

BUSH PRAIRIE FARM NEWS 6/16/2016

From the Farm

We have ALMOST finished planting our 'one and done' crops. These include peppers, tomatoes, winter squash, corn, and flowers. These few weeks are our very busiest on the farm---planting and harvesting, weeding, and tying up tomatoes. We have an awesome volunteer, Olivia, who came Monday evening and helped with the tomatoes. This is a 'fun' activity—different than planting and weeding. We run a string parallel with the ground near the base of the tomato and another one about 5 feet above the tomato. Then we tie a string from the bottom string to the top string and clip the tomato with a plastic tomato clip to the string running up and down. This provides support to the tomato as it grows up. We also trim the bottom branches to allow more plant energy to go to tomato production. What is really great about this activity is that it is in our hoop houses—a great job for rainy days. New to the box this week is swiss chard and 'Asian greens'. The Asian greens are mizuna and red mustard---use these quickly in salads or stir fries. They add a delicious, snappy taste to any dish.

What's in the Box?

Swiss Chard	Romaine Lettuce	Bok Choy
Zucchini	Buttercrunch Lettuce	New Potatoes
Asian Greens	Red Leaf Lettuce	Sugar Peas
Garlic Scapes	Napa Cabbage	
Green Onions	Tatsoi	

About Swiss Chard

We plant several kinds—see if you can figure out what kind you have. Five Color Silverbeet, Golden, and Magenta Sunset. A great website we'll use a lot for our newsletters is www.fruitsandveggiesmorematters.org. Store swiss chard unwashed in a plastic bag in the refrigerator crisper. Every bit of it is edible. The leaves cook quicker than the stems. And, it can be eaten raw. Eat soon! It's fat free, cholesterol free, a good source of magnesium, and an excellent source of vitamin A and C.

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

Take a look at 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.