



IN THIS BOX:

1/2# Not-So-Spicy Salad Mix
 1 b Swiss Chard - Rainbow
 1 # Green Beans - Haricot Verts
 1 b Sweet Onions - Walla Walla Sweets
 2-3 Summer Squash - Zephyr
 1 Head Lettuce- Sucrine "Baby" Romaine
 1 Garlic Scape
 1b Herb - Sage

PRODUCE
 FRESH

About This Week's Produce

Chard - Rainbow is one of my personal favorites and is the SUPER FOOD of the week! With it's beautiful colored stems & large green leaves...I feel like I am picking a bouquet of flowers when harvesting this gift from above. My favorite way to prepare chard is braising it like I described in your Newsletter week 3... and just in case it is no where to be found...start out with garlic and/or onions, you can use the garlic scape here also, in olive oil on medium heat, cook until golden and then you add the greens, coating the greens with the oil. Once the greens are coated with oil, splash water into the pan to cause a "steaming" affect and cover. Cook until soft being careful not to over cook! Remember greens will get bitter if they are over cooked! The only difference is I always include the stems & cook them first along with the garlic & onion. Chard is also delicious in pasta dishes, added to soups or used as a wrap. This green is also a power house of nutrition...high in Vitamins C, E, K & B-complex (thiamin, niacin, folic acid, pyridoxine) & calcium, zinc, selenium, carotenes, magnesium, potassium, iron & manganese.

Green Beans - Haricot Verts are a French Heirloom variety of green beans "Haricot" means bean and "Vert" means green in French. What is the difference between a French Green Bean and the typical American green bean? According to thespruce.com, "the French variety is longer and thinner, more tender with a well-developed bean taste. "You can harvest American green beans early to get the skinny look, but the full bean flavor and tenderness is not there until they are more mature. Hence the Haricot Verts is not the same as a immature American green bean, which are much thicker and are not tender until they mature"...now you know!

LET US KNOW HOW THE RECIPE
 WORKED FOR YOU!

Weekly Recipe



Quick White Bean Stew with Swiss Chard and Tomatoes

Ingredients

1/4 cup olive oil
 3 cloves garlic, minced or garlic scape, chopped
 1-2 Walla Walla Sweets, chopped
 1 bunch Rainbow Swiss Chard, leaves removed from stems, chop stems and leaves separately
 1/4 teaspoon crushed red peppers or 1/2 cup red pepper, chopped
 2 cups tomatoes, shopped (fresh or canned)
 2 cups cannellini beans, cooked
 sea salt to taste

Directions

Add cloves of garlic or scapes and onions to olive oil and sauté until translucent. Add chopped Swiss Card stems and peppers and sauté until tender, about 5 minutes. Add tomato sauce and bring to a boil. Add the chopped Swiss Chard leaves (chop into bite size pieces). Let simmer for a few minutes then add the beans and sea salt to taste. Simmer to allow flavors to meld, about 15 minutes. Serve over a bed of brown rice or any starch of your choice.

Farm Happenings

It is hard to believe that it is already mid July... this means all of the Fall seeding needs to start ASAP. All the brassica family crops like cabbage, kale, broccoli, etc along with more chard, head lettuce and flowers will be seeded next week. We will seed these into flats and, when ready, the plants will be transplanted into the field. Larry has already direct seeded into the field the Fall carrots, beets, radishes and turnips... Praise the Lord for that! All of our Spring brassica's failed this year! This is one of the best things about farming...when you have a failure you can try again! With a clean slate! The area where the Spring planting was received to much rain and it affected their growth. We are praying for an amazing Fall season filled with yummy brassicas, winter squash and more! We hope you enjoy your fresh veggies this week and thank you all for your support! Sincerely,

Your Farmers the Leshers' & Chris