



## Week 4: June 10<sup>th</sup>/12<sup>th</sup>

### What's in your box??

(This list is tentative and could change.)

- Asparagus ??
- Bok Choi OR Cucumber
- Broccoli OR Cabbage
- Green Leaf Lettuce
  - Kale
  - Kohlrabi
  - Strawberries
  - Swiss Chard

### Helpful Hints, Tips, and Ideas

1. There are some more "OR" veggies in your box this week meaning some of you will get a certain vegetable and some of you the other kind.
2. We are happy to say that we believe we will have asparagus again this week! The planting was recently cut down for regrowth so usually the supply is slightly diminished after the cut but we are hoping we will still get some great spears.
3. There are some early cucumbers and bok choi plants that are thriving outside so we have included those in the box this week in the "OR" category!
4. Fresh picked strawberries!! The first of our strawberries are becoming ripe so you will be receiving the first fruits of our strawberry planting, picked fresh for your box this week!!
5. The strawberries will be packed in a small plastic container. These do not need to be returned. You may dispose of them or wash and then re-use them.
6. Remember, a nice cool wash when you get your box home will dramatically help most green veggies like lettuce, kale, or bok choi. Dry the vegetable and refrigerate right after the wash.
7. This week will be the last pick up for this spring share!

### Sauteed Swiss Chard with Parmesan

#### **Ingredients:**

- 2 tablespoons butter
- 2 tablespoons olive oil
- 1 tablespoon minced garlic
- 1/2 small red onion, diced
- 1 bunch Swiss chard, stems and center ribs cut out and chopped together, leaves coarsely chopped separately
- 1/2 cup dry white wine
- 1 tablespoon fresh lemon juice, or to taste
- 2 tablespoons freshly grated Parmesan cheese
- salt to taste (optional)

#### **Prep:**

Melt butter and olive oil together in a large skillet over medium-high heat. Stir in the garlic and onion, and cook for 30 seconds until fragrant. Add the chard stems and the white wine. Simmer until the stems begin to soften, about 5 minutes. Stir in the chard leaves, and cook until wilted. Finally, stir in lemon juice and Parmesan cheese; season to taste with salt if needed.

Makes 2 cups; Adapted from allrecipes.com

### Homemade Strawberry Lemonade

#### **Ingredients:**

- 1 cup sugar
- 1 cup of water
- 1 pint fresh strawberries
- 1 cup fresh lemon juice (this equaled close to 8 of my lemons)
- 4-6 cups cold water (this will vary depending on your taste)

#### **PREP:**

1. Make a simple syrup by combining the sugar with 1 cup of water in a saucepan. Place over medium heat and heat until the sugar is completely dissolved; swirl the pan occasionally. Let cool.
2. Once the simple syrup has cooled, puree strawberries in a blender with 1/2 cup water.
3. In a large pitcher, combine strawberry puree, simple syrup and lemon juice. Add 4-6 cups of cold water. The amount of water you use will depend on your taste, so add as little or as much as you want to achieve your perfect sweet/tart balance.
4. Serve over ice. If desired, garnish with fresh strawberries and lemon slices.

[Farm note: For a more healthier option, we used stevia when we first tried this recipe instead of sugar. However, remember stevia is much more sweeter than sugar so you will probably have to use much less of it!]

Adapted from My Baking Addiction blog