



## 2010 Community Supported Agriculture Week Four --- Thursday June 17



### ***What the Kale!?!***

So...you may have noticed there's been kale in your boxes every week so far. Some of you are excited about this, but we suspect that some of you are a little... wilted? We work hard to provide variety in the boxes week to week, but sometimes this can be difficult. Cool spring weather means that greens grow beautifully, and the things we all look forward to, like tomatoes, take time to mature.

We believe that part of eating seasonally and sustainably sometimes means letting go of the 'consumer' mentality that says "Give me what I want, when I want it." It means learning to like new things! Besides, kale is about the healthiest vegetable there is, and we know that many of you joined the CSA because you want to eat more healthily.

And yes, there will be an end to kale season.

### **Top Five Ways to Prepare Veggies in the HEAT of Summer**

1. Take it outside—on the grill: tasty toppings for veggies include oil or butter, salt and pepper, Italian seasoning, garlic or curry powder. You can also make skewers and alternate the vegetables with meat.
2. Eat them raw: salads are great, but to mix it up you can also try dipping vegetables in your favorite dip. Hummus, black bean dip, etc. are all great.
3. Crock pot or Rice cooker: plug it in and walk away. Some rice cookers come with a steam basket on top so the steam coming off the rice cooks the vegetables. Be careful to cut the veg into large chunks so they don't overcook.
4. Late night: cook several meals late at night when it's cooler, and use the leftovers for the next few days.
5. Juiced: get out the blender and start experimenting! Many people have said they LOVE kale juiced. Give it a try...

### ***Other tips:***

For stove-top cooking, chop things smaller so they cook more quickly.

Cook grains at night and use them cold in salads (couscous, barley, rice, pasta).

### ***In your box:***

**Snap Peas**  
**Carrots**  
**Kale**  
**Head Lettuce**  
**Beets**  
**Spring Onions**  
**Swiss Chard**

### ***Veggie Lovers box:***

**Chioggia Beets**  
**Peppermint**  
**Butterhead Lettuce**  
**Kohlrabi**  
**Zuke or Cuke**

--NOTICE: NO CSA BOX PICKUP JUNE 24. REGULAR PICKUP RESUMES JULY 1.--

### **Wonderfully Easy Pasta with Kale**

1/3 lb. penne or farfalle pasta                      2 or 3 garlic cloves, minced  
2-3 Tbsp. olive oil                                      1/2 lb. chopped kale leaves  
1 small onion, diced                                  salt and pepper

Bring 6-8 cups salted water to a boil; add pasta and cook until tender. Meanwhile, heat olive oil in a large skillet over medium heat, add the onions and garlic, and cook until tender. Add the kale and saute until wilted. Drain the pasta and combine it with the onions, garlic and kale. Season with salt and pepper and serve immediately. Makes 2 servings. Source: From Asparagus to Zucchini

### **Swiss Chard Pie**

1 onion, chopped                                      6 eggs  
1 garlic clove, minced                              1 C shredded cheese  
2 Tbsp. oil    1 tsp. salt  
1 bunch chard/kale                                  2 pie crusts

Heat oven to 400 degrees. Brown onion and garlic in oil. Trim and chop chard, add to pan, and cook down until wilted. Beat eggs in bowl; mix in cheese, salt and chard mixture. Pour into pie crusts; bake until knife inserted into center comes out clean, 30-40 minutes. Makes 2 pies. Source: From Asparagus to Zucchini

### **Garlic Stir-Fried Snap Peas**

3 C sugar snap peas                                  2 lg. garlic cloves, minced                      salt and pepper to taste  
1 Tbsp oil    2 tsp. fresh lemon juice                      cooked rice (optional)

Heat oil in skillet. Stir in garlic. Add peas; cook and stir 2-4 minutes on medium heat. Remove and sprinkle on lemon juice, and salt and pepper. Serve over rice, if desired. Makes 3-4 servings. Source: From Asparagus to Zucchini

Beets: These are nice and fresh, with tops. The tops are edible too; they are very similar to swiss chard. You do NOT need to peel them. Try grating them raw in a salad. Or roast them whole in the oven, with a shallow layer of water in the pan—this takes about half an hour. One favorite: coin them, put them on foil, brush both sides with olive oil, and sprinkle with some curry powder and salt and pepper, and grill them. (Sweet potatoes are delicious this way too.)

**Don't forget the cooking class is tonight! [www.communitycrops.org](http://www.communitycrops.org)**

**Next week: We're taking a break. Clean out your fridge and get ready for more fresh veggies!**

