 CSA Newsletter Week #4:

# Summer is here!

We have been enjoying all this heat and sunshine and the gardens have exploded with luscious greens. There are a few broccoli plants starting to produce small crowns, the carrots and beets have all grown a few inches and even the corn has grown by almost a foot in the last week. We will have more than just greens before you know it, but for now we hope you are still enjoying all the fresh greens and veggies.

# This week’s bin features:

* Spinach
* Lettuce Mix with edible flowers & herbs
* Kale Mix
* Chard Mix
* Collards
* Choi
* Asian Greens
* Arugula
* Green Onions
* Dill
* Cilantro
* Rapini
* A head of Lettuce

### Add-on Shares:

* Whole Chicken
* Barley Flour
* Apple Jelly
* 1 dozen Farm fresh, free range eggs

# Recipe of the Week:

#### Chard Frittata

1 bunch chard

Cut the stems into ¼ inch slices. Coarsely chop the leaves. Heat a heavy pan, over medium heat:

1 tablespoon olive oil

**Add:**

1 medium onion, peeled and sliced thin

Cook for 5 minutes and add the chard stems. **Season with:**

Salt

Cook for 4 minutes and add the leaves. Cook until the leaves are tender, adding a splash of water if the pan dries out. Turn out the pan onto a plate. **Crack into a large bowl:**

6 eggs

**Add:**

Salt

2 teaspoons olive oil

Fresh ground pepper

A pinch of cayenne

4 garlic cloves, chopped

Beat lightly. Gently squeeze the chard with your hands, wringing out most, but not all, of the liquid. Stir the chard into the beaten eggs. Thoroughly preheat a 10 inch heavy pan over medium heat. Add 2 tablespoons olive oil and pour in the egg mixture.

You can either flip the frittata part way through, or cook it with a lid on the pan.

**Variations:**

* Add a bunch of sorrel to the chard leaves during the last minute of cooking.
* For the chard, substitute broccoli raab (rapini), mustard greens, nettles or any other greens.
* For a delicious sandwich, serve a wedge of frittata with a slice of ham or a few slices of tomato between 2 slices of lightly toasted bread rubbed with garlic butter.

