

Week 12
B Week

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**TUESDAY
SHARES**

Swiss Chard

Cucumbers- Poona Kheera (yellowish brown) and Slicing

Tomatoes- Black Prince (dark purple), Amish Paste (long striped), Brandywine (Pinkish), Cherokee Purple, Wisco55/Celebrity/New Girl (small red slicing), Amish Paste (long red), Valencia (medium orange), Red Grape, Yellow Pear, Yellow Chery. Sweet Cherry, Sweet Grape, and/or Orange Cherry. There are more varieties, too.

Eggplant- Pingtung Long (lavender color from Taiwan) or Black Beauty (deep purple Italian)

Summer Squash: Zucchini, Yellow Crookneck, Straightneck and/or Patty Pan (saucer shape)

A little bit of this!

We have some veggies that are just starting or ending and we didn't have enough to go around, so I may have tucked it in your bag.

Fresh Red Onion

They won't keep unless you continue drying them until the tops turn brown, but you can cut the tops off and use fresh in the next several days.

Garlic

Peppers- Green Bell and Italian Frying

Herb: Basil and Parsley

Farmer's Field Notes

Week 12 already. Today, being my first day back from my annual "wilderness" vacation, I was greeted with an abundance from the garden. On my vacation, as I watched bald eagles teach their young to hunt for food and listened to their screech of excitement when they found their very own meal, I couldn't help but connect that screeching sound to the time I had some young children pull carrots out of the ground. They screeched, they gasped, they oohed and aahed

and then they ate. And ate and ate. They asked for more vegetables...any vegetable they didn't like at home they found a new love for because they picked it themselves. Being fed when we are hungry is important, but understanding where that food comes from is what makes it special. You know where your food is coming from, but as you unpack your bags, I hope that you screech with excitement as you think of all the wonderful things you will do with it. Sure, picking up a weeknight

dinner at a restaurant might be easy, but does it make you screech with excitement. Does it feed your hunger?

Dayna

Chard and Chickpea Soup

2-3 tsp. olive oil
1 onion, diced
1 green bell pepper, seeds and stem removed and diced
2 tsp. minced garlic
2-3 links pre-cooked turkey or chicken sausage (my suggestion is to use Andouille)
1/2 tsp. dried thyme
1 can chickpeas (garbanzo beans) rinsed with cold water
6 cups chicken stock
1 can diced tomatoes with juice +1 can water (or substitute with FRESH tomatoes)
1 bunch large chard leaves, thick part of stem removed and sliced into ribbons
freshly grated Parmesan cheese for serving (optional)

Heat the olive oil in a heavy soup pot, then add diced onion and diced green bell pepper (if using) and saute for 3-4 minutes, until vegetables are just starting to soften. Add the minced garlic and cook about 1 minute more. While onion and pepper cooks, dice the sausage into small pieces. After garlic has cooked a minute, add the sausage and dried thyme and cook a few minutes more.

Drain chickpeas and rinse well with cold water, then put chickpeas into soup pot. Then add chicken stock, tomatoes and juice, and 1 can water. Let the soup come to a simmer while you chop the chard. Cut away the thicker part of chard stem, cut chard leaves in half along the stem, then pile up chard leaves and cut into thin ribbons.

Add chard to the soup, bring to a low simmer and cook soup for 1 1/2 to 2 hours, or until chard is starting to break apart and soup flavors are well blended. Serve hot, with freshly grated Parmesan cheese to sprinkle on top if desired. This soup will freeze well.

Adapted From: <http://www.kalynskitchen.com/2010/09/recipe-for-chard-and-chickpea-soup-with.html>

Poona Kheera Cucumber

Truly one of the strangest cucumbers you'll probably ever see. Poona Kheera is an Indian heirloom. It bears bulging fruits that ripen to brown, making them look like potatoes! The fruits not only look unique but also have a very nice flavor when they are yellow or brown, sugary sweet, with crisp and juicy flesh.

Eggplant

The raw fruit can have a somewhat bitter taste, but becomes tender when cooked and develops a rich, complex flavor. Many recipes advise salting, rinsing and draining of the sliced fruit (known as "degorging"), to soften it and to reduce the amount of fat absorbed during cooking, but mainly to remove the bitterness of the earlier cultivars. Some modern varieties—including large, purple varieties commonly imported into western Europe—do not need this treatment. The fruit is capable of absorbing large amounts of cooking fats and sauces, making for very rich dishes, but salting reduces the amount of oil absorbed. Eggplant, due to its texture and bulk, can be used as a meat substitute in vegan and vegetarian cuisine.

The fruit flesh is smooth, as in the related tomato. The numerous seeds are soft and edible along with the rest of the fruit. The thin skin is also edible.

Eggplant is used in the cuisine of many countries.

Nutritionally, eggplant is low in fat, protein, and carbohydrates. It also contains relatively low amounts of most important vitamins and minerals.

1 medium cucumber
Salt
1 Tablespoon unsalted butter
1 to 2 teaspoons dill

Sautéed Cucumbers

Remove about half the skin leaving strips of skin still on the cucumber. Cut the cucumber in half lengthwise and scoop out the seeds with a spoon. Then cut each half into four wedges, then crosswise into 2 inches sticks. Bring a pan of salted water to a boil and then add the cucumbers. Simmer them in the water for about 3 to five minutes. This will blanch the vegetable, allowing it to stay crisp.

Melt the butter in a skillet over medium heat. Remove the cucumbers from the boiling water and add them to the skillet. Add the dill and cook for about one minute until everything is hot. Don't cook them much longer than this or the cucumbers will turn bitter.

Tomato, Eggplant, Zucchini Bake w/ Garlic and Parmesan

3 medium zucchini (about 1 1/2 pounds)
1 small/medium eggplant (about 3/4 pound)
1 pint cherry or grape tomatoes
1 tablespoon extra virgin olive oil
4 large cloves garlic, minced
1/4 teaspoon kosher salt
1/4 teaspoon ground black pepper
2/3 cup freshly grated parmesan cheese, divided (about 2 1/2 ounces)
1/4 cup chopped fresh basil, divided
1/4 cup chopped fresh parsley, divided

Preheat the oven to 350 degrees F. Lightly grease a deep 9x9-inch baking dish or similar 3 1/2-quart casserole dish with cooking spray.

Quarter the zucchini then cut into 1/2-inch slices and place in a large mixing bowl (each piece of zucchini should be roughly 1/2-3/4 inches in size). Next, slice the eggplant into 1/4-inch rounds, then stack the rounds and cut into roughly 3/4-inch pieces. Add to the bowl with the zucchini. Half the cherry tomatoes and add to the bowl. Drizzle the cut vegetables with the olive oil, then add the garlic, salt, pepper, 1/3 cup of the Parmesan cheese, and half of the basil and parsley. Toss gently to combine.

Transfer the vegetables to the prepared baking dish. Bake for 25 minutes, cover the pan with aluminum foil, then continue baking for 10-20 additional minutes, until the vegetables are tender. Sprinkle with the remaining Parmesan cheese, basil, and parsley. Serve warm.

Taken From: <http://www.wellplated.com/tomato-eggplant-zucchini-bake/>

“BLT” Pasta Salad

Cook pasta in plenty of salted boiling water, reserve a 1/3 cup of the pasta water before draining.

Meanwhile in a large skillet heat two tablespoons oil over medium-low heat, add garlic and saute until fragrant, add Swiss chard and tomatoes, saute until Swiss chard begins to wilt. Season with salt and pepper. Stir in half & half and pasta water, cook about 2 more minutes, remove from heat. Add the pasta to a large mixing bowl along with the Swiss chard/tomatoes, Parmesan cheese, chopped bacon and basil. Toss well. Serve with additional Parmesan.

Taken From: <http://www.cinnamonspiceandeverythingnice.com/bacon-swiss-chard-and-tomato-penne-blt-pasta/>

8 ounces penne pasta
olive oil, for sauteing
4 cloves garlic, minced
1 big bunch Swiss chard, rough chopped
2 cups grape tomatoes, cut in half
kosher salt and fresh black pepper
1/2 cup half & half
1/3 cup Parmesan cheese, grated, plus more for serving
12 ounces thick-cut applewood smoked bacon, cooked and chopped into bite-size pieces
2 tablespoons fresh basil or parsley, chopped