

# Kickapoo Harvest Recipes 9/17/10

## Chard with Raisins & Almonds

From the Featherstone Farm Cookbook

- 2 Tbsp. slivered almonds
- 1 bunch chard
- 1/4 c. water
- 1/4 c. apple juice
- 1/4 c. raisins
- 1 Tbsp. butter
- Salt & pepper to taste

Carefully toast the almonds in an un-oiled pan on the stove or in the oven. Wash the chard. Strip the leaves from the stems & chop. Cut the stems into 1/2 inch pieces. In a medium frying pan, sauté the chard stems in the water for a few minutes. Add the leaves & cook for another few minutes, adding the apple juice & raisins towards the end. Stir in butter, salt, & pepper & remove from heat, top with almonds, & serve.

**Makes 2-4 servings**

## Chili with Tomatillos & Bell Peppers

- 1 can pinto or black beans, drained
- 1 tablespoon vegetable oil
- 1 small onion, quartered, sliced
- 1 green or red bell pepper, chopped
- 1/2 pound ground beef
- 1 to 2 cups tomatillos, hulled & quartered
- 1 can (8 ounces) tomato sauce
- 1 tsp. dried oregano
- 1 tablespoon chili powder
- 1 teaspoons salt
- dash cayenne pepper, or to taste

In a soup pot, brown onion, pepper, & ground beef in oil. Add tomatillos & sauce & seasonings & simmer on low for about an hour. Add beans & heat through. Serve with sour cream &/or shredded jack cheese.

**Makes 4 –6 servings.**

## Kickapoo Harvest: Gleaning for healthy communities

Park View Manor

# Fresh Veggie Box Program

Newsletter 9/18/2010

Thanks to Keewaydin Organics of Viola/Viroqua, Ridgeland Harvest of Viroqua, & Driftless Organics of Soldiers Grove for growing the produce we gleaned for these boxes, the Kickapoo Homeschool group for harvesting, as well as the Viroqua High School for allowing us to use their facilities for washing, packing, & cold storage.

We're very sorry we had to cancel today's cooking demo—you can still find a couple recipes on the back page. We hope you enjoy your boxes!

### box contents

**chard**—high in vitamins A, C, E, & K, iron, & calcium. It's delicious steamed or sautéed with garlic or onions. Best to separate the stems from the leaves so you can cook the stems a little longer (unless you like them really crunchy). It's also easy to add to soups or sauces towards the end of their cooking time. You can use the leaves as a substitute for spinach in any cooked recipe. Store in plastic in the fridge & try to use it up within a couple days.

**green cabbage**—this cabbage has been slightly water damaged from all the rain we had this summer, so best to cook it. Great in stir-fries, sautéed with potatoes and onions, or braises in some broth, apple juice, or white wine. Full of antioxidant vitamins & minerals!

**onions, red or yellow**—all the rainy weather this summer means the onions aren't keeping well—check them carefully for signs of rot. Eat them up! They contain strong antioxidants, including some that help boost your immune system during cold & flu season!

**peppers, green &/or red bell**—tasty on salads, sandwiches, pasta sauces, stir-fries, potato salad, or pizzas. Store in your fridge's crisper drawer. High in vitamin C!

**potatoes—yellow, red, &/or russets**—can be boiled, steamed, baked whole, or cut into chunks & tossed with oil & roasted. Store in a dark, cool place in a paper bag.

**roma tomatoes**—the last of the season—eat them fresh in salads or on sandwiches or cooked in soups or sauces. Store on your counter & use them up within a few days.

**tomatillos**—in the same family as tomatoes, peppers, & ground cherries, these little husked fruits are very popular in Mexican cuisine but not very common up North here. The most common use for them is in Salsa Verde, a spicy-tangy-sweet green salsa made with tomatillos, onions, garlic, lime juice, & cilantro. They're very nice thrown in to chili, Mexican rice, or soups. You can store them un-husked at room temperature for up to 2 weeks.