

Dharma Ridge Farm

CSA newsletter

Week 4

July 2, 2008

Hello All,










This week your box is starting to feel a bit more heavy, we are finally getting into some of the meatier veggies. Taking a stroll through the fields yesterday we noticed how much everything has grown!!! That hot weather just made everything shoot up and out. The peas, fava beans, onions, and beets& carrots all fattened up, suddenly the potatoes are starting to bloom and the field tomatoes and basil are looking happier. Speaking of tomatoes; while opening the greenhouses this morning I found the first ripe sungold!!! We also ate the first cucumber over the weekend. It will be a few weeks before there are enough of these treats for everyone but it is all so encouraging! Yum!

As for this week's bounty...Escarole is the stiff, broad leafed greenery there in your box. Escarole is in the chicory family and has a bittersweet flavor. It is excellent paired with fruit and cheese in a salad, add some toasted nuts for a very satisfying summer lunch. You can also try it saute'ed lightly to bring out more of its sweet side. Zach likes it fried in bacon grease, there is also a fellow who buys it from us at the farmers market for cooking up with slab bacon and white beans. A great way to use your escarole would be to try the more tender inner leaves in a salad, either on its own or with lettuce and then cook the more bitter outer leaves.

Arugula also known as "rocket" is a semi-spicy, mustardy salad green. Great added to your salads also great in a cheese sandwich or wilted into a pasta dish. Beets are great grated raw into a

salad or coated in olive oil, salt, pepper and herbs then roasted in the oven, goat cheese also goes very well with beets. The greens can be salvaged and added to the enchilada recipe that I am including. The recipe came from an old Colinwood farm CSA newsletter from the 90's that my mom had. She was a CSA member back when Zach and I worked for John Gunning. Colinwood had great newsletters and my mom kept them all for the recipes!! I make these enchiladas when we need a break from the same old stir fry. If you have kids in the family that dislike greens they may like these as they are filled with a rich cheese sauce. The recipe doesn't call for beans but I have often added a can of black beans to make them more hearty. '

What's In the box??

-  Green leaf lettuce
-  Romaine
-  Escarole
-  Chard
-  Beets
-  Baby Walla walla onions
-  1/4# Arugula
-  1# Sugar snap peas
-  1# Broccoli

Chard Enchiladas (makes 6)

Note: Recipe can easily be doubled, also this recipe calls for a béchamel sauce which is

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a cheese sauce, I will do my
best to describe the process
☺

2T olive oil
2 garlic cloves chopped
1 onion chopped
4 Cups chard and/ or beet
greens, washed and chopped
6 corn tortillas
1 Cup salsa

Bechamel sauce
1 Tablespoon butter
1 Tablespoon flour
 $\frac{1}{2}$ Cup grated cheese
 $\frac{1}{2}$ Cup milk

Directions on the back

Have all ingredients ready for the
sauce before you begin as you will
need to work quickly.

Melt the butter in a deep skillet
over medium heat, whisk in the
flour, it will become a chunky paste
like consistency, turn the pan down
to med/low. Whisk in the milk
whisking out any lumps, finally
sprinkle in the cheese and whisk till
it melts, grind a bit of pepper into
it and turn off the pan.

Prepare a lasagna size pan with
either a bit of salsa or some olive
oil, so the enchiladas don't stick.
Mix together your greens and sauce
then warm the tortillas enough that
they are easily manipulated. I
usually heat them over the flame on
my propane stove.

Procedure for chard enchiladas:

Sautee' garlic and onion in oil till
transparent, add chard and/or beet
greens till cooked down. Take off
heat and let sit while you make the
be'chamel sauce.

Spoon your greens/sauce mixture
onto a tortilla, roll it up and place

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it in your prepared pan. When you have finished all of the mixture and tortillas, pour the salsa over the top and bake at 375 for 25 minutes. You can cover the pan with foil if you start to see them get too crispy. It's a good idea to make a big batch of these, you can also use enchilada sauce instead of salsa, it's up to you. Enjoy!!!