



“Cabbage: a familiar kitchen-garden vegetable about as large and wise as a man’s head.”

~Ambrose Bierce~

Where did Swiss Chard come from?

Origins of Swiss Chard

This leafy green was identified by a Swiss botanist and is a variety of *Beta vulgaris*. It originates from Sicily and today; Swiss chard is most popular in Mediterranean countries. The tall leafy vegetable is a part of the goosefoot family -- aptly named because the leaves resemble a goose’s foot. Other members are beets and spinach. “Chard” comes from the Latin word *cardus*, meaning thistle.

Alternative Names for Swiss Chard

The plant has numerous monikers, including Roman kale, strawberry spinach, white beet, seakale beet, leaf beet, Sicilian beet, spinach beet, Chilian beet, and silverbeet.

Cooking Tips

Boiling Swiss chard in an uncovered pot of water will help to release some of its acidity, making the vegetable sweeter.

You can also just cook it up with onions and garlic and butter!

This week’s CSA share contains:

- Seascape Strawberries
- Cauliflower
- Spring Onion greens
- Tendersweet cabbage
- Assorted Summer Squash
- Rainbow Chard
- Merlin and Touchstone Gold Beets
- Parsley



Here is a recipe that incorporates cabbage, chard, parsley, squash, and onion greens from this week's CSA share!

Shredded Cabbage and Squash Gratin

Total Time: 60 Mins.

Servings: 2-4



Ingredients

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| 2 Tbsp. extra virgin olive oil | 1 lb. summer squash, shredded, or sliced thinly |
| ½ cup chopped onion greens | ¾ pound cabbage, shredded |
| 2 garlic cloves, minced | 1 Tbsp. fresh parsley, chopped |
| 3 eggs | ½ cup low-fat milk |
| 1 cup cooked barley, rice, or quinoa | 2 ounces Parmesan cheese, grated (1/2 cup) |
| 1 bunch chard, chopped | |

Preparation

1. Begin by cooking the grains of your choice according to their package.
2. Heat 1 Tbsp. olive oil over medium heat in a large skillet. Add the onion. Cook, stirring, until it begins to soften. Add the squash and garlic and a generous pinch of salt. Cook, stirring often, until almost tender. Add the remaining oil, cabbage, chard and parsley. Cook for another 10 minutes.
3. Preheat oven to 375 degrees. Grease a 2-quart baking dish.
4. In a large bowl, whisk together the eggs and milk. Add salt to taste and freshly ground pepper and stir in cooked grains and cooked vegetables. Add the cheese and stir everything together, then scrape into the baking dish.
5. Bake 40 to 45 minutes, or until the top is lightly browned and the gratin has set. Allow to cool for 15 minutes or longer before cutting into wedges.