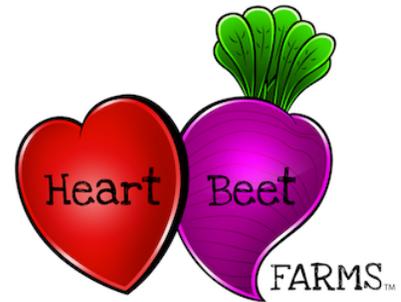


Week 6



We hope you enjoyed Week 5's CSA box & soup!

In Week 5, in addition to some produce that you know and love, you will experience broccoli rabe. Broccoli Rabe is not just the scraggly outcroppings of a broccoli plant or baby broccoli. The leafy, cruciferous vegetable is closely related to the turnip. The deliciously bitter stems, leaves and broccoli-esque buds are all edible and commonly used in Italian cooking. Broccoli rabe is easy to cook. It's great simply blanched and sautéed in olive oil, roasted until crisp or even pureed into a pesto.

You also have some fennel in your bag. Fennel is a bulbous vegetable with a tall, wispy, fronded top that looks rather like dill. The fronds can be used in salads, but the main attraction of fennel is the bulb. It's very firm and crunchy, and it tastes and smells a bit like licorice and anise. It has a fresh, bright taste and it's a favorite vegetables for salads and slaws. It can also be grilled or braised.

Explore some amazing & simple Broccoli Rabe, Fennel, & Swiss Chard recipes on our Pinterest account and have fun creating! Visit heartbeetfarms.com and click the Pinterest symbol to take you to the recipes!

Peace, Love & Veggies ----- Ann & Jen

Weekly Soup or Sauce: **Tomatillo Salsa**

(great with chips or a sauce or topping for meats & veggies!)

Ingredients:

Tomatillos – Spanish Onions – Cilantro – Jalapeno

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

What else is included in your bag this week?

Swiss Chard
Broccoli Rabe
Romaine Lettuce
Radishes
Cabbage
Cucumbers
Onion & Garlic
Fennel

Recipe Idea: Turmeric Roasted Fennel, Chickpeas & Swiss Chard Salad

Ingredients:

1 fennel bulb
1½ cup chickpeas
3 garlic cloves, halved
1tsp turmeric
sea salt
2 tbsp olive oil
Bunch of Swiss Chard

Dressing:

1tsp fresh ginger, peeled and grated
2tbsp olive oil
¼ lemon, juice
pinch of sea salt

IMPORTANT NOTE

**Don't forget your HeartBeet
Farms Bags!**

How to Make It:

1. Preheat the oven to 375 degrees
2. Cut fennel into 8 wedges, place into a bowl and toss with ½ tsp turmeric, sea salt and ½ tbsp olive oil. Place onto 1 side of a baking sheet.
3. Drain chickpeas, pat dry and place into a bowl. Add garlic and toss with ½ tsp turmeric, sea salt and ½ tbsp olive oil. Place onto a baking sheet next to the fennel. Bake for about 30 min stirring in between.
4. Wash Swiss chard. Pat dry, place into a bowl and toss with sea salt and 1tbsp olive oil. Spread onto a baking sheet and bake for about 10-15 minutes.
5. Mix all of the ingredients for the dressing.
6. Once everything is baked, toss together and drizzle with the salad dressing.

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Link to our  **Pinterest** for recipes