

## BUSH PRAIRIE FARM NEWS 6/18/2015

### From the Farm

We planted the winter squash last weekend and have one more one and done crop to plant this weekend—corn. Our super weeder daughter was home and cleaned up the onion beds for the second time this year. Lettuce and bok choy continue to go strong and this week, we introduce swiss chard for this season. The pole bean supports are in place; the tomatillos and tomatoes are strung up; and the potatoes are buried. All is well here.

### What's in the Box?

Sugar and snow peas

Swiss Chard

Carrots

Buttercrunch Lettuce

Tatsoi

Oregano

Flashy Trout Lettuce

Bok Choy

Green Onions

Red leaf lettuce\*

Zucchini

New potatoes\*

\*Regular box only

### About Swiss Chard

Swiss chard is simply beet greens without the beets. The leaves are more tender than kale, but hold up better in cooking than spinach. 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. I usually cook the stems a bit longer than the leaves.

### Lemon Garlic Swiss Chard

*Cooking Light January 2013*

1 tablespoon extra-virgin olive oil

1 tablespoon minced garlic

12 cups Swiss chard, chopped (about 10 ounces)

2 tablespoons water

1 1/2 teaspoons fresh lemon juice

1/8 teaspoon freshly ground black pepper

4 teaspoons shaved fresh Parmesan cheese

Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add garlic; sauté 2 minutes or until garlic begins to brown. Add Swiss chard and 2 tablespoons water to pan; cook 3 minutes or until chard wilts. Stir in lemon juice and pepper. Sprinkle with cheese.

VARIATION 1 Quick Caramelized Onions: Heat a large nonstick skillet over medium heat. Add 1 teaspoon olive oil; swirl to coat. Add 2 cups sliced yellow onion and a dash of baking soda; cook 10 minutes or until browned. Add 12 cups chopped Swiss chard and 2 tablespoons water to pan; cook 3 minutes or until chard wilts. Stir in 2 teaspoons sherry vinegar and 1/4 teaspoon freshly ground black pepper. Serves 4 (serving size: about 1/2 cup) CALORIES 64; FAT 1.4g (sat 0.2g); SODIUM 253mg

VARIATION 2 Golden Raisins and Pine Nuts: Heat a large nonstick skillet over medium heat. Add 3 tablespoons pine nuts to pan; cook 3 minutes or until browned, stirring frequently. Remove nuts from pan. Add 1/4 cup golden raisins and 1/4 cup water to pan; cook 1 minute. Add 12 cups chopped Swiss chard; cook 3 minutes or until chard wilts. Stir in 2 teaspoons white wine vinegar. Sprinkle with pine nuts. Serves 4 (serving size: about 1/2 cup) CALORIES 90; FAT 4.6g (sat 0.4g); SODIUM 231mg

VARIATION 3 Warm Bacon Vinaigrette: Heat a medium nonstick skillet over medium heat. Add 2 slices applewood-smoked bacon to pan; cook until crisp. Remove bacon from pan; crumble. Remove pan from heat. Add 2 teaspoons cider vinegar and 1/4 teaspoon freshly ground black pepper to pan, stirring with a whisk. Pour vinegar mixture over 6 cups chopped Swiss chard; toss. Serves 4 (serving size: about 1/2 cup) CALORIES 39; FAT 2.4g (sat 0.9g); SODIUM 225mg

### **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.**