

July 10th, 2008



On the way to your table...

Threshing Table Farm

Volume 2 Issue 1

At Last!

It's been a long spring waiting for these treasures from the garden, but they're here!

In your box you will find:

Swiss Chard

Kale

Baby potatoes (We are so proud of them!)

Bunching Onions

Basil

Radishes*

1 Buy Fresh, Buy Local Bag

The Buy Fresh, Buy Local bags is yours to keep and use as you wish. You may want to use it to transport

your produce home. Thank you for supporting the Buy Fresh, Buy Local initiative! Buy Fresh, Buy Local is part of the Land Stewardship Project.

I will try to highlight an item in your box each week and add a recipe or two as space permits. This week I want to explain in Swiss Chard and Kale as they may be new to some of you.

Kale has the more ruffled edge to the leaves and Swiss Chard has the large white stalk through the center of the leaf. We have found that both store much better if the greens are removed from their center stalk and torn as if for a salad. Wash, dry and store in the

fridge in an air tight container. When left on the stalk as a whole leaf, they go limp much quicker.

We like to use both Chard and Kale as we use lettuce. We use it in sandwiches and salads. You can also cook Swiss Chard and Kale as you would spinach.

I want my food to know itself before it knows my mouth. I want some Slo-o-o-o-ow food... with all the love cooked in. - Greg Brown

*We suggest that you remove the greens from your radishes for longer storage.

Mike, Jody, Claudia,
Malcolm and Jonas Lenz

715-248-7205
Threshingtable-
farm@frontiernet.net

Kale With Onions

2 small onions
1/2 tsp. Salt, divided
3/4 lb Kale, washed, trimmed
and coarsely chopped
1 T. Butter
1 T. Flour
1/2 tsp. Rosemary leaves
Dash of pepper
1/2 cup milk
1/2 tsp. Worcestershire Sauce

Bring 1 inch of water to a boil in a large kettle; add onions and 1/4 tsp. Salt. Reduce heat, cover and simmer 10 minutes. Add Kale. Cover; cook 5 minutes. Drain. Melt butter in smaller sauce pan. Stir in flour, rosemary, pepper and 1/4 tsp. Salt. Cook until smooth. Gradually stir in milk and Worcestershire Sauce. Stir constantly until mixture boils and thickens. To serve, place kale and onions on a serving platter and spoon sauce on top.

How Clean is my produce??

Your produce has been grown with the best mother nature has to offer- Clean water, Good soil and organic fertilizer (compost, mulch and manure) . We occasionally need to use an organic pesticide for our more stubborn pests. After we harvest the produce,

it is washed in a tub of very cold water. This rinses off any dirt and pesticide residue. The main reason we do it though, is to cool the produce. This helps it to maintain quality much longer. When you are ready to eat your produce, we suggest you

rinse it one more time to catch any dirt we may have missed. (Today Claudia ate Kale straight out of the garden and we savored a few early green beans- no washing at all... We recommend that too!)

Until Next Week-
Jody and Mike