

Rainbow Chard

This colorful variety of chard features red, gold, orange, and white stems that contrast beautifully with the green leaves. It belongs to the same family as beets and spinach and shares a similar taste profile, with the bitterness of beet greens and the slightly salty flavor of spinach leaves. Both the leaves and stalk of chard are edible. Rainbow chard can be enjoyed raw, sautéed, or steamed, or added to omelets, quiches, pastas, and salads. This week our rainbow chard is from Tahoma Farms.



Chard and Cheddar Omelet

2 tablespoons (1/4 stick) butter
2 garlic cloves, minced
4 ounces chard, stemmed, chopped (about 3 cups packed)
3/4 teaspoon hot pepper sauce
5 large eggs
3/4 cup grated sharp cheddar cheese
1/4 teaspoon salt
1/4 teaspoon ground black pepper

Melt 1 tablespoon butter in 8-in-diameter non-stick skillet over med-low heat. Add garlic; sauté until soft, about 2 min. Stir in chard, cover and cook until tender, about 4 min. Stir in hot sauce. Season with salt and pepper. Transfer to small bowl. Wipe skillet clean. Whisk eggs, 1/4 cup cheese, salt and pepper in medium bowl to blend. Melt 1/2 tablespoon butter in same skillet over med-high heat. Add half of egg mixture and cook until eggs are just set in center, tilting pan and lifting edge of omelet with spatula to let uncooked portion flow underneath, about 2 minutes. Scatter half of chard mixture over half of omelet. Sprinkle 1/4 cup cheese over chard. Fold omelet over cheese; slide out onto plate. Repeat with remaining butter, egg mixture, chard and cheese.

From *Bon Appetit*, February 2001.

Rainbow Chard with Pine Nuts & Feta

1 bunch rainbow chard
2 tablespoons olive oil
1/4 cup pine nuts
2 cloves garlic, thinly sliced
kosher salt and pepper
2 1/2 ounces crumbled Feta (about 1/2 cup)

Cut off the chard stalks near the base of the leaves and discard. Cut any large leaves in half lengthwise. Heat the oil in a large skillet over medium heat. Add the pine nuts and garlic and cook, stirring, until golden, about 2 minutes. Stir in the chard, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Cook, stirring, until the chard ribs are just tender, 2 to 3 minutes.

Transfer to a serving bowl and sprinkle with the Feta.

From *www.realsimple.com*, by Sara Quessenberry, June 2008.

Vegetable Box Contents:

item	Farm/Brand Name and Location	Food Miles
Baby Bok Choy	Farmers Own (WA)	varies
Red Potatoes	Farmers Own (WA)	varies
Rainbow Chard	Tahoma Farms (Orting, WA)	20
Summer Squash	Tahoma Farms (Orting, WA)	20
Red Onions	Tahoma Farms (Orting, WA)	20
Radishes	Tahoma Farms (Orting, WA)	20
Cucumbers	Tahoma Farms (Orting, WA)	20
Butter Leaf Lettuce	Tahoma Farms (Orting, WA)	20
Moskovich Heirloom Tomatoes	Tahoma Farms (Orting, WA)	20
Cilantro	Tahoma Farms (Orting, WA)	20

CANCELLATIONS AND OTHER CHANGES TO YOUR ORDER NEED TO BE MADE BEFORE 10:00 A.M., TWO DAYS BEFORE YOUR NEXT SCHEDULED DELIVERY.



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We appreciate you leaving your **empty, flattened box** out for us to pick up with your next delivery.

We *do not* reuse any bags, egg cartons, or other containers -- so just leaving out your box would be great!



THIS WEEK'S RECIPES

Tofu and Bok Choy Stir-Fry

- 1 1/2 tablespoons low-sodium soy sauce
- 1 tablespoon dry Sherry
- 1 teaspoon oriental sesame oil
- 1 teaspoon cornstarch
- 2 teaspoons vegetable oil
- 3 large garlic cloves, minced
- 1 tablespoon minced peeled fresh ginger
- 1/8 teaspoon dried crushed red pepper
- 3 cups thinly sliced trimmed bok choy
- 1 5-ounce can sliced water chestnuts, drained
- 3 green onions, cut into 1-inch pieces
- 10 1/2 ounces extra-firm tofu, drained, cut into 3/4-inch pieces

Combine first 4 ingredients in small bowl; mix well. Heat vegetable oil until very hot in heavy large wok or skillet over high heat. Add garlic, ginger and crushed red pepper. Stir-fry until aromatic, about 30 seconds. Add bok choy and stir-fry until just wilted, about 2 minutes. Mix in water chestnuts and green onions and stir-fry until onions are tender, about 1 minute. Add tofu and lightly stir-fry until tofu is just heated through, about 2 minutes. Pour over soy mixture. Stir-fry until liquid boils and thickens, about 1 minute. Serves 2.

From www.mariquita.com.

Radish and Sesame Noodle Salad

7oz whole wheat noodles, cooked according to packet instructions and drizzled with oil to prevent sticking
1 bunch radishes, washed and quartered
1/2 cucumber, halved lengthways, de-seeded and chopped
1 small handful black sesame seeds or toasted sesame seeds
Fresh cilantro sprigs, to garnish

For the sesame soy dressing:

3 tbsp light soy sauce
3 tbsp toasted sesame oil
3 tbsp Chinese black rice vinegar or balsamic vinegar

Place the noodles, radishes and cucumber into three separate bowls and transfer to the fridge to chill for at least one hour. For the dressing, combine all of the dressing ingredients together in a small bowl. To serve, transfer the noodles to a large serving dish, layer with some radish and cucumber and scatter over the black sesame seeds. Spoon the dressing over the noodles and garnish with coriander sprigs. Serve immediately.

From *Chinese Food Made Easy* by Ching-He Huang.

Red Potato Salad with Champagne Vinegar

1 lb red potatoes
1 red onion
Extra virgin olive oil
Champagne vinegar
Sea salt and fresh cracked pepper
Tarragon - fresh or dried

Heat a large pot of water to boil. Add some sea salt. Wash the potatoes; leave the skins on. Cut potatoes into bite size chunks. Put them into the water and simmer until fork tender - about 20 min. Meanwhile, dice the onion. Drain the potatoes and transfer to a large bowl. Add the onion and mix. Add enough olive oil to moisten the potatoes. Drizzle liberally with the Champagne vinegar and toss. Season with sea salt, cracked pepper and tarragon. Mix well with a wooden spoon. Serve warm or chilled. From glutenfreegoddess.blogspot.com.

Parmesan-Squash Cakes

1 large egg
2/3 cup finely chopped shallots
1 tablespoon chopped flat-leaf parsley
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper
2 cups shredded seeded summer squash, (2-3 medium, about 1 pound)
1/2 cup freshly grated Parmesan cheese
1 tablespoon extra-virgin olive oil

Preheat oven to 400°F.

Beat egg in a large bowl. Stir in shallots, parsley, salt and pepper. Place shredded squash in the center of a clean kitchen towel; gather up the ends and twist to squeeze out any liquid. Add the squash and cheese to the bowl; stir to combine.

Heat oil in a large nonstick skillet over medium heat. Pack a 1/3-cup measuring cup with the squash mixture and unmold it into the pan; gently pat it down to form a 3-inch cake. Repeat, making 4 squash cakes.

Cook until browned and crispy on the bottom, 3 to 4 minutes. Gently turn the cakes over and transfer the pan to the oven. Bake for 10 minutes.

Serve immediately.

From *Eating Well*, July/Aug 2009.

Storage and Preparation Tips

- ◆ **Rainbow Chard:** Store unwashed chard, wrapped in a plastic bag, in the refrigerator for up to three days. Wash well before use to remove any dirt or sand. Chard can be eaten cooked or raw. When cooking the stems, add to the pan a little before the leaves, as the stems require more cooking time.
- ◆ **Summer Squash:** Handle summer squash with care because they are damaged very easily. Store for up to four to five days in a perforated plastic bag in the refrigerator. Do not wash until ready to use.
- ◆ **Red Potatoes:** Wash before use. Because red potatoes have thinner skins, they should not be cleaned with a brush. When peeling, a vegetable parer is recommended because some of the potato's nutrients are close to the skin. Potatoes should not be exposed to light; this can cause them to turn green, making them inedible.

* You may leave a cooler out for our driver to transfer your produce into to keep it fresh and cool.