

Summer Creek Farm

2009 CSA Newsletter

About Swiss Chard

Week 1
May 18, 2009

Chard comes in different colors; the leaves are always dark green, but red chard has red stalks and yellow chard has yellow ones. No matter what color they are, chard stalks are edible and add texture and flavor to the dishes they're cooked into. But the real source of nutrients is the greens – and chard is a nutritional powerhouse, a superb source of calcium and potassium, vitamin C, vitamin A and beta-carotene, as well as two carotenoids (lutein and zeaxanthin), which some studies have indicated can help protect the eyes against vision problems such as macular degeneration and

cataracts. One cup (boiled) has only 35 calories, and is also a good source of dietary fiber, Vitamin E (Alpha Tocopherol), Vitamin K, Riboflavin, Vitamin B6, Calcium, Iron, Magnesium, Potassium, Copper and Manganese..
(Sources: *New York Times Recipes for Health and www.nutritiondata.com.*)



Image: wikipedia

From Farmer Rick

Welcome to the Summer Creek Farm CSA. To give you some tips on what to do with some of the produce, and let you know what's coming, we'll send out a newsletter every week. The same newsletter is sent to all pick-up locations.

Since produce becomes available when it wants to, box contents may vary from location to location and day to day. The list below is our best guess as of newsletter publication time. Some members tell us the best part of the CSA is never knowing exactly what will be in the box. Enjoy!

Recipe Feature

Roasted Asparagus

1 bunch asparagus
1-2 tbsp. extra-virgin olive oil
Juice of ½ lemon
Sea salt and pepper to taste
Fresh grated parmesan (optional)

Preheat oven to 500°. Bend one stalk of asparagus until it breaks. Trim the ends from the rest of the bunch at the break, usually about 1 inch from the bottom. Spread the stalks in a single layer in a shallow

oven-safe pan, and drizzle with 1 tbsp olive oil. Roast in preheated oven uncovered until stalks turn bright green (about 6-8 minutes). Be careful not to overcook. Remove from oven and place in serving dish. Drizzle the lemon juice and remaining olive oil to taste, and season with salt and pepper. For an extra "wow" add freshly grated parmesan cheese (try parmigiano reggiano – it's pricey, but a little goes a long way).

Recipe: April Finnen

Link of the week

New York Times Recipes for Health: Chard

http://topics.nytimes.com/top/news/health/series/recipes_for_health/chard/index.html

This week's box

- ☀ Lettuce
- ☀ Asparagus
- ☀ Chard
- ☀ ...and more!

Items may vary by location/pick-up day.