarded; leaves washed well
1 small red onion, thinly sliced and separated into rings
1/2 cup crumbled Gorgonzola
Optional: 2 chopped hard boiled eggs
Dress with oil and red wine vinegar in a rush, or try creamy basil dressing:

Creamy Basil Dressing

(Makes 1/2 cup)
1 cup loosely packed fresh basil
1 1/2 tablespoons chopped scallions or chives
2 tablespoons balsamic vinegar
1/4 teaspoon black pepper
Salt to taste
2 tablespoons mayonnaise
6 tablespoons extra-virgin olive oil
Blend all ingredients in a blender until smooth. Use right away, as basil loses its fresh green color quickly.

Williamsburg Farmers Market

Williamsburg, Virginia

(Courtesy of Chef Jason Wade, Corner Pocket Restaurant)

Peanut-crusting Tilapia with Roasted Pumpkin Hash and Honey

4-6 oz. tilapia fillets (may substitute other firm white fish such as catfish, trout or mahi mahi)
1 cup finely chopped peanuts
2 tablespoons olive oil
1 medium pumpkin, peeled, cleaned and diced
2 cups roasted vegetables of your choice (such as beets, rutabagas, turnips, carrots, parsnips, butternut or acorn squash, fennel or onion) prepared in the same manner as the pumpkin
2 strips bacon cut into thin strips
4 tablespoons locally produced honey
Salt and pepper to taste

Preheat oven to 375. Toss diced pumpkin in a stainless steel mixing bowl with 1 tablespoon olive oil and salt and pepper. Transfer pumpkin to a baking sheet and roast in oven until lightly browned and fragrant. Heat a non-stick skillet over medium-high heat. Dredge fish fillets in chopped peanuts. Add 1 tablespoon olive oil to hot pan and gently lay the peanut crusted fish in the hot oil. Do not turn fish until you can see a golden color around the edges; carefully flip fish over and transfer the sauté pan to the hot oven for 10 minutes. Heat another non-stick sauté pan over medium high heat. Brown the strips of bacon in a dry pan. Add 2 cups roasted vegetables and the roasted pumpkin to the bacon; heat until vegetable mixture is hot.
Serve the fish on top of the hash and garnish each plate with 1 tablespoon honey.

Persimmon Apple Crumble

Filling:

4 cups Pink Lady or Fuji apples [or another local variety], peeled and thinly sliced
2 cups medium ripe persimmons, peeled and thinly sliced
¾ cup sugar
2 tablespoons flour
1 teaspoon cinnamon

Mix all ingredients thoroughly and fill pie crust.

Crust:

1 1/2 cups flour
1 1/2 teaspoon sugar
2 tablespoons milk
1/4 teaspoon salt
1/2 cup oil

Mix flour, salt, and sugar in a 9 inch pie pan. Make a well in the middle and add milk and oil. Mix until all ingredients are blended. Form evenly to cover bottom and edges of pan.

Topping:

1 cup flour
1 cup sugar
1 stick of firm butter
3/4 cup chopped almonds

Cut butter into small pieces; blend in flour, sugar and almonds using hands until a course mixture is formed. Starting on the outside, crumble the topping over the filling until completely covered. Bake crust and filling for 25 minutes at 375 degrees using the center rack. Remove crumble from oven and add topping. Bake additional 25 minutes or until top is golden brown.

October ~ Farm Fresh News

Cutler Cranberry Farm is one of Wisconsin's largest family owned and operated cranberry farms. The family enterprise has now grown to include the Cranberry Discovery Center, which is a learning center teaching the history of cranberry farming in Wisconsin. In addition to selling sweet, tart cranberries for mail order, and growing for the Ocean Spray Cooperative, they also sell cranberry mulch to help your garden grow.

Cranberry Shortbread Bars

1 cup butter, softened
1/2 cup confectioners' sugar
1 egg
1 1/2 cups all-purpose flour
1/2 cup flaked coconut
1/8 teaspoon salt
1/2 cup granulated sugar
1/2 cup packed brown sugar
3 tablespoons cornstarch
12 oz fresh or frozen cranberries
1 cup unsweetened apple juice
1 cup chopped walnuts
2 squares white baking chocolate, melted

In a large bowl, cream the butter and confectioners' sugar, then beat in egg. In a separate bowl, combine the flour, coconut and salt; gradually add to creamed mixture. Set aside 1 cup of mixture for topping; spread remaining mixture into greased 9x13 baking dish and bake at 425 for 10 minutes.

Meanwhile, combine the sugars and cornstarch in a small saucepan, then stir in cranberries and apple juice and bring to a boil. Reduce heat and simmer for 5 minutes, stirring occasionally. Remove from heat and stir in walnuts. Spread cranberry mixture over crust, then sprinkle with reserved crumb mixture.

Bake for 20-25 minutes or until golden brown. Drizzle with white chocolate, cut into bars and serve. Makes 2 dozen bars.

December ~ Farm Fresh News

Award-winning Chef José Andrés is credited with bringing both traditional and avant-garde Spanish cuisine to the USA, and serves as Spain's unofficial ambassador in Washington, DC., where he has no less than five top restaurant concepts. A deeply imaginative chef, Andrés is passionate about local ingredients, and as the father of three girls, he also speaks on nutrition and food policy. He's the host and producer of PBS' Made in Spain, focusing on Spain's food, wine and travel. Enjoy making this light tapas dish, Champiñones al ajillo (White mushrooms with garlic and parsley, as made in Logroño), found in his cookbook Tapas: A Taste of Spain in America. White mushrooms with garlic and parsley, as made in Logroño.

Champiñones al ajillo

Serves 4

½ cup Spanish extra-virgin olive oil
1 pound white button mushrooms, cleaned
5 garlic cloves, peeled and thinly sliced
1 sprig fresh thyme
¼ cup Spanish manzanilla sherry
Salt to taste
White pepper to taste
1 Tablespoon finely chopped parsley

Heat 6 Tablespoons of the olive oil in a large sauté pan over a medium flame. Add the mushrooms and leave them in the pan until they brown on one side, 1 minute. Then shake the pan to turn the mushrooms over, and brown again for another minute. Repeat two or three times, until the mushrooms are brown all over. The mushrooms will release some water, but don't worry: if your pan is hot enough, the water will evaporate.

If the pan seems dry, pour in the remaining 2 tablespoons of olive oil. Add the garlic and thyme, and stir with a wooden spoon until the garlic is light brown, about 30 seconds. Be careful not to burn the garlic.

Pour in the sherry and cook until it almost completely evaporates, about 1 minute. At this point, the pan will contain a nice brown sauce of reduced sherry and mushroom juices. Season with salt and white pepper to taste, sprinkle the parsley on top, and serve immediately in the pan.