

Four Friends' CSA News

The Bean Pole

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2009 Season

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Dear Shareholders and Friends,

This week's harvest includes; Heads of lettuce, Pak Choy, broccoli, lettuce mix, Swiss chard, and scallions.

Sautéed Mixed Vegetables

2 scallions

2 cups of coarsely chopped Swiss chard or Pak Choy

1 tablespoon of chopped fresh ginger

2 chopped garlic cloves

2 tablespoons of extra virgin olive oil

Add salt and red pepper to taste. (Try using rice wine vinegar or lemon juice as a flavor enhancer instead of salt if you are trying to avoid salt.)

Peel and chop the ginger root, and garlic cloves. Immerse Swiss chard, or Pak Choy and scallions in water to clean them. Trim them, shake off excess water, and chop coarsely. Heat a skillet to medium or medium low heat. Place the olive oil in the skillet. Add the scallions, garlic, pepper, and ginger to the oil in the skillet and turn gently with a spoon or spatula. Be careful not to scorch the garlic! Continue to cook the spices gently till the flavors infuse. Add the chopped Swiss chard or Pak Choy and continue to turn them gently till they are blended with the spices, and cooked crisp and tender. Serve with steamed rice, and tamari sauce.*

*Tamari sauce contains salt, so take care to salt your sautéed veggies after adding Tamari sauce if you do use it. Enjoy!

FARM NEWS:

The weather really dictates how the crops are growing...this Spring it has been rainy with many cloudy days and cool nights. While we are grateful for the rain, as we have not had to run our irrigation system (this saves on diesel fuel), it seems, however, that things are growing rather slowly. Nature has a way of catching up, so the farmers are not worried yet.

Thanks to Southside Community Land Trust funding, this winter we have refurbished an old walk-in cooler! The farmers are grateful to finally have a cooler.

Other items: Pak Express Farm bought a small cub tractor. Congratulation Chang and George! Zephyr Farm has added another 100 chickens to the flock!

ENVIRONMENTAL NEWS: from the Rodale Institute

Global Warming is an issue that impacts everyone, yet it is also is an issue where everyone can make an impact.

Simple everyday tasks, such as what food you buy, can either contribute to—or reduce—global warming. Rodale Institute research shows that organically managed soils can store (sequester) more than 1,000 pounds of carbon per acre, while non-organic systems can cause carbon loss. For consumers, this means that the simple act of buying organic products can help to reduce global climate change.

"In this age of carbon awareness, we think farmers should be well rewarded for innovative stewardship that builds soil for future generations," says Tim LaSalle, the Institute's CEO. **More**

VEGETABLE OF THE WEEK: SWISS CHARD:

(taken from www.whfoods.org)

Nutrients in Swiss chard

Swiss chard is a power food, a storehouse of many different vitamins, minerals and nutrients. In fact, based upon the [nutrient rating system](#) we developed at the World's Healthiest Foods, Swiss chard is an excellent source of 9 nutrients, a very good source of 7 nutrients and a good source of 7 nutrients. Swiss chard is a nutrition star!(link to either Food Rating Table or Nutritional Profile for chard).

As a member of the goosefoot family of plants (also called the chenopod family), Swiss chard is in the company of and beets (which originally and still grow wild around parts of the Mediterranean), quinoa (which originated in the valleys of the Andes and was a staple food for the Inca civilization) and spinach). Chard's unique heritage as a member of the goosefoot family is one of the reasons it is so valuable nutritionally.

Short term cooking can best retain Swiss chard's nutrients - focus on vitamin C

As noted above, cooking Swiss chard for minimal amounts of time is key to maximizing its nutrient profile. This is because many of the nutrients concentrated in Swiss chard are susceptible to damage from heat and water.

Looking to the 12 nutrients for which Swiss chard is an excellent source, let's take vitamin C as an example of how cooking may impact the nutrient content of this vegetable. Studies that have examined the impact of cooking upon vitamin C have shown that

short-duration cooking (3-6 minutes) resulted in vitamin C loss of 25% or less while studies involving longer cooking times (10-20 minutes) have shown that 50% or more of the vitamin C may become lost.

How important is it to preserve this vitamin C? Consider these numbers: in one cup of chard, costing you only 35 calories, there are 32 milligrams of vitamin C. These numbers rank chard right alongside of freshly squeezed organic orange juice as a source of vitamin C! Cooking the chard for too long is like leaving half of your freshly squeezed organic orange juice sitting in the glass.