



This week's box:

- Chard
- Baby beets
- Broccoli
- Potatoes
- Peppers, Anaheim
- Red onion

Large box also includes:

- Tomatoes, sauce
- Extra red onion
- Kale
- Turnip (purple top or Vertus marteau)



Thanks for taking the time to provide us with feedback. Here are some highlights:

- Overall, 97% of our CSA members are either satisfied or very satisfied.
- Peas, strawberries, and broccoli were some of the top-rated items.
- Too much cabbage. (We agree.)

Full survey results will be available to CSA members soon.



Veggie of the Week

Chard *Beta vulgaris*

Chard, like beets, is a chenopod and a member of the goosefoot family. It is commonly used in Mediterranean cooking and is also known as "Swiss chard". It was thus named in the 19th century to distinguish from French spinach varieties. Though the stems are often discarded, they are edible and are also an excellent addition to vegetable stock. Chard is freeze-able; blanch the leaves for 2 minutes, dunk them in ice water, squeeze out the water, and then store them in zip-top bags. This nutritional powerhouse is a great source of phytonutrients and contains vitamins K, A, C, B and E, magnesium and manganese, along with potassium and iron. A tip: many recipes insist that you boil chard first before using it. The reason for this is that boiling chard will break down the oxalic acid which blocks the absorption of calcium, and it will also reduce the bitter taste.

Not using it right away? Freeze your greens (chard, kale, beet & turnip greens). 1) Wash the greens. Remove the leaves and discard the stems. 2) Fill the pot 2/3 full with water and bring to a rolling boil. Drop in the greens, cover the pot, and blanch for 2 minutes. (Start timing as soon as the greens are placed in the water.) 3) Remove from water and immerse in an ice water bath for 2 minutes. Drain thoroughly. 4) Pack in zip-closure freezer bags or freezer containers; try to remove all the air. Label, date and freeze at zero degrees for up to one year.

Storage & Cleaning Tips



Beets & turnips- Cut the tops off to keep beets firm, (be sure to keep the greens!). Leaving the tops on will draw moisture from the root, making them lose flavor and firmness. Beets should be washed and kept in an open container with a wet towel on top.

Broccoli – As with all organic produce that isn't sprayed for bugs, be especially careful about washing your broccoli to flush any out of nooks and crannies by soaking the head in cold, salted water for about half an hour. Shake off excess moisture and store in a loose perforated plastic bag in the fridge for about a week.

Chard & beet/turnip greens - Do not wash chard before storing as the exposure to water encourages spoilage. Store in the fridge in a plastic storage bag and wrap the bag tightly around the chard, squeezing out as much of the air from the bag as possible. Chard and beet greens do well in a cup of water on the counter or in the fridge.

Kale – Give it a quick rinse under running water. Shake excess water from the leaves then wrap in paper or kitchen towels and store in a plastic bag in the crisper drawer.

Chard, Potato and Chickpea Stew

1 pound chard, stems removed, leaves washed well and chopped
 1 1/2 pounds potatoes, peeled and sliced 3/4-inch thick
 1 onion, chopped
 2 cloves garlic, minced
 3 tbsp olive oil
 1 teaspoon paprika
 1/4 teaspoon turmeric
 1/8 teaspoon cayenne
 1 teaspoon salt
 2 cups drained and rinsed canned chickpeas (one 19-ounce can)
 3 cups low-sodium broth or stock (chicken or vegetable)
 1 cup water
 2 hard-cooked eggs, cut into wedges

1. Bring a medium pot of salted water to a boil. Add the chard and cook for 3 minutes. Drain thoroughly and set aside.
2. In a heavy pot, heat the oil over moderate heat. Add the potatoes and onion and sauté, stirring frequently, until the potatoes start to brown, about 5 minutes. Add the garlic, paprika, turmeric, cayenne, and salt and cook, stirring, until fragrant, about 1 minute.
3. Add the cooked chard, chickpeas, broth, and water. Bring to a simmer and cook until the potatoes are tender, about 15 minutes. Serve the stew garnished with the hard-cooked eggs.

Braised Greens with Turnips and Apples

2 bunches of greens such as turnip greens, beet greens, chard or kale
 1 (3/4-to 1-pound) ham hock, rinsed
 3 1/2 cups water
 3 Gala apples, peeled and cut into 1/2-inch pieces
 1 1/4 pounds turnips, peeled and cut into 1/2-inch pieces
 2 tsp cider vinegar
 2 tsp sugar
 2 tbsp unsalted butter, cut into pieces
 Salt & pepper

1. Wash greens and tear the leaves into bite-size pieces. Discard stems.
2. Bring greens, ham hock, water, and 1/4 teaspoon salt to a boil in a large heavy pot. Reduce heat to low and simmer, covered, stirring occasionally, until greens are almost tender, about 20 minutes.
3. Add turnips and apples to greens with vinegar, sugar, and 1/2 teaspoon each of salt and pepper and cook at a bare simmer, covered, stirring and turning ham hock occasionally, until turnips and apples are tender but not falling apart, about 20 minutes more. Remove from heat and stir in butter and salt to taste.
4. Remove ham hock and finely chop any tender meat, discarding skin, bone, and tough meat. Add chopped meat to pot.

Mashed Turnips and Potatoes

2 pounds yellow-fleshed potatoes, peeled and cubed
 1 1/4 lb turnips, peeled and cubed
 7 tbsp unsalted butter, cut into tablespoons
 1 cup coarse fresh bread crumbs (from 2 slices firm white sandwich bread)
 2 tbsp drained bottled horseradish, patted very dry between paper towels
 3/4 cup whole milk
 1/2 cup thinly sliced scallion greens or chives
 Salt & pepper

1. Cover potatoes and turnips by 2 inches cold salted water in a 6-quart pot. Bring to a boil, then reduce heat and simmer, uncovered, until potatoes are tender, 15 to 18 minutes.
2. While vegetables cook, melt 3 tablespoons butter in a 10-inch heavy skillet (preferably cast-iron), then toast bread crumbs with 1/4 teaspoon salt, stirring frequently, until golden brown, 3 to 5 minutes. Add horseradish and toss until combined well, then transfer to a small bowl.
3. Drain vegetables in a colander, then return to pot and mash. Stir in milk, remaining 4 tablespoons butter, and scallion greens over low heat until combined well and heated through. Season with salt and pepper, then serve topped with bread crumbs.

Broccoli and Feta Pasta

1 pound of broccoli
 Olive oil
 1/2 cup onion or two shallots, chopped
 2 cloves garlic, minced
 1/3 cup chopped flat parsley
 1 lemon, juiced
 1/2 cup feta cheese, divided
 1/4 cup water
 Salt & pepper

1. Cut the broccoli into small florets and steam on the stove or in the microwave (with 2 tbsp of water in a covered dish for 3-4 minutes on high). Season lightly with salt and pepper.
2. Heat 1 tbsp of olive oil over medium-high heat in a large sauté pan. Cook the onion and garlic until it just begins to soften then add the broccoli. Cook for several minutes or until the onion turns translucent. Add the parsley and cook until it's well wilted. Pour in the lemon juice and simmer for about two minutes.
3. Transfer to a blender and add 1/4 cup of feta cheese and 1/4 cup water. Puree until smooth, adding a drizzle of olive oil and a little more water to achieve your preferred consistency.
4. Serve over a ridged pasta, like rotini, and finish with a sprinkle of feta.

Greens with Roasted Beets and Bacon

2 medium or 3 small beets (about 14 ounces)
 1 tablespoon olive oil
 6 thick-cut applewood-smoked bacon slices (8 ounces), diced
 1 large bunch kale or chard, washed, stems removed, and cut into 1-inch pieces
 1/3 cup low-sodium chicken or vegetable stock
 4 tbsp cider vinegar
 Salt & pepper

1. Preheat the oven to 425°F. Wash and trim the beets, leaving 1-2" of the stems attached. Place them on a 12-inch square sheet of heavy-duty aluminum foil. Drizzle with the olive oil and season generously with salt and pepper. Seal up the foil packet and roast until the beets are fork-tender, about 1 hour.
2. In a large skillet over medium heat, cook the bacon until medium-crisp. Transfer the bacon to a paper towel-lined plate. Increase the heat to high and add the kale or chard, stirring to coat in the rendered bacon grease. Cover and cook for a few minutes, and then add the chicken stock and 2 tablespoons of the vinegar. Stir to combine, cover and allow to wilt for 6 to 8 minutes.
3. Peel and cut the beets into chunks and add them to the kale. Stir in the remaining 2 tablespoons vinegar. Add the bacon, stir to combine and season with salt and pepper. Serve immediately.

Home Fries

1 1/2 pounds potatoes, scrubbed and cut into 1/2-inch to 3/4-inch cubes
 4 tbsp butter
 1 cup onion, finely chopped
 1 cup pepper, finely chopped
 Salt & pepper
 Seasonings of choice such as garlic powder, paprika, or chopped chives

1. Place potatoes in a large microwave-safe bowl, top with 1 tablespoon butter, and cover. Microwave on high until edges of potatoes begin to soften, 5 to 7 minutes, shaking bowl (without removing cover) to redistribute potatoes halfway through cooking.
2. Meanwhile, melt 1 tablespoon butter in a large skillet over medium heat. Add onion and peppers, and cook until softened and onion is golden brown, about 6 minutes. Transfer to a small bowl.
3. Melt remaining 2 tablespoons butter over medium heat. Add potatoes in a single layer. Cook, without moving, until underside is brown, 5-7 minutes. Turn potatoes and continue to cook until well browned and crisp, 5-7 minutes. Reduce heat to medium-low and continue cooking until golden on all sides, 9-12 minutes. Stir in onion, peppers and seasonings.