



CSA Harvest Information



Swiss Chard

Swiss Chard Info & Tips

- In the world of hearty greens, Swiss chard is a superstar. Related to beets, it's a great source of vitamins A, C, and K, as well as magnesium, potassium, and iron. It makes a colorful and tasty side dish, or a nutritious addition to pasta, soup, quiches, and more.
- Fresh young chard can be used raw in salads. Mature chard leaves and stalks are typically cooked or sautéed. Bitterness fades with cooking, leaving a delicate, refined flavor.
- Cut out the midrib of larger leaves before cooking or chopping into salads. Chop large leaves to cook down like spinach, or use in casseroles, soups, and pasta.
- For lots of Swiss Chard recipes, visit our Pinterest board: <https://www.pinterest.com/wickhamfarms/csa-recipes-swiss-chard/>



When you get home

Our favorite way to clean greens is to fill a clean sink or large bowl with cold water, and submerge the leaves completely. Swish the leaves around gently with your hands, then let them soak for a few minutes. This will allow any sand and grit to sink to the bottom.

Scoop leaves up then drain in a colander or a salad spinner.



Repeat this process until there's no sand at the bottom of the bowl or sink. Wrap in a paper towel then store in a zip-top bag (with a few pinholes to allow air to circulate) in the refrigerator for two or three days.

Warm Swiss Chard Dip

- 3/4 pound fresh Swiss Chard, washed thoroughly
- 1 Tbsp olive oil
- 4 cloves garlic, peeled and chopped
- 1 Tbsp red wine vinegar
- Salt and pepper
- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 3 dashes hot sauce, such as Tabasco, or to taste
- 1 cup shredded mozzarella cheese
- 3/4 cup parmesan cheese
- Cooking spray or more olive oil for greasing baking dish

Preheat oven to 350. Put on a pot of water to boil.

Separate the Swiss chard leaves from the stems. Finely chop the stems.

Heat the olive oil in a saucepan. Add garlic, chard stems, salt & pepper. Stir until garlic is light golden brown and the stems are soft, about 4 minutes. Toss with vinegar and set aside to cool.

Once the pot of water is boiling, add the chard greens. Boil for 2 minutes, then put in a bowl of ice water to stop cooking.

Drain, then put the whole bunch in a clean dish towel and squeeze to dry. Put the dry greens on a cutting board and chop finely.

Mix together the stem mixture, chopped greens, and the rest of the ingredients in a medium bowl and mix well.

Spray a 9-inch pie plate with cooking spray. Spoon mixture into pie plate and bake 25-30 minutes until bubbly hot and lightly browned on top.

Serve with assorted crackers, bagel chips, bread or fresh vegetables.



This freezes well! Freeze before cooking, then cover. You can thaw or put in the oven frozen.