



We Love Swiss Chard

THE ORGANIC BOX NEWS

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As fall winds down and we start the regional transition west and south, we want to ensure everyone has lots of access to LOCAL, ORGANIC FALL GREENS for as long as possible. That means Spinach, Chard, Kale and Cabbage.

At Peas on Earth we have three 53 foot trailers filling up with storage for this winter – carrots, beets, kale and potatoes.

Rainbow Swiss Chard: Beautiful to look at and delicious to eat, Rainbow Swiss Chard offers a dazzling visual effect, and it is incredibly nutritious. Providing an exceptional source of vitamin A, iron and potassium, Rainbow Swiss Chard also contains a good source of calcium, vitamin C, and fiber.



There is a lot that you can do with Chard! It will be featured in the box over the next few weeks, so here are a few recipe suggestions to spice up your chard choices.

Substitute chard for other greens

Chard can be prepared like spinach, and its stalks like asparagus.

Steamed, sautéed, or braised, chard can be added to soups, stews, pastas, and casseroles

Try chard pesto Or make **crispy chard chips** with the salty satisfaction of potato chips with all the health benefits of leafy greens



My personal favorite is chard for breakfast! Try an **egg, cheese, and swiss chard scramble**. Add in green onions and swiss chard, cooking until the swiss chard has slightly wilted.

Or try these **mini swiss chard quiches:**

- 6 eggs
- 1/3 cup milk
- 2 cups chopped Swiss chard
- 2 ounces soft goat cheese, chopped
- 2 tablespoons sage, chopped

Salt and pepper to taste Preheat oven to 350°F. In a large bowl, lightly beat eggs. Mix in milk, Swiss chard, goat cheese, sage, salt and pepper. Divide mixture among 8 greased non-stick muffin cups. Cook until egg sets, about 20 minutes. Let cool slightly before unmolding. To unmold, you'll need to guide a butter knife around the edges.

Remove from heat and set aside.

Cranberry Bean Chili with Winter Squash and Swiss Chard

Serves 4

Ingredients:

- 1 tbsp olive oil
- 2 onions, chopped
- 3 garlic cloves, minced
- 1 medium winter squash, chopped (butternut)
- 2 tbsp chipotle chili powder
- 2 tsp ground cumin
- 1 cup cranberry beans, soaked and boiled until tender
- 2 1/2 cups vegetable broth
- 1 14 1/2-oz can diced tomatoes
- 1 bunch swiss chard, coarsely chopped

Method:

Heat oil in a heavy large pot over medium-high heat. Add onions and garlic. Saute until tender and golden, about 9 minutes.

Add squash. Stir 2 minutes. Stir in chili powder and cumin. Stir in beans, broth, and tomatoes with juices. Bring to a boil. Reduce heat and simmer, uncovered, until squash is tender, about 15 minutes.

Stir in chard. Simmer until chard is tender but still bright green, about 4 minutes. Season to taste with salt and pepper.

