



Locally, Sustainably and Educationally Grown
MSU Friends of Local Foods

Towne's Weekly

July 30, 2009



NOTES FROM THE FIELD

Veggie List

Lettuce

Scallions

Cabbage

Carrots

Summer Squash

Basil

Parsley

Swiss Chard

Well, the sixth week of our CSA and marks nearly the halfway point. I hope that you are nurturing an insatiable taste for fresh veggies and that we can continue to fill that desire for the remainder of the summer. This week we will be conducting a mid-season member survey. This is one important aspect of the educational component of Towne's Harvest. The survey will give us valuable feedback on our customer service and also include items related to student research. We greatly appreciate your willingness to participate. Your input and feedback are extremely valuable to our program and our experience as students. And then there is the basil. You will be receiving a sizeable bag of beautiful basil. Perhaps you will seek out some fresh tomatoes (sorry, ours are not ready yet), or cook up a pot of steamy marinara. However, if you are at a loss, I highly recommend the good ol' stand by: pesto. Just combine basil with olive oil, fresh garlic, nuts, parmesan or Romano. Pesto can be conveniently frozen in one meal serving sizes in zip lock bags and served with pasta, on warm bread or even added to soups or sauces. Yum! Hope you enjoy!



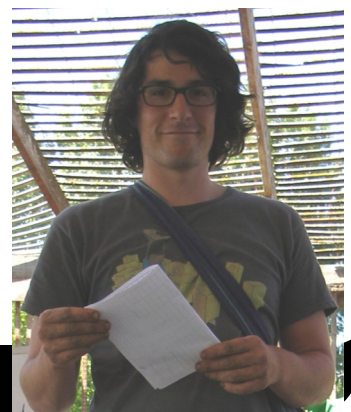
MEET YOUR FARMERS



Hi all! My name is **Kelsey Carter**. I am a sustainable foods major with an emphasis on nutrition. I am so excited for this degree because I feel so lucky to actually have a degree that is my perfect fit, and, in the future, to have a job that stokes my passion! I am working on the farm this summer as an intern. When not working at the Garden, and whispering motivating words to the produce I love taking road trips, camping, hiking, and going to music festivals and pretty much all things music, along with creating tasty and of course sustainable foods. I would like to say that I love gardening, but truth be told, without the constant guidance from those more knowledgeable here at the garden, I have a BLACK thumb! I was born and raised in Loveland Colorado and 4 years ago I moved with my fiancé to Saint Augustine FL. We had 2 babies while we were there, and moved here a year ago. We think we have found a spot to at least temporarily settle down, and make Bozeman our home.

Thanks for supporting THG and having faith in CSA's!

Matt is a fanatic. A fanatic about peppers. He loves hot peppers, green peppers, red peppers, purple peppers, and even yellow peppers. Even though Matt has no previous experience with peppers, he loves them with all his heart and wants them to succeed at the farm. You can find him weeding, singing, and watering the peppers at any point in time during the day. Besides peppers, Matt loves to ski. A lot.





Chard, Common (Green), Rainbow, Red Swiss

Recipe

Braised Chard with Ginger, Cilantro, and Rice

CHARD IS A NUTRITIONAL POWERHOUSE!

Nutritional Facts

Serving Size = 1 cup (175 g)
 35 calories
 Vitamin K - 572.8 mcg (716% DV)
 Vitamin A - 5493.3 IU (110% DV)
 Vitamin C - 31.5 mg (53% DV)
 Magnesium - 150.5 mg (38% DV)
 Potassium - 960.8 mg (27% DV)
 Iron - 4.0 mg (22% DV)
 Vitamin E - 3.3 mg (17% DV)
 Dietary Fiber - 3.7 g (15% DV)

Chard is considered an excellent source for all of these nutrients. It is also a very good source of, copper, calcium, vitamins B2 and B6, and protein. It is also rich in alpha- and beta-carotene. Calorie for calorie, chard is one of the most nutritious foods you can find.

Chard is best eaten within 5 days. It should be stored, unwashed, in the refrigerator. Wrap it tightly to avoid exposure to air.

Chard is delicious boiled or braised. Steaming can add a slightly bitter taste to the chard. **Braising** is a cooking method using a bit of fat and a small amount of liquid to cook the food in a closed pot. **Boil chard for 3 minutes** for an al dente texture that brings out the best in the vegetable. Both the leaves and the stems can be eaten.

Chard can be used in lasagna, as an omelet filling, or tossed with pasta and mushrooms for a pasta salad, Chard is delicious in broth-based soups, or baked in a gratin instead of potatoes.

2 bunches chard
 3 tablespoons vegetable oil
 1 onion, diced
 1/4 cup white rice
 2 tablespoons finely-chopped ginger
 1 teaspoon ground cumin
 1 teaspoon paprika
 1 cup chopped cilantro, stems and leaves
 Sea salt
 Plain yogurt or lemon wedges

Wash chard well then chop, no need to dry.

Heat oil in a wide, heavy pot over medium heat.

Add onion, rice, ginger, cumin, and paprika. Stir to coat with oil.

Cook for 2 minutes, then add cilantro and chard. Sprinkle with 1 teaspoon salt, cover pan, and cook until volume has reduced, 10-15 minutes. Stir, then reduce heat to low, recover, and cook slowly for 40 minutes. There should be ample moisture in pot but check once or twice to ensure nothing is sticking.

Cook until greens are tender, 10-15 minutes more. Serve warm or at room temperature with yogurt spooned over the top or with a squeeze of fresh lemon.

CHARD VARIETIES

Common Chard, also known as **green chard** has a white stalk with glossy dark-green, ruffled leaves. The leaves are mild with a spinach-like flavor. Common chard is both bitter and sweet.

Rainbow Chard can be red, orange, pink, gold, purple, or striped. Leave can be smooth or ruffled.

Rainbow chard can range from mild in flavor to robust.

Red Swiss Chard has a deep red stalk with puckered leaves.

The leaves are slightly milder than common chard.