



# Lettuce Patch Gardens, Inc.

Sustainably grown artisan vegetables

Colorado Springs, CO

[www.lettucepatchgardens.com](http://www.lettucepatchgardens.com)

Week 11

May 15, 2007

## This Week in the Gardens

We have been planting most of our summer vegetables this week, including more tomatoes, squash, beans and corn. We are also planting one plot with "good bug" flowers. These will help attract beneficial insects to our gardens. Ladybugs, lacewings and others are attracted to these plants, and when they visit our gardens because of these plants they tend to stay around to eat insects that would otherwise damage our plants.



Ladybug

### This Week's Share

- Salad Mix
- Radishes
- Scallions
- Swiss Chard
- Parsley
- Cilantro

### Veggie Spotlight: Swiss Chard

Similar to spinach and beets, Swiss chard has an impressive list of health promoting nutrients. Swiss chard, along with kale, mustard greens and collard greens, is one of several leafy green vegetables often referred to as "greens". It is a tall leafy green vegetable with a thick, crunchy stalk that comes in white, red or yellow with wide fan-like green leaves. Chard belongs to the same family as beets and spinach and shares a similar taste profile: it has the bitterness of beet greens and the slightly salty flavor of spinach leaves. Both the leaves and stalk of chard are edible, although the stems vary in texture with the white ones being the most tender.

Chard packs a huge amount of vitamin A and it is naturally high in sodium. One cup contains 313 mg of sodium, which is very high for vegetables. Chard is also surprisingly high in other minerals as well, i.e., calcium, iron, magnesium, phosphorus and potassium.

Food that's 1500 miles fresher



## Recipe: Swiss Chard with Bacon, Pancetta or Prosciutto

The smoky or cured flavor of these ingredients is a perfect match for Swiss chard.

20 ounces of Swiss chard  
4 ounces of bacon, pancetta or prosciutto, cut into ¼ inch cubes  
1 tablespoon of olive oil, if using prosciutto  
salt and freshly ground pepper

Wash the Swiss. If the Swiss Chard is fully mature – the stems are wider than ¼ inch – cut the leaves away from the stems. Cut the stems in half lengthwise, and then slice them into approximate ¼-inch dice. Cut the Swiss chard leaves across into ½-inch wide strips. (This is easiest if you stack and roll up the leaves and then slice the roll. (If you're using baby chard, don't bother separating the leaves and stems; just cut the leaves and stems together into ½-inch-wide strips.

Heat the bacon or pancetta in a sauté pan over medium-low heat until they release fat and barely turn crispy, about 8 minutes. Remove the cubes of meat from the pan.

If you're using prosciutto, heat the olive oil and sauté it for a minute or two, then remove from the pan.

If you're using tender leaves with their stems, turn the heat up high and stir the leaves in the residual oil from the meat for 2 to 4 minutes or until the leaves are completely limp.

If you've cut out the stems, add the diced Swiss chard stems to the garlic mixture and stir every couple of minutes for 6 to 10 minutes, or until the cubes become translucent and tender. Turn the heat up to high and stir in the leaves. If there's not enough room for all the leaves in the pan, add only half the leaves and wait a minute before adding the rest. Stir the leaves for 4 to 6 minutes—the exact time will depend on the age of the leaves—until the leaves soften.

Season the leaves with salt and pepper and serve immediately.

Get more recipes like this from: [Lettuce Patch Gardens-Sustainably grown artisan vegetables in Colorado Springs, CO](#)



### Words of Wisdom

Happiness lies in the joy of achievement and the thrill of creative effort.

~ Franklin D. Roosevelt



## Weeknight Recipe: Sautéed Swiss Chard with Olive Oil and Garlic

20 ounces of Swiss chard  
3 tablespoons extra-virgin olive oil  
3 garlic cloves, minced  
salt and freshly ground pepper

Wash the Swiss chard. If the Swiss Chard is fully mature – the stems are wider than ¼ inch – cut the leaves away from the stems. Cut the stems in half lengthwise, and then slice them into approximate ¼-inch dice. Cut the Swiss chard leaves across into ½-inch wide strips. (This is easiest if you stack and roll up the leaves and then slice the roll. (If you're using baby chard, don't bother separating the leaves and stems; just cut the leaves and stems together into ½-inch-wide strips.

Heat the olive oil in a 12- or 15-inch sauté pan over medium heat with the garlic and sauté gently for 2 minutes. Be careful to not brown the garlic, or it will be bitter. If you're using tender leaves with their stems, turn the heat up high and stir the leaves in the oil for 2 to 4 minutes or until the leaves are completely limp.

If you've cut out the stems, add the diced Swiss chard stems to the garlic mixture and stir every couple of minutes for 6 to 10 minutes, or until the cubes become translucent and tender. Turn the heat up to high and stir in the leaves. If there's not enough room for all the leaves in the pan, add only half the leaves and wait a minute before adding the rest. Stir the leaves for 4 to 6 minutes—the exact time will depend on the age of the leaves—until the leaves soften. Season the leaves with salt and pepper and serve immediately.

---

Food that's 1500 miles fresher

