



# Rainbow Donuts 6/28

## The Harvest Week 7

### Small Share

Green Garlic  
Oregano or Sage  
Spring Onions  
Peppers  
Blueberries  
Eggs  
Corn

\*\*\*\*\*

### Medium

Same as small

### BAM

Spring Onions  
Blueberries  
Chives  
Eggs  
Corn

### Market Box

Green Garlic  
Chives  
Spring Onions  
Broccoli  
Eggs  
Cheese  
Recipe Kit  
Corn

4th of July is Next Week!

We are partnering with The Breadsmith, Niman Ranch, DeBragga New York Butchers AND The Piggery to put together a

## 4<sup>th</sup> of July BBQ Bundle

*Enough Food to Feed 16 People*

Here's What You'll Get:

- 2 Niman Ranch NY Strips Steaks (1.25lbs Each)
  - 2 Niman Ranch Rib Pork Chops (1lb Each)
  - 1 Pack of 4 Debragga Butcher Burgers
  - 1 Pack of Piggery Hot Dogs
  - 6 Hot Dog Breadsmith Buns
  - 4 Hamburger Breadsmith Buns
  - 2 lbs Potato Salad
  - 2 lbs Macaroni Salad
  - 1 lb Cole Slaw
  - 1 Dreyer Farms Large Pie
  - 1 Box of Cinnamon Apple Cider Donuts
  - 1 Gallon Wightman Farms Cider
  - 2 Throw Back Tote Bags...From the Original Stand
- \$185.00
- Call 908.276.1290 (deposit required)
- Must Order By 4:00pm Saturday, June 29<sup>th</sup>

## **Butter Braised Spring Onions with Lots & Lots of Chives/from Bon Appetit**

8 spring onions (about 1 pound), root ends trimmed  
your onions are bit larger than the ones in this recipe so you will need to use your judgement here and I recommend slicing them in half horizontally!

4 tablespoons (1/2 stick) unsalted butter, divided

Kosher salt & 1/4 cup chopped fresh chives

Lay onions in a large skillet, trimming top of dark greens to fit. Add 2 tablespoons butter and 1/2 cup water to skillet; season with salt. Bring to a boil; cover. Reduce heat and simmer onions until greens are soft and bulbs are almost tender, 15-20 minutes.

Uncover and cook, turning onions occasionally, until bulbs are completely tender, 5-8 minutes longer.

Transfer onions to a plate. Simmer cooking liquid in skillet until reduced to 2 tablespoons, about 1 minute. Remove from heat and whisk in remaining 2 tablespoons butter. Return onions to skillet and turn to coat with sauce. Top with chives.

## **Spring Onion Pie** (myrecipes.com)

- 10 thin spring onions
- 4 large eggs, lightly beaten
- 1 cup milk
- 3/4 cup all-purpose flour

- 1 teaspoon kosher salt
- 1/2 teaspoon baking powder
- 1/4 teaspoon freshly ground pepper
- 2 tablespoons butter
- 5 ounces (Gruyere) cheese, cubed

Preheat oven to 400°. Heat a 10-inch cast-iron skillet in oven. Trim roots from onions; discard roots. Chop half of onions.

Whisk together eggs and milk. Sift together flour and next 3 ingredients. Gradually add flour mixture to egg mixture, whisking rapidly 20 to 30 seconds or just until blended and smooth. (There should be no lumps.) Stir in chopped onions. Let stand 5 minutes. Carefully remove hot skillet from oven. Add butter, and let stand until butter is melted. Place skillet over medium-high heat, and pour batter into skillet. Arrange cheese and remaining whole onions over top of batter, and cook 30 seconds to 1 minute or until edges begin to set.

Transfer skillet to top oven rack, and bake at 400° for 22 to 25 minutes or until golden brown and puffy. (Outside edges should be crispy, and inside texture should resemble a custard popover. Pie will deflate quickly.) Serve immediately.

## **Spring Garlic Fried Eggs**

Author: The Crepes of Wrath

Prep time: 10 MINS

Cook time: 10 MINS

Total time: 20 MINS

Serves: 1 for breakfast

Fried eggs with spring garlic cooked in a browned butter sauce.

## **Ingredients**

- 2 eggs
- 1 tablespoon unsalted butter
- 1 large stalk spring garlic, thinly sliced
- 2 scallions, thinly sliced
- red pepper flakes, for garnish
- ground black pepper, for garnish

## **Instructions**

1. Heat your butter in a small pan over medium-high heat, stirring frequently, until the butter has browned and has a nutty aroma, about 3-5 minutes. Add in your sliced spring garlic and scallions and reduce the heat to medium. Stir until both vegetables have wilted and caramelized a bit, another 3-5 minutes.
2. Crack your eggs into the pan and cook until the whites are set and the yolks are still wiggly. You can poke the eggs whites around the yolks to speed up the cooking process. Work a spatula around the eggs to loosen them, then place onto a plate and garnish with red pepper flakes and freshly ground black pepper.

## **Spring Garlic Pancakes**

**Yield:** Makes 4 pancakes

**Tools** Whisk

**Ingredients** 2 cups all-purpose flour 1 cup warm water Vegetable oil or peanut oil 1 cup chopped spring garlic Salt

**Ingredients for the**

**Dipping Sauce** 1/4 cup light soy sauce 1 tablespoon seasoned rice vinegar 1/2 teaspoon sesame oil 1 teaspoon sugar 1/2 teaspoon minced ginger 1 garlic clove, minced

**Instructions**

1. Make the dipping sauce by whisking together all the ingredients in a bowl. Set aside.
2. To make the pancakes, add the flour to a large mixing bowl and slowly stir in the warm water to form the dough. Transfer to a floured board and knead three or four times.
3. Using a knife, cut the dough ball into four even pieces.
4. Take one ball of dough and, using a rolling pin, begin to roll into a circle. Sprinkle the spring garlic over the dough and fold it into itself three or four times, until there is spring garlic evenly placed throughout the dough ball. Roll out again into a circle about 8 inches in diameter. Repeat with remaining dough.

**Seared Salmon with Corn & Blueberry Salsa**

ingredients

**Corn & Blueberry Salsa**

- 1 shallot, thinly shaved
- 2 red fresno peppers, thinly sliced
- 1 cup fresh blueberries
- 2 ears corn, kernels sliced off
- 2 tbsp white wine vinegar
- 1/2 cup extra virgin olive oil
- 1 tbsp chopped garlic chives (or regular chives)
- 1 tsp chopped tarragon
- 1/2 tsp kosher salt

**Seared Salmon**

- 4 salmon filets, skin-on (4-6 oz each)
- kosher salt, as needed
- safflower oil, as needed (or any other neutral oil)
- arugula, for serving

instructions

**Corn & Blueberry Salsa**

1. Combine the shaved shallots, red fresno peppers, blueberries, and corn kernels in a mixing bowl.
2. Stir in the vinegar and olive oil until fully incorporated.
3. Mix in the garlic chives, tarragon, and salt.
4. Let sit for about 30 minutes at room temperature to marinate.

**Seared Salmon**

1. Let the salmon sit out at room temperature for about 15 minutes. Season with a generous pinch of salt on both sides.
2. Heat a large sauté pan over medium heat. When the pan is hot, add enough oil to evenly coat the bottom 3. When the oil is hot, place the salmon skin-side down into the pan.

Cook for about 4-5 minutes, or until the skin is crisped.

4. Gently flip the salmon. Finish cooking the salmon for 3-4 minutes, or to 125F, for medium rare.
5. Transfer the salmon to a plate and let rest for 8 minutes.
6. Serve the salmon on a bed of arugula with the corn & blueberry salsa over top.

**Scrambled Eggs With Green Peppers & Mushrooms**

**SERVES**2

From [www.thektchn.com](http://www.thektchn.com)

**INGREDIENTS**

- 2 teaspoons olive oil
- 1/4 cup diced yellow onion
- 1/4 cup diced green bell pepper
- 1/2 cup diced button mushrooms
- 1 cup arugula or baby spinach
- 4 large eggs, beaten
- 1/4 cup shredded sharp cheddar
- Hot sauce, optional

**INSTRUCTIONS**

Warm the olive oil in a nonstick skillet over medium heat. Add the onion, green bell pepper, and mushrooms. Cook, stirring occasionally, until the vegetables begin to soften, about 5 minutes.

Add the arugula and continue cooking, just until it begins to wilt. Add the eggs and stir. Using a spatula, push the eggs

from the sides of the skillet into the center. When curds begin to form, add the cheddar and continue to move the eggs around the pan until just set.

Serve immediately, with hot sauce if you like.

## HERE ARE THE ANSWERS TO LAST WEEK'S BLUEBERRY TRIVIA...

### Answer key:

- 1) True 2) d 3) True 4) c  
5) False, North American continent  
6) b 7) c 8) a

Here is some corn trivia!

Corn is called maize by most countries, this comes from the Spanish word 'maiz'.

Corn is a cereal crop that is part of the grass family.

An ear or cob of corn is actually part of the flower and an individual kernel is a seed.

On average an ear of corn has 800 kernels in 16 rows. Corn will always have an even number of rows on each cob.

### Sweetcorn & Spring Onion Fritters

A delicious snack on their own or enjoy them with some salad or soup!

Makes 4-5 Fritters, approx 23p each.

60g self raising flour  
40ml milk  
1 egg  
1 small can sweetcorn, drained

2 spring onions, finely chopped  
Salt & Pepper  
Add the sweetcorn & spring onion & mix well.

### EGG SALAD WITH KALAMATAS, RED ONION, AND FRESH OREGANO

Three Many Cooks

Serves: 4

#### INGREDIENTS

- 6 large boiled eggs, coarsely chopped
- 1/4 cup minced red onion
- 1/4 cup extra-virgin olive oil
- 1/4 cup pitted Kalamata olives, coarsely chopped
- 2 teaspoons minced fresh oregano leaves
- 1 tablespoon lemon juice
- Salt and ground black pepper

#### INSTRUCTIONS

1. Mix all ingredients, including salt and pepper to taste, in a medium bowl and serve.

### Pasta With Butter, Sage And Parmesan

#### Mark Bitman

(if you have never tried a butter and sage recipe, you are truly in for a special treat!!!)

Like many simple sauces, this one takes less time to prepare than the pasta itself. Fresh, fragrant sage is my choice of herb here, but substitutions abound. Try parsley, thyme, chervil or other green herbs in its place. Or cook minced shallot or onion in the butter until translucent. You may even toast bread crumbs or chopped nuts in the butter, just until they're lightly browned. In any case, finish the sauce with a sprinkling of Parmesan, which not only adds its distinctive sharpness, but also thickens the mixture even further.

#### INGREDIENTS

- Salt and freshly ground black pepper
- 1 pound cut pasta, like ziti
- 2 tablespoons butter
- 30 fresh sage leaves
- 1 cup or more freshly grated Parmigiano-Reggiano

#### PREPARATION

1. Bring a large pot of water to a boil; salt it. Cook pasta until it is tender, but not quite done.
2. Meanwhile, place butter in a skillet or saucepan large enough to hold the cooked pasta; turn heat to medium, and add sage. Cook until butter turns nut-brown and sage shrivels, then turn heat to a minimum.
3. When the pasta is just about done, scoop out a cup of the cooking water. Drain the pasta. Immediately add it to the butter-sage mixture, and raise heat to medium. Add 3/4 cup of the water, and stir; the mixture will be loose and a little soupy. Cook for about 30 seconds, or until some of the water is absorbed and the pasta is perfectly done.
4. Stir in cheese; the sauce will become creamy. Thin it with a little more water if necessary. Season liberally with pepper and salt to taste, and serve immediately, passing more cheese at the table if you like.