

## BUSH PRAIRIE FARM NEWS 6/10/2013

### From the Farm

We have had planting parties for the last two weekends. This weekend, three co-workers plus one of their sons helped us plant winter squash, peppers, eggplant, and beans. The weekend before, one of our subscribers (Char) and two good friends from our old Ken Lake neighborhood planted corn and potatoes and weeded the dry onions. We welcome help with planting and weeding most any weekend. It's a great way to de-stress and have wonderful, low-key conversation with fellow planters and weeders.

This week's box features another seasonal green-- swiss chard. We have given kale to you who indicated you do not want chard. We grow our vegetables without pesticides so there may be a few more 'holes' and even a small slug or two—both signs that the vegetable has not been chemically treated 😊.

The steers have returned – 3 black angus yearlings from the Colvin Ranch to munch down the best pasture grass we've had in the four years we have been here. There is something about looking out the window and seeing a steer grazing that just completes the whole farm picture. We also have had another rooster turn up in our flock of laying hens. He has been put outside to free roam and if you know of someone who wants a rooster, he is free!

### What's in the Box?

Broccoli	Swiss Chard	Zucchini or Cucumber
Carrots	Salad turnips/radishes	
Leaf Lettuce	Green Onions	
Tatsoi	Red Bok Choi (regular)	

### Spotlight on Swiss Chard

We plant several varieties and have included them in your 'bouquet'. A great website to refer to for storage and preparation of fresh vegetables is [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org). Store swiss chard unwashed in a plastic bag in the refrigerator crisper. It's fat free, cholesterol free, a good source of magnesium, and an excellent source of vitamin A and C.

Chard has a slightly bitter taste and is used in a variety of cultures around the world including Arab and Mediterranean cooking. Fresh, young chard can be chopped up and used raw in salads. Mature chard leaves and stems can be boiled, steamed, or sautéed. Its bitterness fades with cooking leaving a refined flavor that is more delicate than cooked spinach.

### Simple Swiss Chard Recipe

2 tablespoons extra-virgin olive oil  
1 bunch Swiss chard, stalks discarded, leaves cut into wide ribbons  
2 – 4 Tbsp. balsamic vinegar  
salt and pepper to taste

Heat the olive oil on a large skillet over medium heat. Stir in the garlic and cook until tender and aromatic, about 2 minutes. Add the Swiss chard and balsamic vinegar; cook and stir until the chard is wilted and tender, about 5 minutes. Season with salt and pepper and serve. Serves 2.

From AllRecipes.com.

**Chard Cheese Bake (Vegetarian Main Dish)**

1 lb. swish chard, boiled or steamed for 3 minutes

1 c. milk

1 c Swiss cheese shredded

1 cup bread (cubed)

½ cup green onions

¼ c. Parmesan grated cheese

Combine all ingredients. Pour into an oiled 2-quart baking dish Cover and bake at 375 degrees until set, 25-30 minutes

Serves 4. Cut ingredients in half to serve two. HINT: Tastoi, bok choy, and/or kale work well as a substitute for all or some of the chard.

Adapted from Simply in Season by Mary Beth Lind and Cathleen Hockman-Wert.

Take a look at [www.bushprairiefarm.com](http://www.bushprairiefarm.com) under the CSA tab for pictures of the vegetables in this week's box.

Thank you for returning your empty box on next week's delivery day.