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Summer Squash Ribbon Salad

Ingredients:

3 tablespoons whole almonds
1 pound summer squash, mixed varieties
2 1/2 tablespoons olive oil
2 tablespoons fresh lemon juice
1 minced garlic clove
Kosher salt and freshly ground black pepper
Baby arugula

Preparation:

Roast almonds and coarsely crush. Meanwhile, trim the ends off summer squash. Using a vegetable peeler, thinly slice the squash lengthwise into strips and transfer to a large bowl.

In a small bowl, whisk together extra-virgin olive oil, fresh lemon juice, minced garlic clove, and kosher salt to taste. Pour dressing over squash. Let stand for a few minutes, then add a few handfuls of baby arugula. Shave a little Pecorino over the squash and toss.

Season with kosher salt and freshly ground black pepper. Garnish with the crushed almonds.

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Zucchini Parmesan Crisps

Recipe from tigerhype.com

Ingredients:

2 medium zucchini (about a pound total)
1 tablespoon olive oil
1/4 cup freshly grated Parmesan (3/4 oz.)
1/4 cup plain dry bread crumbs
1/8 teaspoon salt
Freshly ground pepper

Preparation:

Preheat oven to 450 degrees. Place a sheet of parchment paper on a baking sheet.

Slice the zucchini into 1/4 thick rounds. In a medium bowl, toss the zucchini with the olive oil. In a small bowl, combine the Parmesan, bread crumbs, salt, and a few turns of pepper. Dip each round into the Parmesan mixture, coating it evenly on both sides, pressing the coating on to make it stick, and then place in a single layer on the baking sheet.

Bake the zucchini rounds until browned and crisp, 25 to 30 minutes. Remove with a spatula. Serve immediately.

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Zucchini Lasagna

Recipe Adapted from Epicurious.com

Ingredients

2 1/2 tablespoons extra-virgin olive oil
1 small onion, finely chopped
4 cloves garlic, minced
1/2 teaspoon red pepper flakes
1 pound ground turkey or ground beef or Italian sausage
1 (28-ounce) can diced tomatoes
4 tablespoons chopped fresh oregano
4 tablespoons chopped fresh basil
4 tablespoons chopped fresh parsley
2 teaspoons salt
2 medium zucchini
1 cup whole milk ricotta cheese
Zest of 1/2 lemon
1/4 teaspoon freshly ground black pepper
1/2 cup freshly grated Parmesan cheese (2 ounces)

Preparation

1. Preheat the oven to 375° F.
2. In a large straight-sided skillet set over medium heat, heat 2 tablespoons of the oil. Add the onion, garlic and red pepper flakes and cook, stirring occasionally, until the onion is tender, about 8 minutes. Add the turkey, beef, or sausage and cook, breaking up any large pieces with the back of a spoon, until brown throughout, 3 to 4 minutes. Add the tomatoes and bring the mixture to a boil. Reduce the heat to medium and simmer until it thickens, about 20 minutes. Stir in 2 tbsp of oregano, 2 tbsp basil, 2 tbsp parsley and salt. Let cool.
3. Slice the zucchini lengthwise into thin strips (about 1/8 inch thick). Put 5 or 6 zucchini slices, overlapping slightly, in the bottom of an 8 x 8-inch baking dish. Top with 1 cup of the sauce. Mix ricotta with lemon zest and remaining basil, oregano, and parsley and season with salt & pepper. Dot the zucchini with 1/4 cup of the ricotta. Repeat the layers twice, alternating the direction of the zucchini. Top with the remaining zucchini and brush the top with the remaining 1/4 teaspoon oil. Dot with the remaining 1/4 cup ricotta and season with the black pepper. Top with the Parmesan cheese.
4. Bake for 50 to 60 minutes, until the lasagna is bubbling and the top is brown. Let stand for 10-15 minutes before serving.

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Recipe for Week of June 4th, 2010

Summer Squash Tortilla Pizza

- 1 large burrito size flour tortilla
- 1 zucchini or yellow crookneck squash, sliced in half moons about $\frac{1}{4}$ inch thick
- 1 cup Monterey jack cheese, shredded
- 4 T. olive oil
- 1/2 pint of cherry tomatoes, halved
- Zest of $\frac{1}{2}$ lemon (optional)
- 1/4 cup goat cheese, crumbled
- 1 T. fresh marjoram with blossoms
- Salt & pepper to taste

Preparation

Preheat oven to 375 degrees. Brush both sides of the tortilla with 3 T. olive oil and sprinkle with salt and pepper. Place on a baking sheet and cook until edges are golden and tortilla is crisp.

While the tortilla is baking, add the remaining olive oil to a small skillet and sauté the squash with the lemon zest and salt & pepper until just slightly tender, & set aside. Turn your oven onto broil.

Now, top the warm tortilla from the oven with the shredded Monterey jack cheese, then add the sautéed squash, halved cherry tomatoes, and finally the goat cheese. Return your tortilla pizza to the oven, and watch it, don't leave or we all know what happens.. until the jack cheese melts and gets a bit bubbly.

Remove the pizza from the oven, and sprinkle with fresh marjoram and marjoram blossoms. Slice like pizza and serve!

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Stuffed Pattypan Squash with Quinoa and Fresh Corn

Recipe from ohmyveggies.com

Ingredients:

cooking spray or oil mister
6-8 pattypan squash (6 if they're large, 8 if they're smaller)
1 tbsp. olive oil
1 small onion, diced
1 garlic clove, minced
2 tsp. cumin
1/2 tsp. dried oregano
1 small tomato, diced
2 ears of corn, kernels removed
1/2 c. vegetable broth
1 1/2 c. cooked quinoa (which is about 1/2 c. uncooked)
1 chipotle pepper (the canned kind), seeds removed and chopped + 1-2 tsp. adobo sauce from can
salt and pepper to taste
3/4 c. crumbled queso fresco, divided
1/4 c. coarsely chopped cilantro

Instructions

1. Preheat oven to 350 degrees. Spray a 9 x 11 baking dish with an oil mister or cooking spray.
2. First, hollow out your pattypan squash. Slice off the stem end, then scoop out most of the insides. You want about a quarter-inch shell remaining. Discard as many of the seeds as you can, but reserve 1/2 cup of chopped squash insides. Place the pattypan squash in the baking dish.
3. Heat oil in a large skillet over medium-high heat. Add onion and garlic; cook until softened, about 5 minutes. Stir in cumin and oregano and cook 1 minute more. Add reserved squash insides, tomato, and corn and saute for 3 minutes, then stir in broth, quinoa, chipotle pepper, and adobo sauce (1 teaspoon for a milder filling, 2 teaspoons or more if you want it spicier). Continue to cook on medium-high heat until most of the liquid has evaporated. Remove from heat and stir in 1/2 cup of queso fresco and salt and pepper to taste.
4. Divide filling into pattypan squash. Pour 1/4 cup of water into bottom of baking dish, then cover dish with aluminum foil. Bake for 20 minutes or until squash is tender. Top with cilantro and remaining queso fresco before serving.

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Grilled Summer Squash & Potato Salad

Recipe Adapted from Epicurious.com

Ingredients

3 tablespoons fresh lemon juice

2 tablespoons minced shallot

1 tablespoon plus 2 teaspoons chopped fresh marjoram

1 teaspoon finely grated lemon peel

1/4 cup plus 3 tablespoons extra-virgin olive oil

1/2 pound small fingerling potatoes (such as Russian Banana), unpeeled, halved lengthwise

1 pound assorted summer squash (such as zucchini and yellow crookneck), cut on diagonal into 1/3-inch-thick slices

1 large red bell pepper, cut into 1-inch-wide strips

Preparation

Whisk lemon juice, shallot, 1 tablespoon marjoram, and lemon peel in small bowl. Gradually whisk in 1/4 cup oil. Season vinaigrette with salt and pepper.

Prepare barbecue (medium heat). Place potatoes in large saucepan; add enough cold salted water to cover. Boil just until almost tender, about 4 minutes. Drain. Transfer potatoes to medium bowl. Add 1 teaspoon marjoram and 1 1/2 tablespoons oil; sprinkle with salt and pepper and toss to coat.

Combine squash and bell pepper in large bowl; add remaining 1 teaspoon marjoram and 1 1/2 tablespoons oil. Sprinkle with salt and pepper; toss to coat.

Arrange potatoes in single layer in grill basket. Grill until tender, 5 minutes per side. Transfer to large bowl. Grill squash and bell pepper until tender, turning occasionally, 10 minutes. Transfer squash to bowl with potatoes. Cut bell pepper into 1-inch pieces; add to vegetables. Add vinaigrette; toss. Season with salt and pepper. Serve warm or at room temperature.

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Crispy Fried Zucchini Flowers

Recipe from Bonappetit.com

Ingredients:

Vegetable oil for frying
1 ¼ cup all purpose flour
1 teaspoon kosher salt
12 oz. chilled Pilsner, lager style beer, or club soda
3 stiffly beaten egg whites
Zucchini blossoms (stamens removed; about 2 dozen)
Sea Salt

Preparation:

In a large pot, heat about 2" oil over medium heat until a deep-fry thermometer reads 350 degrees. Combine flour and salt in a medium bowl, then whisk in cold beer until almost smooth (some small lumps are welcome - don't over-whisk or you'll deflate the batter). Fold egg whites into batter. One by one, dredge the blossoms in the batter, gently shaking off the excess; gently lay them in the oil, without crowding the pan. Cook, flipping once with a slotted spoon, until golden brown, 2-3 minutes total. Transfer to paper towels to drain. Sprinkle with sea salt and devour while hot.