



DEAR CSA MEMBER,

Cilantro is a new variety, Santo, that has a leaf that is very different than what most people are familiar with. Same flavor, different shape. The peppers are really starting to explode; we'll be picking them weekly now. When I just need a little inspiration or information when deciding how I will use the vegetables each week. CSA members Joanne Hayes and Lori Stein have published a cookbook, *Recipes from America's Small Farms: Fresh Ideas for the Season's Bounty*. I also heard from another member, Jim Fobel, who is a cookbook author. Two of his books are: *Jim Fobel's Big Flavors*, and *Jim Fobel's Old-Fashioned Baking Book*. All of the books are available through Amazon.com. Enjoy the vegetables.
—Pete and Deb

Purple Peppers, Biscayne Cubanelle Peppers, Eggplant, Cilantro are new in your share. The

Swiss Chard
Islander Purple Peppers
Biscayne Cubanelle Peppers

Gold/Chiogga Beets
Purple Scallions
Red Potatoes

Cilantro
Black Bell Eggplant
Wakefield Cabbage

OPTIONAL FRUIT SHARE:
Peaches 1 bag
Nectarines 1 bag

Shiro Plums
1 bag

Swiss Chard // // // //

Keep these greens unwashed and refrigerated in a closed plastic bag. Just prior to use, swish leaves in a large basin of water. After any grit has settled to the bottom, lift leaves out carefully. Additional rounds of washing may be necessary.

Cooking ideas (courtesy of *The Real Dirt on Vegetables*):

- Saute until tender (with the water still clinging to them from their washing) in a covered pot or large saute pan with olive oil, a pinch of salt and garlic or onion. (This is a great way to use up all those garlic scapes!)
- Blanche leaves until they wilt, 3 to 10 minutes, depending on size. Dot with butter and season with herbs and salt and pepper.
- Serve cooked greens alone as a side dish or use them in soup or with pasta, beans, rice or potatoes.
- Use cooked chard (or spinach) in enchiladas, quesadillas, crepes, lasagna and macaroni and cheese.
- For breakfast, saute slivered chard and garlic in the frying pan before adding to eggs for scrambling. Use leftover cooked chard in omelettes, quiches or soups.

* TIP: Chard stems cook more slowly, so if stems are not removed, you can end up with either soggy greens or raw stems. Fold each leaf in half and slice out stem. De-stem several leaves, stack and cut into 1-inch-wide ribbons. Cut stems into 1/4-inch lengths and cook them before you add leaves.

Chard "plays" well with these flavor partners:

- allspice, basil, caraway, celery leaves or seed, chives, coriander, dill, fennel, garlic, ginger, nutmeg, oregano, parsley, paprika, red pepper flakes, sage, savory, tarragon, thyme.
- mustard oil, olive oil, roasted peanut oil, sesame oil, vinegar
- Asiago cheese, butter, cream, Parmesan cheese, Monterey Jack cheese
- celery, leeks, mushrooms, onion, potato
- hard cooked eggs, legumes, pasta, rice

Chard with Candied Ginger // // // // // Serves 2 to 3
3/4 lb chard leaves

salt and pepper

1 T. olive oil

grated lemon zest or orange zest

lemon juice

candied ginger, chopped

Chop chard coarsely, discarding stems (or save for another use). Steam leaves for 5 to 10 minutes. Toss with remaining ingredients. Serve warm or at room temperature.

Chard Salad Morocco // // Serves 4 to 6

1 1/2 to 2 lbs. swiss chard, chopped

2 T vegetable oil

1 T. fresh garlic, minced

1 T. paprika

2 tsp. ground cumin

2 tsp. fresh lemon juice

Boil chard in salted water until tough stems can be pierced with a fork. Drain. Pressing on chard to squeeze out water. Heat the oil in a large skillet and sauté garlic until golden. Add the chard, and the seasonings and mix well. Cook for 5 minutes stirring, occasionally. Let cool. Season with salt and pepper to taste. Serve at room temperature or chilled.

Chard Sag Aloo // // // // // Serves 4

Instead of the traditional spinach, try Swiss chard.

1 large onion, chopped

2 potatoes, cubed and parboiled for 15 minutes

1 bunch chard or spinach leaves, stalks removed, coarsely chopped

1 tsp. fresh ginger grated

1/2 tsp. garlic, coarsely chopped

1/4 tsp. cumin seeds

1 tsp. turmeric

1 tsp. garam masala

olive oil

butter

salt

Fry cumin seeds in heavy pan in a bit of oil and butter until just starting to brown. Add the onion and cook until just brown. Add potato, garlic, turmeric, ginger and garam masala and fry until potato starts to soften. (You may need to add water to keep potato from sticking.) Add chard (or spinach) and cook until wilted. Salt to taste. Serve.

Beet and Spinach Salad with Lemon and Cilantro

/////Serves 4 to 6

- 2 lb. beets
- grated zest of one lemon
- 2 T. lemon juice
- 2 T. red onion, diced
- 1/2 tsp. salt
- fresh ground black pepper
- 1/2 tsp. ground coriander
- 2 T. chopped parsley
- 2 tsp. fresh mint leaves, slivered
- 2 T. chopped cilantro
- 6 T. olive oil
- 5 c. spinach leaves
- 1/4 c. black cured olives, pitted

Trim beets and steam until tender-firm, 20 to 25 minutes. Let cool, slip off skins and cut into quarters. Whisk zest, juice, onion, salt and pepper, coriander, parsley, mint, cilantro and oil in a small bowl. Taste on a beet and adjust seasonings if necessary. Place beets in a bowl, pour dressing onto beets and toss to coat. Toss spinach with any remaining dressing and arrange on salad plates. Add beets and olives. Serve with dark bread and Havarti cheese with dill for a salad-meal.

Cilantro-Lime Pasta Salad /// Serves 2 to 3

- 1/2 lb. spiral pasta
- 1/2 c. green peas (thawed if frozen)
- 1/2 c. red onion, minced
- 1/2 red bell pepper, seeded and finely chopped
- 1/2 c. fresh cilantro, coarsely chopped
- 1/2 c. summer squash, cubed
- 4 c. mixed salad greens
- Dressing**
- 1/2 c. fresh lime juice
- 4 T. cilantro leaves, finely chopped
- 8 T. olive oil
- 2 tsp. granulated sugar
- 1/2 tsp. ground cumin
- 1/2 tsp. salt
- 1/2 tsp. fresh ground black pepper

Prepare pasta in large pot of boiling salted water until al dente. Drain and cool. Toss with a teaspoon of oil to keep from sticking, if desired. Combined peas, onion, pepper, cilantro and squash in a large bowl. Add cooled pasta. Toss to mix. For dress-

ing, combine lime juice, cilantro, oil, sugar, cumin, salt and black pepper in a small bowl. Whisk to thoroughly blend. Pour over pasta and chill. Serve alone as a side dish (it's great with grilled meats) or on a bed of salad greens.

Cilantro Almond Couscous /// Serves 4

- 1 1/4 c. chicken or vegetable broth or water
- 1 c. couscous
- 3 T. butter
- 2 T. capers, drained
- 3 T. grated lemon zest
- 1/2 c. slivered almonds
- 3 plum tomatoes, seeded and diced
- 1/4 c. fresh cilantro

Bring liquid to a boil in a small saucepan. Place couscous in large bowl and add the hot liquid. Immediately cover bowl and let steam for 5 minutes. Melt butter in a large skillet. Add capers, lemon zest and almonds. Stir until almonds turn golden brown, about 5 minutes, then add tomatoes and cilantro. Stir in couscous. Serve.

Cabbage-Cilantro Slaw /////Serves 4

- 1 1/2 qt. cabbage, finely shredded (about 12 oz.)
- 1/3 c. chopped fresh cilantro
- 3 T. lime juice
- 2 T. vegetable oil
- 1/4 tsp. hot chili flakes
- salt and pepper to taste

In a large bowl, mix cabbage, cilantro, lime juice, oil and chili flakes. Add salt and pepper to taste. Let sit to allow flavors to marry. Serve at room temperature or chilled.

Chilled Potato-Cilantro Soup /////

- Serves 6 to 8
- 4 c. chicken or vegetable broth
- 1 lb. potatoes, peeled and chopped
- 4 oz. green chilis, diced
- 1/4 tsp. white pepper
- 1/2 tsp. ground cumin
- 1 c. cilantro, lightly packed
- 3 green onions, thinly sliced
- 1 c. sour cream
- salt

In a large saucepan, combine broth, potatoes, pepper and cumin. Bring to a boil, reduce heat and simmer for 15 to 20 minutes or until potatoes are just tender. Combine half the potato mixture with chilis, cilantro and onions in food processor. Blend until smooth. Transfer to large bowl. Blend remaining potato mixture with sour cream until smooth. Add to other mixture in large bowl. Season with salt. Cover and chill for up to a day. Serve with cilantro sprig and dollop of sour cream for garnish.

CSA:

DID YOU KNOW?

In April, the Organic Consumers Association (OCA) launched a boycott of two leading organic dairy brands and distributors, Horizon (a division of Dean Foods) and Aurora, for mislabeling their products as "USDA Organic." All of Aurora's and much of Horizon's "organic" milk is coming from factory farm feedlots where the cows have been brought in from conventional farms and have little or no access to pasture. They're expanding the boycott to five grocery chains selling bogus organic milk from Aurora Organic: Costco's "Kirkland Signature," Publix's "High Meadows," Safeway's "O" Organics brand, Wild Oats' organic milk, Giant's "Nature's Promise." OCA is also calling for a boycott of Horizon's sister soy brands—Silk soymilk and White Wave tofu—which have begun importing cheap organic soybeans from China and Brazil, where labor rights and environmental standards are routinely violated. Please email the Shameless Seven, telling them to stop violating organic standards and to source certified organic ingredients from North American family farmers. <http://www.organicconsumers.org/rd/aurora.cfm>