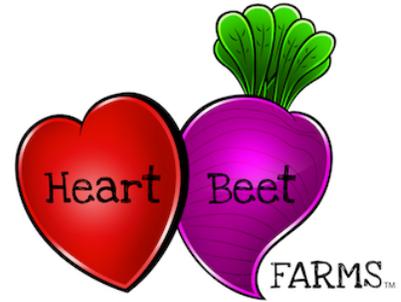


Week 4



We hope you enjoyed Week 3's CSA box!

In Week 4 we are highlighting Swiss Chard. Before I began volunteering at Hobbs Farm, I never heard of Swiss Chard. Swiss Chard has distinctly large, dark green leaves and colorful stems, which are harvested at various stages of maturity. The whole plant with tender, young leaves can be used for salads, while the individual large-sized, mature leaves can be harvested for sautéing and cooking. The vegetable is known by many names, including silverbeet, spinach beet, perpetual spinach, bright lights, crab beet, and seakale beets. It has an impressive phytonutrient profile which contains antioxidants, anti-inflammatory, and whole body benefits. Swiss chard is very low in calories and an excellent source of Vitamin C, K, A, and B, and omega 3 fats.

*Peace, Love & Veggies,
Ann & Jen*

Weekly Soup or Sauce: **WHITE BEAN CHARD SOUP***

Ingredients

- Swiss Chard
- Cannellini Beans
- Onions
- Homemade chicken stock
- Salt
- Pepper



*Recipe by Healthy Living Networking

What else is included in your box this week?

- Mix of Herbs
- Mixed Lettuce
- Cabbage
- Beets
- Swiss Chard
- Zucchini/Yellow Squash
- Cucumbers
- String Beans

Simple Recipe Idea: Oven Baked Zucchini Chips

Ingredients:

1 Large Zucchini; Salt; 2 tablespoons Olive Oil

Preheat oven to 225 degrees.

- Line two large baking sheets with parchment paper.
- Slice your zucchini on a mandolin.
- Place the slices on a sheet of paper towels to drain water.
- Line up the zucchini slices on the prepared baking sheet tightly next to each zucchini slice.
- Sprinkle salt.
- Bake for 2+ hours until they start to brown and aren't soggy and are crisp.
- Let cool before removing and serving. Keep in an airtight container for no more than 3 days.

IMPORTANT NOTE

Protecting our Earth through recycling is very important to HeartBeet Farms. Please contribute by bringing back the box that your veggies arrive in when you pickup or we deliver the following week.

heartbeetfarms.com

Link to our [Pinterest](#) for recipes