

Four Friends' CSA News

~~~~~The Bean Pole~~~~~

June 30, 2009

2009 Season

Issue No. 43

Dear Shareholders and Friends,

The line-up for this week's harvest is as follows: Lettuce mix, onions, sugar snap peas, Swiss chard, heads of lettuce, and potatoes.

Wait till you eat the potatoes! Pak Express grows the most delicious potatoes around.

The following recipe is adapted from Chef Wendy Malouf's of Beacon's restaurant. Her recipe is entitled "Arugula Salad with Crisp Idaho Potatoes", and is posted at www.idahopotato.com. I've made some suggestions for substituting ingredients from our farms in adapting the recipe for our use.

Tossed Salad with Crisp Spring Potatoes

1 lb. Spring potatoes, scrubbed and thinly sliced

¼ cup extra virgin olive oil

Salt and freshly ground black pepper to taste

2 ½ tsp. of rice wine vinegar

1 small minced onion

About 7 ounces of fresh lettuce, arugula, or other salad greens

1 oz. of shaved parmesan cheese

*Preheat the oven to 500 degrees F. or preheat the grill. In a large bowl, toss the potatoes with two tablespoons of the olive oil, and salt and pepper.

*Spread the potatoes out in one layer on a non-stick baking sheet (or one lined with a non-stick liner). Roast until browned on one side, about 9 minutes, then turn and roast until browned on the other side, about 5 minutes more.

*In a small bowl, whisk together the remaining two tablespoons of olive oil, rice wine vinegar, onion, and salt and pepper to taste. Reserve about 18 potato slices for garnish. Place the rest of the potatoes in a large bowl, top with the fresh lettuce, arugula, or other fresh salad greens. Drizzle with the vinaigrette, (the mixture of oil, vinegar, onion, and seasonings). Toss well and serve, garnishing each plate with the reserved potato slices and shaved parmesan. Serves 6.

And, an extra recipe:

Swiss Chard Frittata

Ingredients:

About 1 lb of Swiss chard
1 tablespoon of olive oil
About a cup of chopped onions
A clove of minced garlic
10 large eggs
1/8 cup of milk
½ cup of grated Romano cheese
Salt and pepper to taste
4 ounces grated cheese of your choice. (Swiss cheese and Feta cheese are both good.)

Chop and wilt Swiss chard by cooking it in a small amount of boiling water for a couple of minutes. Drain Swiss chard, and reserve aside. Blend together the eggs, grated Romano cheese, milk, and salt and pepper in a bowl.

Sauté the onions for two or three minutes on medium heat. Add minced garlic and sauté about another minute. Be careful not to burn the garlic! Mix the wilted chard with the sautéed onions and garlic. Spread out the Swiss chard mixture over the bottom of a skillet. A cast iron skillet is useful for this. Pour the eggs over the Swiss chard. Lift the edges with a spatula to let the eggs flow underneath. Sprinkle bits of the grated cheese of your choice over the top. When the frittata is set on the bottom, place it in the oven at 400 degrees for about 15 minutes, or until it begins to brown on top. 4 servings.

Vegetable of the Week: Swiss Chard

http://topics.nytimes.com/top/news/health/series/recipes_for_health/chard/index.htm

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I don't associate Swiss chard with Switzerland. Instead, I associate this healthy, heart green with cuisines from the Mediterranean, where it is eaten widely. It's coming into my farmers' markets now and will be widely available until next spring. Of all the greens I cook with, chard is the most versatile; it's sturdier than spinach, yet has a more delicate flavor than other sturdy greens like kale or turnip greens.

Chard comes in different colors; the leaves are always dark green, but red chard has red stalks and yellow chard has yellow ones. No matter what color they are, chard stalks are edible and add texture and flavor to the dishes they're cooked into. But the real source of nutrients is the greens - and chard is a nutritional powerhouse, a

superb source of calcium and potassium, vitamin C, vitamin A and beta-carotene, as well as two carotenoids (lutein and zeaxanthin), which some studies have indicated can help protect the eyes against vision problems such as macular degeneration and cataracts.

FARM NEWS:

- Rain Rain go away! We need sunshine please! This still holds true...although the salads sure do love it.
 - The greenhouses are slowly emptying out as the farmers have planted the majority of the seedlings
 - The farmers are also busy WEEDING...a never ending battle! We either weed by hand, use the wheel hoe (only good if the weeds are small), till with a rototiller or use a weed wacker (excellent when the weeds are in between the beds!). We absolutely do not use CHEMICALS!
 - Blue Skys Flower Farm harvested about 100 bunches of lavender (which will be sold as dried bunches at the farmers market); also harvested about 5 lbs of Oregano which will be sold wholesale to Farmacy Herbs in Providence and finally, the sunflowers are starting to come into bloom!
 - In case you need more veggies, there are plenty of farmers markets to visit. Pak Express and Blue Skys Flower Farm both sell at the Pawtuxet Village Farmers' Market on Saturday from 9 am to Noon at Rhodes Place (Rhodes on the Pawtuxet) off of Broad Street.
 - Please visit www.farmfreshri.org for a complete listing of farmers markets.
- ❖ Remember to bring your reusable bags to the pickup



- ❖ Go slow when pulling into the driveway as small children are around

- ❖ If you have a favorite recipe or food tip and want to share it with others, please email Christina and she can add it to the newsletter.

Till Next Week...

ENJOY YOUR
VEGGIES, FLOWERS
and/or EGGS!!