



This Week's Word From the Farm

Week of 8/17/09

What's In Your Box ?

- Tomatoes
- Melons
- Carrots
- Red Pontiac Potatoes
- Cucumbers
- Chard
- Peppers
- Beets
- Summer Squash
- Garlic
- Yellow Onions

This week's message is from our intern, Carin Ewing. Carin comes to us from Truckee. At the completion of this season, she will be joining her boyfriend, Justin, in Vermont where they plan to have a farm of their own. We wish them well!

Dear CSA Members,

Recently you heard from Vireo who has been researching potatoes, a crop whose "fruits" – that is, the plants' underground tubers -- are hidden from view as you gaze about the farm. (If you look closely, you'll see rows and rows of white-flowered bushy plants perched on hills – these are potato plants!)

The family of crops I've been researching, on the other hand, have been waving their delectable leaves and flowers and heads right at you as you drive down the road and walk up the path. The *Brassica* family of plants are the source of more vegetables than any other family of plant. The species *Brassica oleracea* -- which includes kale, collards, cabbage, broccoli, cauliflower, Brussels sprouts and more -- has been grown as a food crop for over 2500 years. These veggies might not be much to look at, but as winter hardy plants and an incredible source of nutrients such as vitamins C and A, iron, potassium, calcium, and folic acid, they've become a staple crop in kitchen gardens around the world.

I hope you will taste and appreciate them anew! To your health!

Recipes of the Week:

Stuffed Sunburst Squash

- 4 medium Pattypan Squash
- 2 tablespoons Butter
- 1 tablespoon Olive Oil
- 1 clove minced Garlic
- 1 teaspoon Soy Sauce
- 1 bunch Fresh Chard, washed and finely chopped
- Salt and Pepper to taste
- 1 dash Cayenne Pepper (optional)
- 1 large Egg, lightly beaten
- 1/4 cup grated Swiss Cheese (or Gruyère Cheese for more flavor)

Preheat oven to 375 degrees. Fill a large pot 3/4 full of water and bring to a boil. Place squash in boiling water and boil for 5 minutes. Drain the water and allow squash to cool. Cut a thin slice from the bottom of each squash so that they will stand on their own. Cut about 1/2 inch from the tops of each squash and remove the insides to hollow the squash. Set squash insides aside. Melt butter and oil in a skillet over medium heat. Add garlic and sauté until soft. Add the chard and soy sauce and sauté until tender and the liquid has mostly evaporated. Move mixture to a bowl and allow to partially cool. Season with salt, pepper, and optional cayenne pepper to taste. Stir in the egg and 1/2 cup of the swiss or Gruyere cheese. Mix well. Add a small amount of the squash insides and discard the rest of the insides. Spoon the mixture into the squash shells. Place the stuffed squash in a single layer in a baking dish. Sprinkle the remaining cheese on top. Pour hot water into the pan to fill about 1/2 inch. Bake for approximately 30 minutes or the squash is tender and the filling is no longer runny.

Chard and Feta Salad

- 1 bunch chard
- 2 Tbs. finely chopped shallot or onion
- 1 1/2 Tbs. lemon juice
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 4 1/2 Tbs. olive oil
- 1 cup feta

Finely shred chard (if available, use many colors of chard for a more vibrant salad) and set aside in large bowl. Add shallot, lemon juice, salt, and pepper to a small bowl. Whisk oil into bowl, creating a vinaigrette. Marinate chard in vinaigrette for several hours. Crumble feta onto chard and toss to combine. Serve at room temperature, or refrigerate for up to 2-3 days.