

FARM FACTS

Fresh Plate Farm and Bakery

Farm Delivery Update

The cooler weather has interfered with more than summer vacation plans. The last two weeks of cooler weather have delayed planting and harvesting of the early summer crops.

Please expect your first box of produce to be delivered the week of June 26th. You will still receive the contract number of boxes this summer.

What to expect in your first Garden Box

- ★ Bright Lights Swiss Chard
- ★ Mesclun Lettuce Mix
- ★ Russian Kale
- ★ Summer Squash (probable)
- ★ Blueberry Scones



Bright Lights Swiss Chard

Swiss chard is an excellent source of vitamin A, vitamin K. It is also good source of vitamin C and magnesium. Swiss chard contains the antioxidants beta-carotene, lutein, and zeaxanthin.

Recipes using Swiss Chard

Dip:

<https://lacrosseallergy.com/recipes/swiss-chard-white-bean-artichoke-dip/>

Side Dish:

1 sweet onion, sliced thinly
 1/2 c chopped “raw” cashews
 1/2 tbs vegan butter or olive oil
 2 cups chopped fresh swiss chard
 salt

Braise (saute) onions in water until cooked. Let all the water evaporate out of the skillet. Add in cashews and butter/oil until toasted. Add in swiss chard and 1/4 water, stir for 2 minutes. Season with salt, serve hot.

Recipes



Kale and Onion Breakfast Squares

INGREDIENTS

- 8 oz. chopped kale (see notes)
- 1/2 red onion, chopped
- 1 tsp. teaspoon minced garlic
- 1 T olive oil
- salt and fresh-ground black pepper to taste
- 2 tsp. Tamari or other soy sauce (see notes)
- 3/4 C grated Mozzarella cheese
- 1/2 cup coarsely grated Parmesan cheese
- 8 eggs, beaten well
- 1 tsp. Spike Seasoning (see notes)

INSTRUCTIONS

- Preheat oven to 375F. Spray a casserole dish (about 8" x 12") with non-stick spray or olive oil.
- If you need to cut up the kale, start by cutting off kale stems and discarding, then wash kale leaves and dry well. (I used a salad spinner.) Pile kale leaves up on top of each other and cut into strips about 3/4 inch wide, then turn cutting board the other way and cut again so you have squares just under an inch square.
- If you're using chopped kale that comes in a bag it doesn't absolutely need to be washed, but I sometimes give it a soak just to crisp up the leaves.
- Chop onion into pieces about 1/2 inch.
- Heat olive oil in large heavy frying pan over medium-high heat, then add onions and cook 3 minutes. Add garlic and cook 1-2 more minutes more.
- Then add kale to the pan, turning over and over as it wilts and cooking about 5 minutes, or until kale is significantly wilted and softened. (Kale will cook more in the oven, so it doesn't need to be completely soft at this point.)
- Season kale with a little salt and fresh-ground black pepper as desired.
- Put the wilted kale into the casserole dish. Top with 1/2 cup grated Mozzarella cheese and 1/4 cup coarsely grated Parmesan cheese.
- Beat eggs with the soy sauce or Coconut Aminos and Spike Seasoning (affiliate link) or other seasoning of your choice.
- Pour eggs over the kale/cheese in the casserole dish. Then use a fork and "stir" gently until ingredients are well distributed.
- Bake about 30 minutes or until eggs are well set and the top is lightly browned.