

Lettuce Connect

East Farms CSA

Message from Jeremy:

Newsletter
July 4, 2011

Boy is it hot out there. All this heat is helping the farm look better. This has been a banner year for weeds and we are having a hard time keeping ahead of them. We are about 2 weeks out on zucchini and other summer crops. This week you will probably see a lot of peas again. Most likely these will be English shell peas. Spring onions and garlic are ready. Chard is a big this year so I hope you are enjoying it. Cabbage and carrots

are in your future too. I hope the newsletter is helpful. It may contain recipes and information for items that you may not receive that week because it is prepared before we actually pick the crops. We do try to be as accurate as possible.

Thanks for your support and remember to return your boxes to your drop off spot.



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Keeping it Fresh

This week should be English shell peas and probably next week you will get sugar snap peas. The pods on these peas are

edible and delicious. Either way, you will want to eat them as soon after you get them as possible. Shell the peas right

before you need them. They can also be frozen for winter by shelling, freezing on a cookie sheet then transferring them to a zip loc bag.

If you find you have too much chard, you can blanch it for one minute, squeeze, dry then freeze in zip loc bags.

Food for Thought

A weed is a plant that has mastered every survival skill except for learning how to grow in rows.

- Doug Larson



Recipes

Swiss Chard and Chickpea Minestrone

2 tbsp olive oil
 1 onion, chopped
 2 carrots, cut in small dice
 1 celery stalk, cut in small dice
 1 leek, white and light green parts only, cleaned thoroughly, sliced thin
 4 cloves garlic, minced
 7 cups water
 2 tbsp tomato paste
 A bouquet garni consisting of 1 Parmesan rind, 1 bay leaf, 3 sprigs parsley, 3 sprigs thyme, tied together in cheesecloth with string
 1-15 oz. can chickpeas, drained
 ½ lb swiss chard

½ cup elbow macaroni
 Ground pepper
 Freshly grated Parmesan

Heat the olive oil over medium-low heat in a large, heavy soup pot or Dutch oven. Add the onion, carrots and celery. Cook, stirring, until beginning to soften, about 3 minutes. Add ½ tsp salt and leek. Continue to cook, stirring often, until tender, about 3 minutes. Add the garlic, stir for about 1 minute, and then stir in the water, tomato paste and the bouquet garni. Bring to a simmer. Add salt to taste, reduce the heat to low, cover and simmer 30 minutes. Stir in the chickpeas. Taste and adjust salt. Remove bouquet garni.

Add the Swiss chard and the pasta to the soup, bring back to a simmer, and simmer another 10 minutes or until the pasta is cooked al dente. Grind in some pepper, taste and adjust seasonings. It should be savory and rich-tasting. Serve in soup bowls, with a sprinkling of Parmesan over the top.

Pea Pesto

2 cups fresh peas, about 2 pounds
1 cup raw spinach, washed and dried
2 large garlic cloves
½ cup almonds
½ cup romano cheese
½ cup olive oil
1 tsp salt
Pepper

Cook the peas in boiling water (no salt or the dip is too salty) for 5 minutes or until tender. Drain well and let dry for a few minutes on a sheet pan or paper towels.

Combine all ingredients in a food processor except oil. Blend well. Pour in oil while the blade is running. Adjust oil and seasonings as needed.

Serve with crackers or fresh cut vegetables.

Swiss-Chard Tart

1 10" pre-made pie shell
4 cups chard
1 onion
1 clove garlic, minced
2 tbsp olive oil
4 eggs
1 ½ cups ricotta cheese
½ cup Parmesan cheese
Salt and pepper to taste

Preheat oven to 425°. Blanch the chard in boiling salted water for 3 minutes, or until tender. Drain and refresh under cold water. Squeeze excess moisture and set aside.

Sauté onion and garlic in olive oil until soft. Add chard and sauté over medium heat for several minutes.

In a bowl, beat together eggs with the ricotta cheese and Parmesan cheese. Stir in chard mixture and season with salt and pepper.

Pour into 10" pie shell and bake for 40 minutes.

East Farms

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farm*
