



Autumn 2014

Fresh Pickings *from the Farm*

Ruby Chard
Cabbage
Rosemary
Garlic
Swiss Chard
Kale
Potatoes
Onion
Rosemary
Carrots
Butter
Tomatoes
Parsley

The Meal Plan

- Potato and Ruby Chard Frittata
- Meltaway Cabbage w/
Braised Pork & Herb Butter
- Autumn Vegetable Soup

Potato and Ruby Chard Frittata

- 1 Tbs. butter
- 1 medium-sized onion, *peeled sliced*
- 2 medium-sized potatoes, *scrubbed, thinly sliced*
- 2 tsp. dried rosemary
- 2 large stalks ruby chard, *chopped in ½ pieces, divided into stems & leaves*
- 2 tsp. garlic, *minced*
- 8 large eggs, *gently whisked*
- 1 cup Gruyère cheese, *diced*

Heat butter in 10-inch skillet over medium heat. Add onions and salt to taste. Cook, stirring frequently, over medium low heat until onions are soft. Stir in potatoes and herbs. Cover and cook about 10 minutes, stirring intermittently, or until potato slices are tender. Add chard stems and sauté about 2 minutes more. Stir in chard leaves and garlic and cook another minute, or until leaves are still bright green. Combine eggs, ground pepper, and cheese and pour over vegetables.

Cook over medium heat 3-4 min, and preheat broiler. Place pan in oven and broil until eggs are set about 4-6 min.

**Seasonal Extender: In spring trade ruby chard for fresh spinach.*

Meltaway Cabbage w/ Braised Pork and Herb Butter

- ¼ cup butter
- 1 large onion, *diced*
- 2 tablespoons paprika
- 1 medium head cabbage, *sliced thinly*
- stems of 1 bunch swiss chard, *sliced thinly*

Melt butter in heavy bottomed soup pot. Add onion and sauté for 10 min, until soft. Add paprika and sauté briefly. Add cabbage, chard stems and salt, stir to coat vegetables with paprika, cover and cook on very low heat for 1 hour, stirring. The longer you cook the more tender it will be. Serve with Braised Pork dabbed with herb butter.

Herb Butter [*combine the following in a small mixing bowl.*]

- 8 tbs butter
- ½ cup chopped parsley
- 1 garlic clove
- Splash of lemon juice
- Salt and pepper to taste



Autumn Vegetable Soup

- ½ cup onion, *chopped*
- 2 cloves garlic, *minced*
- ½ cup each kale, cabbage (*left over from previous recipe*)
- carrots and chard, *diced*
- ½ teaspoon each salt, dried basil, dried oregano
- 1/8 teaspoon pepper
- 2 cups vegetable broth
- 1 cup tomato juice
- ¾ cups cooked beans
- 1 ½ cups tomatoes, *chopped*
- 1 tablespoon parsley

In soup pot sauté onion in 1 tbs olive oil over medium heat until soft. Add garlic and sauté 1 min. Add kale, cabbage, carrots, chard and sauté a little, then turn heat down to low, cover pan, and let cook about 5 min, stirring occasionally. Add liquids and beans and bring to a gentle boil and simmer for 15 min. Add tomatoes and parsley, simmer another 3 min.

**Seasonal Extender: Trade tomatillos and peppers for the kale for a bright late spring/summer soup*

COOKING SCHOOL >> How to make Braised Pork

- 2 onions, *coarsely chopped*
- 1 carrot, *coarsely chopped*
- 1 large head of garlic, *coarsely chopped*
- 4 lb bone in pork shoulder, *seasoned with salt and pepper*
- 2 cups broth or water

Preheat oven to 375 F, place seasoned meat on vegetables in heavy baking dish that just fits the roast. Pour liquid over meat so ¼ up the roast is covered add more if needed. Cook in oven for 1 hour and 15 min. Turn roast over and cook for 30 min, turn again and cook an additional 30 min. Check liquid throughout, adding more as needed.