

Schreiber & Sons CSA

It's a Culinary Adventure

Schreiberandsons.com

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In your box this week, you will receive:

- Carrots
- Beets - either yellow beets or Chioggia beets
- Walla Walla sweet onions
- Cauliflower
- Squash, mixed
- Cucumbers
- Garlic
- Potatoes
- Eggplant
- Cabbage
- Swiss Chard
- Basil-medium and large share members

Lots and lots going on at the farm this week. We are having an ag tour this week and are hosting a farm party for the tour attendees on Wednesday. Have to add that to our list of things to do this week. This time of the year, the weeds are really starting to take their toll on us and to have the farm presentable means that we have to put in some extra effort to get things cleaned up. It is supposed to be 102 today and in the upper nineties for the rest of the week. This means we really have to pour the water on and keep our employees from overheating-shade, extra breaks and lots of extra water.

We hope you enjoy the produce this week.

Your Farmer,

Alan Schreiber

Swiss Chard *Beta vulgaris cicla*

Swiss chard is a versatile leafy green with great nutritional benefits. *Beta vulgaris* is the

common beet, which becomes chard with the appending of Cicla, from sicula, referring to both Sicily and a beet variety grown there. It is a vegetable valedictorian with its exceptionally impressive list of health promoting nutrients. Swiss chard is an excellent source of vitamins A and C, and also contains potassium and fiber.

The Swiss part comes from one or several sources. Some claim that Swiss was used to distinguish chard from French charde or chardon by nineteenth century seed catalogue publishers and the name stuck. There is an extensive Swiss national collection of leaf beet (and chard) genetic resources, which likely means the crop has some importance to the Swiss. As it turns out chard is the definite misnomer. Chard comes from the Latin and French words for thistle-which Swiss chard isn't, but cardoon is. Carde or chard came to mean the stalk or rib of some vegetables, such as chard or cardoon. And finally, the word Swiss Chard is popular among Mediterranean cooks but the first varieties have been traced back to Sicily. In the US the leaves are valued while European cooks value the stalks to the point of discarding the leaves or feeding them to animals. Swiss chard can also be found in northern Europe and South America. [Note from Alan: For me the most exotic plant we are experimenting this year is cardoon..it is an old, old, old Mediterranean crop that is a thistle (as is artichoke) and you the leaf petiole (like rhubarb). Not sure how it will do here-but we have about 50 plants growing.

Swiss chard, along with kale, mustard greens and collard greens, is one of several leafy green vegetables often referred to as "greens". It is a tall leafy green vegetable with a thick, crunchy stalk that comes in white, red or yellow with wide fan-like green leaves. Chard belongs to the same family as beets and spinach and shares a similar taste profile: it has the bitterness of beet greens and the slightly salty flavor of spinach leaves. Both the leaves and stalk of chard are edible, although the stems vary in texture with the white ones being the most tender. Swiss chard is extremely versatile

Health Benefits

Swiss chard has concentrations of vitamin K (306.3% of the daily value in one cup, cooked), vitamin A, vitamin C, magnesium, manganese, potassium, iron, vitamin E, and dietary fiber. Swiss chard also emerges as a very good or good source of copper, calcium, vitamin B2, vitamin B6, protein, phosphorous, vitamin B1, zinc, folate, biotin, niacin and pantothenic acid.

Use

Swiss chard can be used interchangeably with spinach, raw or cooked. It is also my favorite when "greens" are called for in just about any recipe as I have never found bitterness in this vegetable (though the formal explanations claim it is detectable). Chard holds its shape better than spinach when cooked and takes a bit longer, so is excellent as a stand-alone or in stir fries because it really doesn't get mushy. I cook the leaves and stems together (cutting the stems into small chunks) but many recipes call for the leaves or stems exclusively. Chard stalks are good slow-cooked or baked with a cheese sauce.

