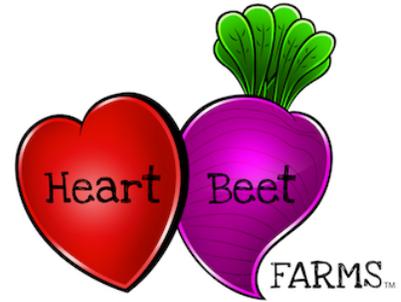


# Week 2



We hope you enjoyed Week 1's CSA box!

In Week 2, we continue our focus on some spring, early summer veggies such as escarole and rhubarb. **So what is escarole and what is rhubarb?**

Escarole is leafier than kale, and is usually sold in bunches that look a lot like a head of lettuce, with short, wide, wavy-edged leaves. The color and texture of the leaves varies—those on the outside are darker-green and a bit tougher, while the interior leaves are pale-yellow and more tender. Escarole is part of the chicory family, which means it's related to veggies like endive, radicchio, and other bitter greens. tender enough to cook quickly and maintain some integrity, with a flavor that neither overpowers nor gets lost. It also looks beautiful, turning semi-translucent as it cooks, giving your soup hues of green from dark to light.

Rhubarb is actually a vegetable, but is legally considered a fruit! It is sold by the stalk, like celery. It's harvested in the spring, with a short season that spans from April to June (sometimes July). Rhubarb stalks are famous for their bright pink color, but they can also be light pink and even pale green. The stalks are the only edible part of the plant. **DO NOT EAT** the leaves! Rhubarb is naturally tart and is often used in pies – strawberry rhubarb pie is a popular pie flavor!

## Weekly Soup or Sauce:

### *Escarole & Bean Soup*

#### Ingredients

- Escarole
- White Beans
- Sautéed Garlic
- Sautéed Onions
- Vegetable Stock

\*Recipe by Jason's Food Service Group & Catering

*Peace, Love & Veggies,  
Ann & Jen*

#### *What else is included in your box this week?*

- Swiss Chard
- Romaine Lettuce
- Rhubarb
- Radishes
- Sugar Snap Peas
- Herbs

## Simple Recipe Ideas for Rhubarb

(all recipes are on our website @heartbeetfarms.com)

- Rhubarb *Crisp*
- Rhubarb *Salsa*
- Rhubarb *Butter*

**IMPORTANT NOTES**  
Please don't forget your reusable  
bags! New bags are \$4 per bag!

heartbeetfarms.com

Link to our  *Pinterest* for recipes