The Farm Newsletter

USU Student Organic Farm

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A Word on Garlic...

Many of you have noticed and probably identified the hanging garlic in the pick-up area at the farm. After garlic is harvested it needs to undergo the process of curing in which it hangs/lays in an area with good air circulation out of direct sunlight. This allows the garlic to dry out slightly, which has several effects. First it allows the garlic to be kept in storage without rotting or molding; it allows the bulb to pull the remaining energy from the leaves as they dry; and finally it, in my opinion, intensifies the garlic's flavor. This curing takes place over the course of several weeks, after which it will be ready for share holders.
Kale with Roasted Beets and Bacon

http://www.foodnetwork.com

Directions

Preheat the oven to 425 degrees F.

Wash and trim the beets, removing both ends. Place them on a 12-inch square sheet of heavy-duty aluminum foil. Drizzle with the olive oil and season generously with salt and pepper. Seal up the foil packet and roast until the beets are fork-tender, about 1 hour.

In a large skillet over medium heat, cook the bacon until medium-crisp (or however you prefer your bacon). Transfer the bacon to a paper towel-lined plate. Increase the heat to high and add the kale, stirring to coat in the rendered bacon grease. Cover and cook for a few minutes, and then add the chicken stock and 2 tablespoons of the vinegar. Stir to combine, cover and allow to wilt for 6 to 8 minutes.

Peel and cut the beets into chunks and add them to the kale. Stir in the remaining 2 tablespoons vinegar. Add the bacon, stir to combine and season with salt and pepper. Serve immediately.

Ingredients

- 2 beets (about 14 ounces)
- 1 tablespoon olive oil
- Kosher salt and freshly cracked black pepper
- 6 thick-cut applewood-smoked bacon slices (8 ounces), diced
- 1 large bunch kale (about 1 1/2 pounds), washed, stemmed and cut into 1-inch pieces
- 1/3 cup low-sodium chicken stock
- 4 tablespoons apple cider vinegar

Total Time: 1 hr 15 min
Prep: 15 min
Cook: 1 hr
Yield: 4 to 6 servings
Level: Easy