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Box #4
Even Week
18 July 2018

Contents
Basil
Carrots
Chard
Green Beans – Couple only
Knob Onions
Lettuce: Mixed Types
Sugar Snap Peas – Family only
Sunflower Greens
Zucchini: Cocozelle, Green, Yellow

New Stuff: chard, green beans, knob onions
Choice Box: zucchini

Chard, often known as "Swiss" chard, is the ancestor of beets. Chard is high in vitamins A, E and C, plus minerals like iron and calcium. Because it doesn't contain oxalic acid, like spinach does, the body readily absorbs the minerals. Both the stem and the leaves of chard are edible and delicious as well as beautiful. Store chard in a plastic bag in the vegetable drawer of your fridge. Wash it before cooking, and cut the large leaves in half lengthwise before chopping to make them easier to eat. Cook the stems 3-4 minutes longer than the leaves, to whatever doneness, *al dente* or soft, that you prefer. Chard stems and leaves are great, raw, in salads.
We grow what is called "rainbow" chard, or chard that is a mixture of colors: white, yellow, orange, light green, pink and red—sometimes a combination of these colors, too, most with green leaves. The different colors have slightly different flavors, much like orange beets that taste a little sweeter and milder than red beets. Some of the chard leaves have a rip or two in them: rain damage. When it rains very hard, the tender chard leaves can't tough it out. The tears don't affect the great flavor of the leaf.
Here's a recipe similar to Terry's Favorite Way to Cook Any Vegetable:

Braised Chard

In a large sauté pan, over medium heat, put:
2 Tbsp. olive oil
Add: 1 bunch chard, washed, stems and leaves roughly chopped
Sauté for 3-4 minutes, stirring occasionally.
Add: ½ cup vegetable stock
½ tsp. salt
freshly-ground pepper
Cook for another 5 minutes.
Now add: 1 Tbsp. butter
Melt butter in pan, then toss with chard to distribute.
Serve while hot.
The green beans are just starting to bear, so I'm not going to talk at length about them until we can put them into all your boxes, hopefully next week. This week, we just had enough to give the Couple Shares a small taste. The Family Shares are getting another small taste of sugar snap peas. Somehow, it all works out.
Knob onions are simply young onions that are about halfway between scallions and full-sized onions. When they're this fresh, onions contain more liquid and may squirt when you chop them. Because the tops are still green, you can use them like scallion greens. To keep the leaves green, store them in the vegetable bin in your refrigerator. If you don't mind the leaves drying, leave the onions out on your counter. Their outer leaves will, eventually, dry to a brown covering that protects the onion. You'll probably use these up before that happens, tho.
Carrot tops, or leaves, are quite edible. Most people don't eat them because they're a bit bitter. However, many folks have told me they eat them, like them, and use them in all sorts of dishes, from soups to salads. Here's a recipe you should try, altho you'll probably have to supplement the basil in your box with some harvested from your own plant.

Basil and Carrot Top Pesto

Into a food processor or blender put:
3 Tbsp. nuts (almonds, pecans, Brazil nuts, etc.)
1 large garlic clove, or 2 Tbsp. garlic scapes
2 cups carrot tops, washed and roughly chopped
½ cup basil leaves, or other green herbs
½ cup olive oil, approximately
salt and pepper to taste
Process everything until you have a smooth paste. If you like more oil in your pesto, feel free to add more oil until you get the consistency you want.
This week we have plenty of zucchini to give everyone a good amount. The yellow are bearing well, and everyone will get one. Our Italian variety, Cocozelle, is not as prolific, plus we have fewer plants, so some of you will also get Cocozelle, others will get green zucchini. Cocozelle has a very tender skin that stays tender until it gets very large, so you don't have to peel it. Those ribs make it harder to peel anyway.

Field Notes

Hot and humid. Good weather for tomatoes, peppers and eggplant. Monday was hot, but the humidity dropped considerably, making it easier to be outside. Monday was also a planting day: broccoli, cauliflower, celeriac and lettuce. We're planting now for fall harvesting.

The ears on our sweet corn are starting to form, and silk is visible. Raccoons love sweet corn, and will tear down numerous ears in their search for ones that taste just right—whatever that means to a raccoon. To keep them out, we put up a two-wire electric fence around the entire field. Chuck has that job on his list for Wednesday.

Unfolding your wax box:

Please unfold your wax box carefully. We know new boxes are harder to unfold, but please take the time to slide the side panels out of the cutout slits in the bottom without tearing them. If you slide out first one side, then the other, this will be easier to achieve. Last week we had to retire some brand new boxes because the side panel was ripped. That box cost $1.75, and we used it only once. Thanks for your help keeping our wax boxes in good shape!



Enjoy this glorious weather!

Terry & Chuck