

Week 2  
B Week

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**TUESDAY  
SHARES**

Mesclun Mixed Salad Greens
Swiss Chard
Spinach
Kale
Asparagus
Garlic Scapes
Rhubarb
Herb: Lovage

**HOPES FOR NEXT WEEK**

**NO GUARANTEES, BUT WE HOPE TO HAVE  
BEET GREENS, KALE, LETTUCE, AND  
MORE SCAPES IN YOUR SHARE NEXT  
WEEK.**

## Farmer's Field Notes

Enjoy the taste of spring's end with an array of greens. Many of the veggies in this weeks share may not be around next week if the heat continues, so savor them while you can. Once the heat kicks up, veggies such as spinach, lettuce, and radishes stop growing. Swiss chard, kale, and a few other greens will take center stage during the heat.

This week, you have both in your share. Please take the time to learn more about these super foods. They are so versatile, I rely on it for many summer meals. You will be receiving them quite a bit, so get creative. More recipes are on our Pinterest page, too, so be sure to check them out. We do not spray herbicides or pesticides on our

crops, so some critters may also have enjoyed a bit of your share. I just read an interesting article that crops with insect damage actually have more nutrients because the plants immune system kicks in and we receive the benefit. Here's to your health! Enjoy!

*Dagna*

## Garlic Scape Pesto

1 cup garlic scapes (about 8 or 9), top flower part removed, cut to 1/4-inch

1/3 c. pine nuts or walnuts  
3/4 cup olive oil  
1/2 c. parmesan cheese  
1/2 tsp. salt and pepper

Place scapes and walnuts in the bowl of a food processor and process until well combined and somewhat smooth. Slowly drizzle in oil and process until mixed. With a rubber spatula, scoop pesto out of bowl and into a mixing bowl. Mix in parmesan cheese by hand. Makes about 6 ounces of pesto. Pesto will keep for up to one week in an airtight container in the refrigerator or place in zipper bags and freeze.

Taken from: <http://growagoodlife.com/10-ways-use-garlic-scapes/>

(The garlic scape is edible and has a lovely, mild garlic flavor with a hint of sweetness. The scape is most tender, with almost an asparagus-like texture when it is curling.)

## Rhubarb Muffins

1 egg  
1-1/4 cups packed brown sugar  
1 cup buttermilk  
1/2 cup vegetable oil  
2 teaspoons vanilla extract  
2-1/2 cups all-purpose flour  
1 teaspoon baking soda  
1 teaspoon baking powder  
1/2 teaspoon salt  
1-1/2 cups diced fresh rhubarb  
1/2 cup chopped walnuts

**Topping:**  
1/3 cup sugar  
1 teaspoon ground cinnamon  
1 teaspoon butter, melted

In a bowl, beat egg. Add brown sugar, buttermilk, oil and vanilla; beat for 1 minute. Combine dry ingredients; stir into sugar mixture just until moistened. Fold in rhubarb and walnuts.

Fill greased or paper-lined muffin cups three-fourths full. Combine topping ingredients; sprinkle over muffins. Bake at 375° for 20-25 minutes or until muffins test done. Yield: 1 dozen.

Taken From: <http://www.tasteofhome.com/recipes/>

Lovage: It's as zesty as celery and as pungent as parsley. Use the leaves anywhere you would like some celery-like flavor (soups, egg salads, potato salads, etc.). Flavor your water with the stalks.

- 2 tablespoons butter
- 1 bunch green onions (white and light green parts, chopped)
- 1 medium yellow onion (peeled and chopped)
- 2 quarts chicken stock
- 3 medium Russet potatoes (peeled and chopped)
- 1 bunch (1 oz) lovage leaves (chopped fine)

## Lovage Soup

Melt the butter in a heavy-bottomed stock pot over medium-high heat. When it froths, reduce the heat to medium and stir in green and yellow onions. Fry until fragrant, about five minutes.

Pour in chicken stock and stir in chopped potatoes. Simmer, covered, about thirty minutes or until potatoes are tender. Stir in lovage and simmer, covered, a further five or six minutes.

Remove from heat and blend with an immersion blender until smooth. Season with unrefined sea salt and freshly ground pepper. Stir in a spoonful of heavy cream and serve.

[http://nourishedkitchen.com/lovage-soup/?utm\\_source=Newsletter+List&utm\\_campaign=de4828dd98-RSS\\_EMAIL\\_CAMPAIGN&utm\\_medium=email](http://nourishedkitchen.com/lovage-soup/?utm_source=Newsletter+List&utm_campaign=de4828dd98-RSS_EMAIL_CAMPAIGN&utm_medium=email)

Swiss chard and spinach (and we might as well add Beet Greens in here as well) are dark leafy green vegetables that are both loaded with beneficial nutrients. These veggies have a similar taste and texture, but there are a few minor nutritional differences. They will give you the nutrients you need, without adding a lot of calories to your diet. Dark leafy green vegetables are rich in calcium and iron. Swiss chard has a slightly higher vitamin C content. It provides 10 milligrams of vitamin C, versus spinach which has about 8 milligrams.

Use these hearty greens raw or cooked. They are great tossed in hot or cold pasta dishes, in hot or cold salads, braised or stir-fried, added into soups at the end of cooking. Chop them into your omelets. Have fun and enjoy the healthy, hearty addition to any meal! Oh, and don't forget to use the stems!

- 2 tablespoons olive oil
- 2 cloves garlic, smashed
- 1 teaspoon red pepper flakes
- 1 large bunch Swiss chard, ribs removed and chopped, leaves roughly chopped
- Kosher salt
- Splash red wine vinegar

## Garlicky Sauteed Swiss Chard

Add the oil to a large saute pan with the garlic and red pepper flakes. Cook over medium heat until the garlic turns golden. Remove the garlic and discard. Add the chopped Swiss chard ribs and saute until soft, about 4 minutes. Add the Swiss chard leaves and season with salt, to taste. Cook until the leaves are wilted. Stir in a splash of red wine vinegar.

Read more at: <http://www.foodnetwork.com/recipes/melissa-darabian/garlicky-sauteed-swiss-chard-recipe.html?soc=sharingpinterest&oc=linkback>

## Kale Chips (even the kids will love them!!!)

- 1 medium bunch kale
- 1 tablespoon olive oil
- 1/4 teaspoon kosher salt, more or less to taste

Preheat oven to 300 degrees. Wash kale leaves and dry very well. Using a paring knife or kitchen scissors, trim out the ribs and discard. (I usually just grab the stem and rip down the leaves). Cut the remaining kale into approximately two-inch pieces.

Place kale in a large bowl and toss gently but thoroughly, making sure that every last bit of kale leaf is coated with olive oil.

Line a large baking sheet with parchment paper. Lay kale in a single layer on the baking sheet and sprinkle with salt. (If you have more kale than baking sheet, you may need to cook them in batches). Don't overlap or they will be soggy.

Bake for 8 - 12 minutes, just until crisp. Start checking at 8 minutes - don't overcook or they'll burn!

Adapted from: <http://www.kitchentreaty.com/how-to-make-kale-chips/>