

Dear Member,

Bright sunshine for most of the day let way, just for a while, to passing thunder storms and rain on Saturday during the wonderful Farm Visit. Bill Rogers and his team of draft horses made their way around the fields all day with members enjoying the views and the ride. Tim and Butch kept a careful eye on the wood fire under the meat and we had tables of delicious food members shared for our giant pot luck luncheon. Christine entertained us with her beautiful singing and I think more than one young one took a swim in the creek. We thank everyone who attended and who are part of the CSA. We had so much fun that plans are already being made for next year.

With all the members that attended and the great dishes that we had to share for lunch, there are only a few things left that belong to members. There are two containers, a Tupperware rectangular container with lid, a bright blue bowl, a clear plastic serving spoon and a white Pyrex serving spoon that I have waiting to be claimed. I also found a purple sweat shirt. If any of these belong to you, please let me know and I'll send them with the vegetable share next week. Enjoy the vegetables-Pete and Deb

SHAREES INCLUDE: Buttercrunch Lettuce -1 head-it is small but delicious. Slicing Tomatoes-1 quart basket or 2 1/2 pounds
 Scallions-1 bunch Beets-1 bunch Kohlrabi-1 bunch Black Bell Eggplant-1 Swiss Chard-1 bunch
 Mix of Sweet Pepper Varieties-4-it is near the end of the pepper harvest and we are harvesting what we can before there is frost
 Habanero Really Hot Peppers-I sent a bag of hot peppers to the site-take a couple if you like them, leave them if you don't. Take caution when handling them as they will burn. Lime Basil-1 bunch-small leaves with a distinctive lime flavor

Fruit Share- 1 bag with Macintosh Apples, Nectarines, Gala Apples, Bartlett Pears **NOTE:** New to the fruit share is the second harvest of Nectarines and the Macintosh apples. Gala are better for eating and Macintosh make delicious pies and sauce.

IDEAS FOR CHARD

- Saute chard with garlic in olive oil. Put a cover on the pan and allow chard to steam for about 5 minutes. Add a squeeze of lemon juice and, if desired, some hot pepper flakes before serving.
- Blanch the leaves and add to soup. Try substituting chard for spinach or arugula in soup recipes.
- Make a gratin with the stems: Boil the stems until tender (about 30 minutes). Put them in a gratin dish, add seasonings (such as a little garlic and parsley), top with a bechamel sauce and cook under broiler until golden brown.
- Blanch the whole leaves and stuff them with meat or vegetable fillings.

Fettuccine with Swiss Chard, Currants, Walnuts, and Brown Butter

Adapted from Fields of Greens

1 tablespoon dried currants	1 tablespoon olive oil	2 garlic cloves, finely chopped	
2 tablespoons golden raisins	1 onion, thinly sliced	1/2 pound fresh fettuccine	
1 bunch chard	Salt and pepper	1/3 cup walnut pieces, toasted	Grated Parmesan cheese

-Make the brown butter and keep it warm over very low heat. Set a large pot of water on the stove to boil. Plump the currants and golden raisins in a small bowl covered with 1/3 cup hot water. Trim the stems from the chard and slice across the leaves to make 2-inch wide ribbons. Heat the olive oil in a large saute pan; add the onion, 1/4 teaspoon salt, and a few pinches of pepper. Saute over medium heat for about 5 minutes, until the onion softens and begins to release its juices. Add the garlic, chard, and 1/4 teaspoon salt. Saute for 4 to 5 minutes, until the chard is just barely tender, then reduce the heat to low.

-When the water boils, add 1 teaspoon salt. Add the fettuccine to the boiling water, timing it to finish cooking with the chard. (The chard should be very tender but not overcooked when the pasta is done.) When the pasta is just tender, drain it immediately in a colander, shake off excess water, and add it to the onions and chard, along with the plumped fruit, walnuts, and brown butter. Toss together and season with salt and pepper to taste. Serve with freshly grated Parmesan.

Brown Butter

1/2 pound unsalted butter

-Melt the butter in a small saucepan over low heat. As the butter gently simmers, the butter fat and milk solids will separate from each other. The solids will settle to the bottom of the pan, coloring the butter as it cooks. When it turns a rich amber color, in about 8 to 10 minute, remove from the heat. Line a fine-mesh strainer with a paper towel or cheese-clots and pour the butter through it, straining out the solids. The butter can be used immediately or cooled and refrigerated in a sealed container. Makes about 3/4 cup

CHARD ENCHILADAS

2 Tbsp canola oil	4 cups chard, coarsely chopped*	1/2 cup milk	
2 cloves garlic, peeled and chopped	1 tbsp butter	1/2 cup cheddar cheese, grated	
1 onion, peeled and chopped	1 tbsp flour	6 corn tortillas	1/2 cup hot salsa

Preheat oven to 375 F. Heat oil; saute garlic and onion until golden. Add chard (in small amounts) until it is cooked down. Make a bechamel sauce: melt butter, stir in flour, add milk and cheese. Stir until thick, then mix into cooked greens. Fill center of each tortilla, roll up, place in lightly oiled baking dish. Spread salsa over all; bake in hot oven for 25 minutes. Recipe developed by Ellen Ogden

CHARD IN DIJON MUSTARD SAUCE

2 ½ tbsp olive oil
1 lg. bunch green onions, chopped

2 cloves garlic, finely chopped
½ lb. mushrooms, sliced

1 bunch chard, finely shredded, including stems
1 tbsp. Dijon mustard

Heat the oil in a large skillet. Saute the gr. onions and garlic for 2 minutes until softened and tender. Add mushrooms and cook 4 to 5 minutes more. Add chard, cover and cook over low heat for about 5 minutes, or until chard is tender but still crisp. Mix in mustard and heat 1 to 2 minutes more. Stir and serve immediately. [More Recipes from a Kitchen Garden](#), Shepard & Raboff

Tomato and Sweet Pepper Salad adapted from *The Vegetable Market Cookbook* by Robert Budwig

3 sweet peppers
4 ripe tomatoes
1/4 preserved lemon (or 2 tsp grated zest with some of the lemon's juice)

2 cloves garlic peeled and crushed pinch sweet paprika
1/2 teaspoon ground cumin

1 tablespoon olive oil
1 tablespoon lemon juice
1 teaspoon salt
1/2 t black pepper

Grill or roast peppers, remove skins, cut into small cubes and set aside. Blanch tomatoes for 15-20 seconds in boiling water. Drain and remove skins and stems. Cut in half and remove seeds. Cut into small cubes. Rinse the preserved lemon under running water and remove the pulp. Cut the rind into fine dice. Arrange peppers, tomatoes and lemon in a dish. Mix remaining ingredients to make a dressing and pour over the salad. Mix well.

Kohlrabi Cooking tips:

- Kohlrabi doesn't have to be peeled after cooking.
- It's excellent cooked or raw. Try it both ways.
- Grate kohlrabi into salads, or make a non-traditional coleslaw with grated kohlrabi and radish, chopped parsley, green onion, and dressing of your choice.
- Try raw kohlrabi, thinly sliced, alone or with a dip. Peel and eat raw like an apple.
- Steam kohlrabi whole, 25-30 minutes, or thinly sliced, 5-10 minutes. Dress slices simply with oil, lemon juice and a fresh herb, or dip in flour and briefly fry.
- Saute grated kohlrabi in butter, add herbs or curry.
- Add sliced or cubed kohlrabi to heart soups, stews or a mixed vegetable stir-fry.
- Chill and marinate cooked for a summer salad. Add fresh herbs.
- Kohlrabi leaves can be used like other greens. Store the leaves and bulbs separately. The globe will last for a few weeks in plastic in the fridge.

Stir-Fried Kohlrabi (from *The Goodness of Potatoes and Root Vegetables*)

3 kohlrabi, peeled
3 medium carrots
4 tablespoons peanut or safflower oil

3 cloves garlic, peeled and thinly sliced
1 inch piece gingerroot, peeled and thinly sliced
3 green onions, sliced

1-2 fresh chili peppers, sliced, optional
salt
4 tablespoons oyster sauce (optional)
3 teaspoons sesame oil & soy sauce, each

Slice kohlrabi and carrots into thin ovals. Heat oil in large heavy skillet; when it begins to smoke, toss in garlic and ginger. Stir once then add kohlrabi and carrots; toss and cook 2 minutes. Add green onions and chilies; stir-fry 1 minute, then pour in ½ cup water. Cover, reduce heat and cook 5 minutes. Remove cover and toss in a little salt and the sesame and soy, and oyster if using. Serve with rice.

Milanese-Style Chard from *Recipes from a Kitchen Garden* by Shepherd and Raboff

1 bunch Swiss Chard
1 Tablespoons olive oil
2 stalks green garlic, chopped
6 scallions, thinly sliced

2 tablespoons chopped fresh parsley
1/4 cup chopped basil
pinch nutmeg
1/4 cup chopped prosciutto or ham

2 Tablespoons Parmesan Cheese
salt and pepper to taste
garnish: toasted pine nuts or walnuts

Trim the chard, discarding tough stems, and coarsely chop. In a large, deep skillet, heat olive oil, add garlic and scallions and saute until softened and fragrant, 2 to 3 minutes. Add chard, parsley, basil, nutmeg, prosciutto or ham and mix well together. Cover the skillet and cook over medium heat until tender and wilted, 3 to 5 minutes. Mix in Parmesan Cheese and then add salt and pepper to taste. Serve garnished with pine nuts or walnuts.

Chinese Scallion Pancakes recipe by Elsa Chen

-2 1/2 cups flour, plus more for flouring the rolling surface -1 cup water -2 tsp oil -1 bunch of green onions, green and white parts, chopped med. fine
-A few tablespoons of oil to brush on pancakes (a mix of canola or corn oil and sesame oil is good) -salt -a few tbsp sesame seeds (optional)

- Mix together the first three ingredients by hand or in a food processor. Flour a surface and knead the dough. Let it rest for 20-30 minutes before continuing.
- With a rolling pin, roll the dough out on a well-floured surface into a big, flat square or rectangle 1/8 to 1/4 inch thick. Brush the pancake with a bit of oil, and sprinkle with spring onion pieces and a little salt.
- Starting at one short end, roll up the dough tightly, jelly-roll style, so you have a "snake."
- Cut the "snake" crosswise into 8 - 10 pieces. Then flatten each piece again gently with your palm and rolling pin to make a little rectangle. Don't flatten it too firmly, because you want a little air to remain trapped between the layers of the pancakes so they'll puff up a bit between the layers and be lighter.
- Press one or both sides in sesame seeds (optional).
Heat a tablespoon or two of oil in a large skillet. Shallow fry the pancakes until both sides are golden brown and crispy. Drain on paper towels. Serve plain or with dipping sauce. An easy sauce can be made by mixing soy sauce with a little minced garlic, scallion, and rice vinegar.