

Week 4
B Week

Volume 2, Issue 4

Phone: 920-864-7230

**TUESDAY
SHARES**

Leaf Lettuce (red or green)
Swiss Chard
Kale (curly green)
Radishes with Greens
Baby Beets with Beet Greens
Full Share: Spinach or Zucchini Half Share: Cabbage
Garlic Scapes
Rhubarb
Herbs: Dill and Parsley

HOPES FOR NEXT WEEK

**NO GUARANTEES, BUT WE HOPE TO HAVE
BABY BEETS, LETTUCE, SUMMER
SQUASH, AND GARLIC SCAPES IN YOUR
SHARE NEXT WEEK.**

UPCOMING EVENTS

**When Your Knight in Shining Armor
Rusts:** Wed. July 15th 6-9pm
What do you do when your knight rusts or your Cinderella shoes don't fit anymore? Explore how to get on with your "Happily Ever After".

Farmer's Field Notes

Lots of green goodness graces your share this week! Greens can be used for so much more than simple salads and they are so important for your health. Belonging to a CSA is a great way to learn how to be resourceful in the kitchen. Eating fresh and in-season means you may have to adjust your eating habits. You think this is hard??? Think about how they lived in the days before internet, refrigeration, and grocery stores. On my own farmstead, I'm a practitioner (trust me...it takes a lot of prac-

rice) of self-sufficient living. My goal is to "eat off the land" and sometimes, it means finding new ways with unusual veggies, lard, milk, and eggs. One day, I will work up the courage to can eggs. I hope this week, you will work up the courage to get creative with your greens. Discover the beauty of smoothies. Go ahead and use your blender or other modern day conveniences. Be grateful you have a fridge or you'd be eating canned kale...yuck! Use your computer to search recipes (our past newsletter

can now be found on our website under Garden>Garden Recipes). Your share is a great way to celebrate your health and the health of our soils. Thank you for making a difference!

Dayna

P.S. This maybe the last for rhubarb and, while we do not grow Strawberries here, they are in season! Go out and get yourself some locally grown berries to enjoy the classic pairing of strawberry and rhubarb!

Summer Beet, Radish, and Berry Salad

- 1-bunch baby beets with greens washed
- 1-pint blueberry's washed
- 1- pint Strawberries washed and split in half
- 1- bunch small Easter egg radishes washed
- 1- bottle Saba (or high quality balsamic vinegar)
- Coarse Sea Salt
- Fresh Cracked Black Pepper
- 1/4 cup Minced Chives
- 1 bottle high quality Extra Virgin Olive Oil

Wash all fruit and vegetables well to remove dirt. Flavors will be best if served at room temperature. Cut the greens from the beets and reserve. Leave about a inch of the stem on the beet. Simmer the Beets in lightly salted water until cooked through and can be easily punctured with a knife. While still warm remove the outer layer of the beets (skin) being careful not to remove the stem section. Let the beets cool to room temperature, and then quarter them. Remove the greens from the radish and reserve. Leave about a inch of the stems on the radish. Carefully slice the radish thinly store in water.

To complete the salad:
In a shallow bowl carefully arrange the beets and berries in the bottom. Lightly season with coarse salt and pepper. Top the Beets and Berries with sliced radish and again lightly season with coarse salt and black pepper. Lastly drizzle the salad with Saba and Extra virgin olive oil. Sprinkle with minced chives. Enjoy!

(Note: Do not throw away the Beet tops and Radish Greens! They are both great cooked down in a little olive oil or butter and served as a side.)

Adapted from: <http://www.mplsfarmersmarket.com/FreshNews/summer-salad-of-baby-beets-radish-berries-and-saba/>

Kale, Spinach, and Feta Pie

Kale is part of the cabbage family and this wonderful vegetable is a good source of all three antioxidants: beta-carotene and vitamins C and E. It is also rich in naturally occurring glucosinolates, which help in the fight against cancer.

2 leeks, washed finely sliced
 1 tablespoon olive oil
 1 bunch kale, washed trimmed and finely shredded
 1 cup spinach leaves
 Black pepper – a generous pinch
 1/4 cup feta cheese
 6 organic eggs
 1 lemon zest
 1 bunch parsley, chopped
 small handful pine-nuts

Notes:

Use ricotta in place of feta or garlic scapes in place of leeks.
 Serve with roughly chopped tomatoes tossed with finely diced shallots, olive oil and red wine vinegar.
 Serve along side lightly tossed leafy greens.

Preheat oven to 180 C.

Sauté leeks in a large heavy based pot until softened. Add shredded kale and cook through for 5 minutes until soft and wilted. Add spinach and cook through until just wilted. Season with pepper and add the zest of 1 lemon and 1 bunch freshly chopped parsley.
 Spoon the kale + spinach mixture into a pie dish.
 Break eggs into a bowl and whisk lightly. Pour the eggs over the greens and gently incorporate through the mix of green goodness. Crumble over the feta cheese and sprinkle over with a few pine-nuts.
 Bake 40 – 45 minutes or until firm to touch and golden.
 Remove from the oven and rest for 5 minutes.

Adapted from: <https://www.thehealthychef.com/2014/06/kale-spinach-feta-pie/>

Kale Smoothie

Add all ingredients to a blender and blend until smooth!

3 large kale leaves
 2 tablespoons almonds
 1 cup almond milk
 1 frozen banana
 2 tablespoons raw cacao powder
 1/2-inch piece of fresh ginger (optional)
 Stevia, honey, or sweetener to taste

Adapted from: <http://www.fortheLoveofFoodBlog.com/kale-smoothie-for-ladies/>

Kale is a wonderful addition to healthy smoothies. Don't be afraid to toss the leaves of Green Curly Kale right into the freezer to toss them in a smoothie as needed!

Swiss chard is a powerfood ~ an excellent source of vitamins K, A, and C, as well as a good source of magnesium, potassium, iron, and dietary fiber. Smaller leaves can be used raw and in salads and bigger leaves are perfect for cooking and sautéing. If a recipe calls for beets greens or spinach, try substituting chard. The thick stalk parts are generally too tough to eat, but the smaller, more tender colored stalks will soften as they cook.

Green Chickpea Chicken Curry with Swiss Chard

2 tablespoons olive oil
 6 chicken thighs, cut into pieces
 2 shallots, thinly sliced
 3 tablespoons green curry paste
 2 tablespoons chili paste
 1 teaspoon kosher salt
 1/2 teaspoon ground ginger
 1 14-ounce can coconut milk
 2 cups water
 1 14-ounce can chickpeas, rinsed and drained
 1 bunch Swiss chard, cleaned, trimmed and thinly sliced

Heat olive oil in a large, heavy bottomed pot. Add in cubed chicken and cook over until almost fully cooked, about 6-7 minutes. Add in shallots and cook until softened, about another 5-6 minutes. Add in the curry paste, chili paste, salt, ginger, coconut milk, and 1 cup of water. Stir to combine, then bring to a boil. Add in the additional cup of water. Bring back up to a boil, then add in the chickpeas and simmer for 20 minutes.

After simmering, add in the Swiss chard. Simmer for an additional 10-15 minutes. Serve alone or with some naan or pita bread.

Adapted From: <http://www.thecrepesofwrath.com/2014/02/14/green-chickpea-chicken-coconut-curry/#sthash.M02txTds.dpuf>