

Week 7  
A Week

Volume 4, Issue 7

Phone: 920-864-7230

**TUESDAY  
SHARES**

Lettuce OR Braising Greens Mix

Rhubarb

Kale OR Swiss Chard

Beets with Edible Greens

Beans  
(green, yellow, and/or purple)

A little bit of this: As the first harvests starts and the last harvest ends of certain crops, we may not have enough of any one thing to go around, so some goodies may not make this list before they are tucked into your bag!

Herb Bouquet: Dill and Basil

**HOPES FOR NEXT WEEK**

**NO GUARANTEES, BUT WE HOPE TO HAVE  
CUCUMBERS, BEANS, AND BEETS IN  
YOUR SHARE NEXT WEEK.**

## Farmer's Field Notes

As I continue pressing on in the Bridge-Between's garden, I also continue tending to my own personal farm/garden and plot in a community garden. In the past, and likely in the future, some of your share may include goodies from my own garden. I try to only grow as much as I can use, but sometimes, the bounty is extra plentiful. We also occasionally have very generous friends give us their extra bounty to pass along to you. I will always let you know if your share includes things not grown on our farmstead so you know where your food is coming from!

One of the great things about being part of a community is that everyone reaps the rewards. Think about your neighbors and how you work together to make your community a better place. Maybe it is shoveling the walkway while a neighbor is away. Perhaps you collect their mail. Do you share your garden's bounty with them? If this is not the type of relationship you have with your neighbors, now is a perfect time to make a change. A neighbor doesn't have to live next door. They could be clear across town or in New York. A neighbor is simply a fellow

citizen, a part of our community.

When we turn on the evening news, it seems we hear more and more about the world in turmoil. But please, don't forget all the great things going on around you. Be mindful of all the wonderful things that are happening in your community (wherever or whatever) that may be. In today's fractured society, please remember that the world is a much brighter place when WE are part of a community. Reach out!

~ Dayna

## Basic Beans with Basil

1 pound beans, trimmed and halved crosswise  
3 Tbsp basil, chopped into strips  
1 garlic cloves, chopped  
2 Tbsp olive oil  
2 tablespoons water  
1 tsp grated lemon zest  
2 tsp fresh lemon juice,

Cook beans in a pot of boiling water, stirring occasionally, until just tender, about 5 minutes, then transfer immediately to an ice bath to stop cooking. Drain well and transfer to a bowl. Cut basil into very thin shreds. Cook garlic in oil for about a minute with a about 1/4 teaspoon each of salt and pepper in a heavy skillet over medium heat, stirring occasionally. Add beans, water, and zest. Cook, stirring occasionally, until heated through. Remove from heat and stir in basil and 2 1/2 teaspoons lemon juice. Season with salt and additional lemon juice if desired. Serve beans warm or at room temperature.

## Brown Sugar Rhubarb Chicken

8 chicken thighs (skinless)  
 4 stalks of rhubarb, diced  
 1/2 cup brown sugar, or maple syrup  
 1 1/2 cups of water  
 1/4 cup butter  
 juice of one lemon  
 1 tsp. salt  
 1/2 tbsp. ground cinnamon  
 1/2 tbsp. ground nutmeg

Preheat oven to 350.

In a medium saucepan over medium heat, bring the rhubarb chunks, brown sugar, water, and butter to a boil. Continue to boil until mixture is thickened. Remove from heat and squeeze the juice of one lemon into it. Let sit.

Prepare chicken in a shallow baking dish by sprinkling salt on the thighs. Bake in the oven for 20 minutes.

Remove from the oven after 20 minutes and pour the rhubarb mixture over the chicken. Sprinkle tops of thighs with cinnamon and nutmeg. Continue baking for another 15-20 minutes, until chicken is cooked through.

Spoon out this goodness and enjoy with a smile!

You can also grill the chicken and brush on the sauce as it cooks!

Adapted from: <https://recipes.sparkpeople.com/recipe-detail.asp?recipe=391404>

## Quinoa and Braising Mix Pie

1/4 cup olive oil  
 1 medium onion, diced  
 1 pound greens, rinsed\*  
 1 cup cooked quinoa  
 1 teaspoon ground nutmeg  
 2 teaspoons coarsely ground pepper  
 4 farm fresh eggs  
 1/4 cup milk (dairy free options work fine)  
 1 pie crust, uncooked  
 \*NOTE: Go ahead and use kale, beet greens, or any other greens!

Heat oil in skillet and sauté onion until translucent. Stir in rinsed braising mix and cook until mix is reduced to at least half its original size, but leaves still maintain their shape. Stir in cooked quinoa and heat through. Stir in nutmeg and pepper. Spread mix into prepared pie crust. In separate bowl, whisk eggs and milk together. Pour egg mixture over greens and quinoa. Bake at 350 degrees for thirty minutes, until eggs are set and crust is golden brown. Serve warm as a main dish or a side dish.

Adapted from: <http://wellcommons.com/weblogs/llc/2012/mar/21/>

## Kale, Beet, Bacon Salad with Goat Cheese Vinaigrette

### Goat Cheese Vinaigrette

1 clove garlic, minced  
 2 ounces goat cheese  
 3 tablespoons white wine vinegar  
 2 tablespoons olive oil  
 kosher salt to taste  
 1 tablespoon fresh chives

4 pieces bacon, cooked crispy

To make the goat cheese vinaigrette, combine all of the ingredients in a blender or food processor. Puree until smooth and season to taste with kosher salt. Sprinkle with the chives and stir them in.

Arrange 4 cups of finely shredded curly kale, and then slice the beets up to cover the salad. Add the pistachios and crumble the bacon over everything.

Drizzle the salad with the dressing and toss to combine. Season to taste with Kosher salt and serve immediately.

### Salad

4 cups raw curly kale (1 bunch)  
 4 beets, boiled tender and peeled  
 1/4 cup toasted pistachios

Taken from: <http://heatherchristo.com/cooks/2014/03/12/kale-beet-and-bacon-salad-with-goat-cheese-vinaigrette/>