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Chard

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USU Student Organic Farm

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Newsletter



Plants beginning to grow in the hoophouse

Veggie Feature: Chard

When checking out of the grocery store with my bounty of beautiful bright red Swiss chard, my cashier innocently asked, "what is this, and what do you do with it?" Boy was she missing out, I want to let her and everyone know what Chard is all about. This is one vegetable you want to get familiar with and definitely add to your cuisine.

Chard is one of the most beautiful vegetables in a garden. Its large leaves are complimented by a rainbow of colored stalks. Chard stems are celery like, and can be found in red, white, pink, and orange varieties. Chard is a very resilient plant, as a relative of spinach, it can be thought of as the rough and tough older brother. This plant is cold resistant, and maintenance is minimum.

Not only is this plant something to look at and easy to grow, it also tastes great and is a part of the "dark green leafy greens that everyone says you should eat more of" family, a win-win-win-win. Chard has a slightly bitter flavor, so it's great paired with something sweet. Try it tossed with other greens in a salad with a sweet vinaigrette or sautéed with sweet sautéed onions (see recipe below). Throw this veggie into the rotation, you'll be glad you did.

Article by: Amanda Spackman

Sauteed Chard and Onions

Recipe from epicurious.com

3 pounds Swiss chard (about 2 large bunches)
2 tablespoons olive oil
2 tablespoons unsalted butter
2 medium onions, halved lengthwise and thinly sliced
2 garlic cloves, finely chopped
[print a shopping list for this recipe](#)

Cut stems and center ribs from chard, discarding any tough portions, then cut stems and ribs crosswise into 2-inch pieces. Stack chard leaves and roll up lengthwise into cylinders. Cut cylinders crosswise to make 1-inch-wide strips. Heat oil and butter in a large heavy pot over medium heat until foam subsides, then cook onions and garlic, covered, stirring occasionally, until onions begin to soften, about 8 minutes. Add chard stems and ribs, covered, stirring occasionally, until stems are just tender, about 10 minutes. Add chard leaves in batches, stirring until wilted before adding next batch, and cook, covered, stirring occasionally, until tender, 4 to 6 minutes. Season with salt and pepper. Transfer with a slotted spoon to a serving bowl.

Conquering the Bounty: Storage

Running out of room in your fridge to store all these beautiful greens? Try quick blanching them to decrease their size and decrease prep-time for dinner tomorrow night.

Bring a pot of water to boil. In the meantime, rinse your greens, but keep them bundled.

Dip the bundled greens into the boiling water for 10 seconds.

Let the greens drain in a colander for a few minutes, then squeeze out any excess water from the leaves. They should be much more compact and should take about half of the time to cook.

Inspired by Mollie Katzen's *Get Cooking*
Article by: Jillian Cartwright

On the Farm News

Article by: *Amanda Hawks*

This week on the farm the interns were hard at work cleaning the elderberry row from weeds, plastic, old driphose, as well as pruning the elderberry bushes. It looks fantastic and the elderberries from that row should be great! With the odd weather getting so warm in the daytime, we decided to convert some of the land to the north of the shed to a spinach bed. It's a shady, cooler area and we're hoping to continue having spinach even in the hotter weather. We started our campus stand this week, mostly handing out information about the vegetables we will be selling in the future and selling broccoli starts. Let your veggie-loving friends know that we'll be on the TSC patio selling vegetables every Thursday from 10 to 1! That should really start up in about 3 weeks when more vegetables from the farm are available. We'd like to apologize for last week's small portions, but again the weather has been really weird and we hope to get on target with better portions soon.

Fabulous Flavors: Tips & Techniques

Love roasted vegetables? Try roasting chard and other dark leafy greens to make chips!

It's the middle of greens season, and you may still be wondering what to do with your kale and chard. Hopefully we have given you some good ideas so far, but here is a foolproof technique that uses up almost any sturdy greens you may still have taking up room in your fridge. This technique uses ingredients you more than likely have on hand and only takes about 20 minutes. And besides these chips are surprisingly delicious and addictive. They come out of the oven perfectly light and crisp. You may find yourself eating an entire bunch of chard in no time.

Chard (or Kale) Chips

Recipe from *thekitchn.com*

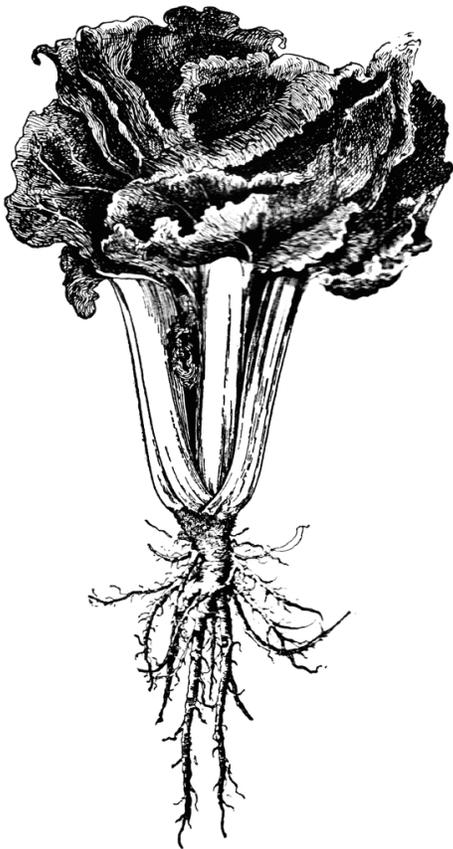
1 bunch of chard

1-2 T olive oil

1 pinch of salt

Preheat oven to 350°F. Tear chard into bite-sized pieces, avoiding the tough inner stalk. Rinse well in water and dry as best you can either in a spinner or on a tea towel. Pour olive oil on a baking sheet and add the chard. Sprinkle with salt and toss gently to evenly distribute the oil and salt. Bake about 10-13 minutes, or until the kale is crisp. Be careful not to burn it...burned chard is not tasty at all.

Article by: *Jillian Cartwright*



For more information about the USU Student Organic Farm or CSA shares visit:

www.usu.edu/organicfarms

Everything Organic: Seed Saving

Article by: *Amanda Whitlock*

To be certified organic, a farmer must only use organic seed unless unavailable. It is important to keep the seeds from the healthiest plants grown in the year. If looking to maximize yield it would be wise to only collect the seeds from the plants with the highest yield. When a farmer saves seeds from their farm, the seeds will get healthier in time, because the plants that do well are the ones that are best fit for the soil and climate in the area. Many farmers prefer

true bred seeds over hybrid seeds because the farmer cannot collect the seeds from a hybrid plant. Saving seeds can help the plants quality over time. Buying seeds every year can get expensive, so if possible the farmer should try to save the seeds after the growing season. It can truly make the farm much more efficient in the long run.