

# Lettuce Connect

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## East Farms CSA

### Message from Jeremy:

This week you will be seeing mostly spring crops. The lettuce is looking beautiful and these crops are the only ones that have been doing well. The summer crops such as zucchini are a couple of weeks behind.

In this week's box, look for lettuce, spinach, swiss chard, spring garlic and radishes, and peas.



Newsletter  
June 30, 2011

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#### Inside this issue:

Message from Jeremy	1
Keeping it Fresh	1
Food for Thought	2
Recipes	2-3
Contact	4

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### Keeping it Fresh

Spring peas are so delicious. They are best if you use them right away. Don't shell them until you want to use them because they will start losing their sweetness.

## Food for Thought

By purchasing your CSA share, you are keeping America's agrarian traditions alive. It keeps more Utahns employed and the money stays in our community.

Supporting our farmers saves our farmland. As the saying goes "No farms, no food."



## Recipes

### Onion Pizza with Ricotta and Chard

2 tbsp extra virgin olive oil  
 1 ¼ pound onions, sliced  
 1 tsp chopped fresh thyme leaves  
 2 garlic cloves, minced  
 Salt and freshly ground pepper  
 ½ pound chard, stemmed and washed  
 1 14" pizza crust  
 ¾ cup (6 oz.) ricotta cheese  
 2 oz. Parmesan cheese grated  
 1 egg yolk

Thirty minutes before baking the pizza, preheat the oven to 500 degrees. Heat the olive oil over medium heat in a large, heavy skillet. Add the onions. Cook, stirring

often, until tender and just beginning to color, about 10 minutes. Add the thyme, garlic and a generous pinch of salt. Turn the heat to low, cover and cook another 10 to 20 minutes, stirring often, until the onions are golden brown and very sweet and soft. Remove from the heat.

While the onions are cooking, stem and wash the chard leaves, and bring a medium pot of water to a boil. Fill a medium bowl with ice water. When the water comes to a boil, salt generously and add the chard. Blanch for one to two minutes, just until the leaves are tender, and transfer to the ice water. Drain and squeeze out excess water. Chop the chard medium-fine.

Roll out the dough, oil a 14" pizza pan and dust with cornmeal or semolina. Place the dough on the pan.

In a medium bowl, combine the ricotta, egg yolk, Parmesan and chard. Spread over the pizza dough in an even layer, leaving a 1" border around the rim. Spread the onions over the ricotta mixture.

Place in the hot oven, and bake 10 to 15 minutes until the crust and bits of the onion are nicely browned. Remove from the oven and serve hot or warm.

Adapted from "*The Very Best of Recipes for Health*" by Martha Rose Shulman

## **Stir-fried Swiss Chard and Red Peppers**

1 tbsp soy sauce  
 1 tbsp rice wine or dry sherry  
 2 tsp dark Asian sesame oil  
 ¼ tsp salt or to taste  
 ¼ tsp freshly ground pepper  
 ¼ tsp sugar  
 1 tbsp canola oil  
 1 tbsp minced garlic  
 1 tbsp minced ginger  
 1 pound chard, stems trimmed,  
 washed and cut crosswise in 1/2"  
 strips  
 1 medium red bell pepper, cut in  
 julienne  
 ¼ cup thinly sliced scallions or  
 minced red onion  
 ¼ cup coarsely chopped cilantro  
 Cooked quinoa, brown or red rice,  
 or rice noodles for serving

In a small bowl measuring cup,  
 combine the soy sauce, rice wine or  
 sherry, and the sesame oil.  
 Combine the salt, pepper and sugar  
 in another small bowl. Have all the  
 ingredients within arm's length of  
 your pan.  
 Heat a 14" flat bottomed wok or 12"  
 steel skillet over high heat until a  
 drop of water evaporates within a  
 second or two in the pan. Swirl in  
 the oil by adding it to the sides of  
 the pan and tilting it back and forth.  
 Add the garlic and ginger, and stir-  
 fry for no more than 10 seconds.  
 Add the chard, and stir-fry for two  
 minutes, until the leaves wilt. Add  
 the red pepper and spring onion or  
 red onion. Turn the heat to high,  
 and stir-fry for one minute, or until  
 the pepper begins to soften.

Add the salt, pepper and sugar. Toss  
 together, and add the soy sauce  
 mixture. Stir-fry for two to three  
 minutes until the chard leaves are  
 tender and the stems and red peppers  
 are crisp-tender. Stir in the cilantro, and  
 serve over cooked quinoa, rice or rice  
 noodles.

Serves 3 to 4

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 for Health*" by Martha Rose Shulman

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**East Farms**

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*A family owned and operated  
farm*

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