



## IN THIS BOX:

1/2# Not-So-Spicy Salad Mix  
 1 b Non-Heading Broccoli - Spigarello  
 1/4# Arugula  
 1 b Garlic Scape  
 1 b Chard - Rainbow  
 1 plant-National Pickling Cucumber  
 1 b Thyme or Oregano

PRODUCE  
FRESH

## About This Week's Produce

**Non-Heading Broccoli -Spigarello** is the featured item in the box this week! Spigarello is an Italian non-heading broccoli that taste like broccoli, but better! Tender & delicious...we like to sauté it with garlic & olive oil & add it to pasta. Cut the stemmy part into small pieces, set the leaves a side. Sauté the stems in a pan with the garlic (or garlic scapes) & olive oil, you may need to add a little water. Cook until soft. Once stems are soft, roughly chop leaves & add them to the stems. Once tender add to cooked pasta. This is a speciality item that you will not find at the grocery store & we are thrilled that we are able to introduce your pallet to a new vegetable. This plant is grown in the spring & fall. We typically have a more abundant crop in the fall with bigger leaves. Hopefully we will be able to share this with you again with the fall planting. Bon Appetite!

**Chard - Rainbow** is the Super Food of the week. Did you know that Chard is in the beet family, but its roots are inedible? One of my personal favorites...the leaves & colorful stalks are deliciously edible, see the recipe of the week, although many cannot handle it raw, I recommend braising, sautéing or adding to pasta or soups. This green is also a power house of nutrition...high in Vitamins A, C, E, K & B-complex (thiamin, niacin, folic acid, pyridoxine) & a good source of calcium, zinc, selenium, carotenes, magnesium, potassium, iron & manganese. Please note that overcooking greens will make them bitter so error on the side of less verses more when preparing this nutritious treat!

**Plant- National Pickling Cucumber** is a fun addition to the box this week! The CSA box is not only about eating more nutritious, local, fresh produce...it s also about teaching your friends & family about the benefits of gardening. Planting a seed & watching it grow is an amazing experience which I am sure many of you have had. This cucumber plant was started by seed on the farm & we hope that you can plant it any watch it bear fruit for your family this season. Cucumbers like full sun & lots of water. If you do not have a yard to plant it in you can pot it & watch it grow...FUN!

LET US KNOW HOW THE RECIPE  
WORKED FOR YOU!

## Weekly Recipe



### Easy Braised Greens

#### Ingredients

1 b. Rainbow Chard- you can also use kale, collards or beet tops  
 1-3 Tbsp. Olive Oil  
 1/2 Onion, sliced into crescents  
 1-2 cloves Garlic, minced  
 3-4 Tbsp. water  
 pinch of sea salt

#### Directions

Wash greens & remove greens from stem by holding the end of the stem, firmly running your hand down the stem stripping the leaves from the stem. Set leaves aside. Heat a large skillet over medium heat. Sauté onion & garlic in olive oil stirring occasionally until tender & translucent. Add chopped stems & sauté until they are tender, 2-3 minutes. Chop leaves into bite size pieces as you are sautéing. Add the leaves & coat with the olive oil mixture. Sauté greens over medium heat until leaves begin to turn brilliant green & wilt down. Pour water into pan, splashing all over the greens. Cover pan & cook until leaves are tender, ~ 5 minutes, adding more water if pan becomes dry. Enjoy!

## Farm Happenings

This week Larry was able to get almost all the trellising in the tomato greenhouse accomplished. On Thursday he was working hard trellising & I was weeding the salad mix bed when a large thunderstorm came quickly upon us. We both met up at the wash station & the heavy rain was soon accompanied with penny to nickel size hail. My first instinct was to pray to God for protection, "please Lord protect the little plants from damage, & if possible could you please make the hail stop." After what seems like forever, it did stop. This was our first hail storm at Eastward Gardens & the hail was minimal compared to the devastating hail we experienced farming in the Black Hills of SD. Some damage was done, you will see small holes in the chard this week, but there is a silver lining to thunder & hail storms that you may not have known about... "lightning helps to keep electrical balance between the earth & the atmosphere. It also acts as a fertilizer when it splits through the sky it changes nitrogen gas into nitrogen compounds that fall to the ground that are then taken up by the plant." And let me tell you there was a noticeable amount of growth on the farm the next day...I mean very noticeable. I believe God allowed this storm to show us how amazing He is as our creator & protector. For this we are truly thankful! Sincerely, Your Farmers the Leshers