

High Meadow Farm CSA

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Week 3

June 28, 2011

This week's Box.

Dill	New Snow peas with a few snap's
French Sorrel	Potatoes; Red, White and Blues
Head Lettuce	Spinach
Lettuce mix	

This week's Bread is Cranberry Wheat Walnut and Seedy Banana Muffins

Have a happy 4th!

We hope that you have fun things planned for the holiday and that you have time one day to celebrate with some **Red, White and Blue potatoes**. In your bag is a mixture of the Adirondack Red and Blue potatoes and some white Kennebec's. With all of them you can make potato salad, roast them on the grill, sauté' them or bake them, however you choose to cook them. No need to peel, just scrub them, cook and eat!

There are just a few **peas** again this week. We are between crops. The snow peas just starting to come. They are the very flat ones in your bag, great for stir-fry's lightly steaming and adding to a fresh salad, or for eating raw. The snap peas are just finishing up. We wish that the snap peas had produced more, but we are assuming that the heat was an issue, coming right when they started to flower. There are lots of baby peas on the vines of the snow peas, though and somewhat better weather during a critical time in their growth, so we are hoping for a good harvest next week. Try sautéing these pods in butter with a little fresh **dill**. The dill can also be added to homemade salad dressing or just chopped and added to your salad.

Lots of nice **lettuce** in your box this week. If you are feeling overwhelmed with salad, why not make a meal of it? We often take a nice salad and add hard-boiled eggs and cheese, plus anything else that would make a nice chef salad meal. We also make taco salad from time to time (especially when there is cilantro and tomatoes). Just brown some ground beef and onion, garlic and taco seasoning. I like it a little warm on nice fresh lettuce and then topped with other toppings like cheese, olives, salsa, sour cream and of course, tortilla chips.

Swiss Chard is the big, bold leaf with the red, yellow or white stems. This is a rainbow mix of chard. Both the stems and the leaves are edible, delicious and incredibly nutritious! Chard is in the beet family and you will taste a bit of that in the flavor. It is complimented in cooking by pepper. You can remove the stems and cook them a bit longer than the leaves, but I rarely do because I like the stems slightly crunchy. I love chard over rice or under eggs, but you may like it in a veggie lasagna or a layered casserole.

Spinach again this week. These big leaves are great for steaming or adding to casseroles. Remove the stems and sauté in a pan until just wilted. Remove and chop or chop before cooking. Add this to spinach dip for your weekend party or make a quish. Ever try a spinach dinner omelets? Sauté the chopped spinach in olive oil with onion and a little garlic. Add a little ricotta or feta and parmesan, a dash of cayenne and fold into an egg omelet. This makes a quick and easy calzone-like meal without the need to make yeast bread dough.

French Sorrel? That may be a new one that some of you haven't heard of. The sorrel is the longer, lighter green bunched leaves. If you taste a piece of a leaf, you will be surprised by the sour, lemony bite. You may also be surprised to hear that sorrel is a farm favorite of the 10 and under crowd for just munching on! Add it to your salad, or try it steamed alongside your favorite fish. Sorrel will add a tangy flavor to other cooking greens. You can try chopping it and adding it to some sautéed chard to see if you like that flavor. Add some nice pepper to the dish!

Here are a few more recipe ideas for you this week!

<p style="text-align: center;">Baked Spinach and Onions 350 Degrees 45 Minutes</p> <p>6 large onions, chopped or sliced thin 2-3 10 oz packages frozen chopped spinach 2 tablespoons butter</p> <p>Mornay Sauce: 3 tablespoons butter 3 tablespoons flour 1 cup milk ¼ cup cream ¼ cup Gruyere cheese, grated dash: salt, pepper, nutmeg</p> <p>Topping: Bread crumbs Additional grated Gruyere cheese Sauté onions in 2 tablespoons butter until transparent. Cook spinach until thawed. Mix with onions and Mornay sauce. Put in baking dish and top with cheese and bread crumbs. Cover and bake for 30 minutes at 350 degrees. Uncover and bake for 15 minutes.</p> <p>Submitted by Mike O.</p>	<p style="text-align: center;">Submitted by Mike O. Swiss Chard Pie</p> <p>INGREDIENTS 2 eggs, beaten 1/3 cup mild green chiles, chopped 30 chard leaves with ribs removed (minimum) - use multi-colors if available 1 small onion, chopped 4 tbs butter ½ cheddar cheese, grated</p> <p>DIRECTIONS</p> <ul style="list-style-type: none"> - Beat the eggs and then mix the chopped chiles to the eggs. - Sauté the onion in butter in a cast iron skillet. Wilt chard leaves in with sautéed onion - Butter a pie pan and fill with the chard and onion mixture. - Pour egg/chile mixture over chard and onions stirring to mix well. - Cover with cheese. - Bake in 350 ° oven for 20-30 minutes. <p>Serve with a good bread.</p>
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Try using your spinach on top of a nice home-made pizza. I am looking for Lynn Stuve's recipe and hoping that she will re-send it to me by tonight so that I can post it on the blog!

Have a great weekend!