



Week 4: June 7th/9th

What's in your box??

(This list is tentative and could change.
Final list will always be on our homepage.)

-  **Arugula**
-  **Asparagus**
-  **Chinese Cabbage**
-  **Chive Plant**
-  **Kohlrabi, purple OR green**
-  **Romaine Lettuce**
-  **Scallions**
-  **Swiss Chard**

Helpful Hints, Tips, and Ideas

1. You will be picking up **one chive plant** along with your box this week!! The care and instructions for making it your own are very similar to the basil plant you picked up last week. Chives can really thrive if planted in a bigger area, whether in a garden pot or around the house. Certain chive varieties even have a pretty bloom if allowed to flower. To keep your chive plant thriving, make sure it gets plenty of water and sunlight. Once it matures more, it can be divided and planted again for more chives. Once you have a big "bush" of the chive plant, the chives can continuously be cut and used and they will continue to grow back. Chives are also a very hardy plant that can withstand some extreme weather. Our favorite chive dish is plain 'ol cottage cheese with chives mixed in...yum!!!
2. You will see either a purple or green kohlrabi bulb in your box this week. Remember, kohlrabi bulbs without their leaves can stay good for longer than a week when stored in the fridge.
3. You will see a romaine variety of lettuce in your box this week!! Caesar salad anyone??
4. Scallions and asparagus are arriving again this week!!! Asparagus can actually be cut up and frozen if need be for a later enjoyment date ☺ A quick 30 second blanch before cutting the stalks up and putting them in a sealed container should do the trick.

SWISS CHARD GRATIN

Ingredients:

- 2 bunches Swiss chard leaves, chopped (about 8 cups packed)
- 1 cup water
- 1 tablespoon extra virgin olive oil
- 1 tablespoon unsalted butter, more for the baking dish
- 1 cup low fat milk
- 2 tablespoons unbleached white flour
- Sea salt and freshly ground black pepper
- 1/4 cup grated Comté or Parmesan cheese, divided
- 1 tablespoon whole wheat bread crumbs

Prep:

Preheat oven to 350°F. Place chard leaves in a saucepan with the water and cook over medium heat until leaves are just tender, 3 to 4 minutes. Drain, reserving 1/4 cup of the cooking liquid. Set chard aside. In the same saucepan, heat olive oil and butter over medium heat. When butter has melted, whisk in the flour until blended. Whisk constantly for 1 minute. Slowly whisk in the milk and reserved cooking liquid. Continue cooking and stirring until the sauce thickens, 3 to 5 minutes. Season with salt and pepper and stir in half of the grated cheese. Stir in the cooked chard and transfer to a buttered 9x9-inch baking dish. Sprinkle with remaining cheese and breadcrumbs. Bake for 20 minutes or until hot and bubbling. Serve immediately.

Recipe from Whole Foods Market, www.wholefoodsmarket.com
Serves: 4

Chinese Cabbage Salad

Ingredients:

- 5 cups chopped **Chinese Cabbage**
- 3/4 cup sliced or shredded radish
- 1 1/2 cups chow mein noodles
- 1 cup crushed peanuts
- 1/4 cup sesame seeds (black if possible)
- 2 TBL rice vinegar
- 4 TBL sesame oil
- 3 TBL soy sauce
- 1 TBL honey
- 1/2 - 1 tsp dry mustard

PREP:

1. Combine cabbage, radishes, chow mein noodles, peanuts and sesame seeds.
2. Mix remaining ingredients.
3. Toss together using just enough dressing to suit your tastes.

Recipe found in *Asparagus to Zucchini*, p. 61
Serves: 6-8