

Collard Greens

Collard greens are a traditional slow-cooked southern food, often prepared with a smoked meat such as ham or bacon, the long cook time, sometimes taking a half-to-full day to simmer, is generally required to tenderize the greens. The collard greens that we harvested are young leaves, making them more tender than a traditional mature leaf, so the cook time for this harvest should be quite quicker, depending on the cut, an hour tops! A Brazilian cut of the collards allows for an even quicker cook time and a simple sauté.

To cut Brazilian style, tightly roll the leaf, then cut the roll into very thin 1/8" - 1/4" portions, producing thin ribbon-like strips. Not only do these thin strips cook much faster, but they make for a very beautiful dish! We've eaten these Brazilian cut collards as a simple side dish, sautéed up with a little seasoning, with rice and beans (with and without a meat), we've added them to pasta dishes, and for a fun dinner, we've added these sautéed greens to the top of a homemade pizza (this is really good!).

Here is a wider ribbon-cut southern-style collard greens recipe:

1/2 pound smoked meat (ham hocks, bacon) 1 T butter 2 tsp salt 1/2 tsp black pepper
1/2 tsp garlic powder 1 T seasoned salt 1 T hot red pepper sauce 1 large bunch collard greens

In pot, bring 3 quarts of water to boil, add meat, seasoning, seasoned salt and hot sauce. Reduce heat to medium, cook for 1 hour. Wash collard greens. Remove stems by folding the leaf in half and cutting center stem out. Stack some leaves on top of one another, roll up, and slice into 1/2 to 1-inch thick slices. Repeat as needed. Place greens in pot with meat, add butter. Cook for 45 to 60 minutes, stirring occasionally. When done taste and adjust seasoning to your liking.

Easy Swiss Chard

1 large bunch of fresh Swiss chard 2 Tbsp olive oil 1 clove garlic, sliced
Pinch of dried crushed red pepper 1/4 teaspoon of whole coriander seeds (optional)
Rinse the Swiss chard leaves and stalks thoroughly. Cut the stalks into 1-inch pieces. Chop the leaves into inch-wide strips. Keep stalks and leaves separate. Heat olive oil in a sauté pan on medium high heat. Add garlic slices, crushed red pepper, and coriander seeds (if using), and cook for about 30 seconds, or until the garlic is fragrant. Add chopped Swiss chard stalks. Lower heat to low, cover and cook for 3 to 4 minutes. Add chopped chard leaves, toss with the oil and garlic in the pan. Cover and cook for 3 to 4 more minutes. Turn the leaves and the stalks over in the pan. If the chard still needs a bit more cooking (remove a piece and taste it), cover and cook a few more minutes.

Know Your Farmers! Cree & Jason Bradley, Joe Holtz, Ruby Mountain, Gunnison & the Chickens!

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Travel northeast on Hwy 61 past Two Harbors to Hwy 3 (just past Betty's Pies).

Turn left on Hwy 3. Travel 8 miles to the farm at address #2955 (farm) and #2995 (house).



Two Fruit Frostie



1-1/2 cups fresh blueberries
1 cup peaches 1 cup milk
1 cup vanilla yogurt
1/4 to 1/3 cup honey
1/2 tsp ground cinnamon
1/2 tsp ground nutmeg
In blender, combine berries, peaches, milk. Process on high. Add yogurt, honey, cinnamon, nutmeg. Blend until smooth. Pour into chilled glasses. Serve immediately.



Chelsea Morning Thymes Community Supported Agriculture

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...Connecting Food, Land Stewardship, and Community Well-Being...



Harvest Week 4 - What's In Your Basket!

Please be sure to wash your produce before enjoying it. Thanks!

- Chinese Cabbage: Joi Choi bok choy (use stalks and greens fresh or cooked, Joi Choi stalks are really juicy and good!).
- Blueberries: From Highland Valley Farm, Bayfield Wisconsin.
- Radish: Last week of Cherry Belle and French Breakfast.
- Onions: Green-top yellow onions (use bulbs and stems).
- Swiss Chard: Ruby Red chard (use the stalks and leaves).
- Collards: Flash (generally, cut out tougher stem, use the leaf).

Photo: The peas are finally flowering! They are not very tall plants this season, but they are healthy with lots of flowers, which means hopefully a lot of peas! With off-farm work now on a break, we're catching up on trellising the peas, not to mention a lot of other tasks!



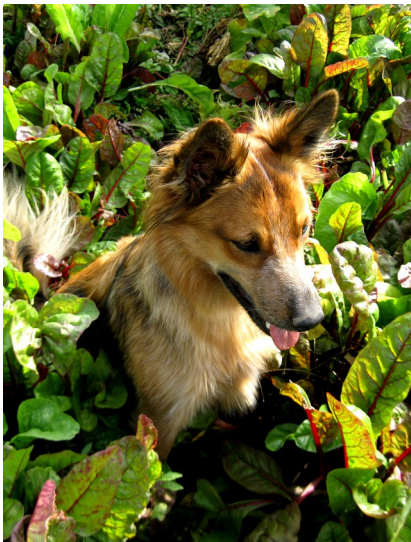
Notes from Jason and Cree...



The “dog days” of summer just got really exciting for our doggies, the elder Ruby Mountain and the puppy Gunnison, both sheep/cattle herding dogs (working breeds) who love the farm life with all of its options for energy release and jobs.

The farm is filled with many chores that the dogs have taken on as their own - daily and routinized chicken chores, keeping the squirrels out of the feed, moving sugarbush wood (that's all Gunnison),

rabbit, deer, bear (and the occasional moose) patrol, and the general watch over the field and its workers. While these chores keep the doggies ever busy, the hot “dog days” of summer can also make for some long days for our furry friends, especially Ruby who in her golden years, likes to rest. Then comes haying, and Ruby is reborn! This past week brought enough dry days to finally make hay. Our neighbors came out with the equipment to cut and bale the Crow Creek Valley, to include our property. Making hay has always felt like a rite of passage into our truest part of summer. This season will be no different, we make hay late, just as our crops are late. So too, is the haying season a rite of passage for the doggies and the return of the “hay hunt.” For weeks we see renewed energy in our golden girl, as she has so much to teach Gunnison about the many mice, easy pickings, once the hay is down. For weeks after haying, the doggies run to the cut field, heads in the same holes, two butts in the air, Gunny following Ruby's every lead, every move, as only a doting boy would do.



Blueberry Drop Cookies

2 cups all-purpose flour 2 tsp baking powder 1/2 tsp salt 1/2 cup shortening
1/4 cup milk 1 egg 1 cup sugar 1 tsp almond extract 1 1/2 tsp lemon zest 1 cup blueberries

In mixing bowl, cream the shortening, sugar, egg, milk, almond extract and lemon zest.

Mix well after the addition of each ingredient. Combine the flour, baking powder and salt; blend into the sugar mixture. Fold in the blueberries. Cover and chill for 4 hours.

Preheat oven to 375 degrees. Drop dough by teaspoonfuls onto ungreased cookie sheets, about 1 1/2 inches apart. Bake 12 to 15 minutes in the preheated oven. Let the cookies cool on the baking sheets for a few minutes before transferring to wire racks to cool completely.

Highland Valley Farm Blueberries - Bayfield Blues!

The blueberry season crept up on us this year. It wasn't until this past week, that blueberries entered into our imaginations, aided by a rugged work hike that left Cree plopped down on a remote rock outcrop graced by hundreds of blueberry bushes just beginning to ripen, eating like a bear, big quick handfuls, regaining energy after the exertion of a hike through thick air, mist falling from the sky despite a lack of clouds, the humidity and heat building to an extreme. During these hot days of hard work in the woods, there is no water or electrolyte drink, no food, that rejuvenates the body quite like wild blueberries can. They are a special treat, a power food that delivers sugar to the soul! Within a few days of Cree's fevered blueberry feeding frenzy, she began to notice pickers flocking to the woods. A day later, we got the call from Highland Valley Farm of Bayfield Wisconsin - it's blueberry season again! The timing feels perfect.

Our berry partner, the Dale family has again, provided our CSA with the delightful treat of fresh-picked, delicious blueberries. Highland Valley Farm is a pick-you-own operation, and wholesale/retail farm that specializes in their “Bayfield Blues” blueberries, along with currents, raspberries, honey, maple syrup, and new this year, they've opened an on-farm winery with a tasting room that specializes in wines produced from fruit grown at the farm. We feel fortunate to maintain our friendship with Rick Dale and his adult children who are now operating the family farm. We encourage you to visit Highland Valley Farm! For more information, visit www.bayfieldblues.com.

