

Pantry News



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Willow Wisp Farm has provided the tatsoi and radishes.

Tatsoi

Tatsoi is a very versatile green, equally suited to being served raw or lightly cooked (steamed, sautéed, braised, or stir fried). Use tatsoi anywhere you'd use spinach.

Tatsoi has a short shelf-life and will only last a few days. Store in a plastic bag and wait to wash until eating or cooking.

Raw: It makes an excellent accompaniment when combined with other salad greens such as spinach, arugula, watercress, pea tendrils and even lettuce.

Tatsoi and Mixed Greens Salad—Wash tatsoi and chop with other greens of your choice. Drizzle with oil and either lemon juice or vinegar (white, rice, or balsamic). Toss well. Top salad with any of the following: chopped nuts such as walnuts, almonds, cashews, or other... fresh berries or chopped apple or pear... Craisins (for a pop of color).

Sautéed: Wash tatsoi. Combine the following and mix well: 1 to 2 teaspoons soy sauce, a dash of vinegar (white, rice or other), 1/4 to 1/2 teaspoon brown sugar and a pinch of ground ginger (if you have it on hand). In a sauté pan, heat 1 to 2 teaspoons of oil (your choice of vegetable, olive, or sesame oil), add tatsoi and sauté for about 1 minute just until wilted. Serve right away.

Recipes and information provided by Jane Bollinger.

The Anthill Farm has supplied us with **delicata squash**. It's a winter squash, but it has a shorter storage life than other winter squashes; it can be stored up to three months in a cool, dry place. You don't have to peel the skin before you cook it; the skin is edible! Delicata squash tastes so good simply roasted with salt, pepper, and olive oil, there isn't much need to do anything else!



Radish and Pear Salad

Slice radishes and pears very thinly... then marinate them in a vinegar and oil dressing for 15 minutes (add a pinch or two of sugar to the dressing if you wish, plus a pinch of salt) ... after 15 minutes stir in a tablespoon or two of plain yogurt. Cover and refrigerate for at least an hour before serving.

See reverse side for more information and recipes.

WAYNE COUNTY FOOD PANTRY 570-253-4262



Swiss chard



Swiss chard is a mild tasting leafy green (milder than spinach). It comes with white, red, or yellow stems and ribs.

Chard stems less than 1/2 inch wide can be cooked with their leaves, but if wider than 1/2 inch, cook stems and leaves separately, and if wider than 1 inch, separate any thick ribs from the middle of the leaves as well.

Simple preparation:

1. Wash a bunch of chard and pat dry. Cut the leaves into 1/2-wide ribbons, and thinly slice the stems and ribs (like celery).
2. In a sauté pan, heat 1 Tablespoon each of oil and butter and add chopped garlic from 1 or 2 garlic cloves (optional) plus a pinch of dried red chili flakes (optional).
3. Add the raw stems & ribs and lightly salt them, cooking until they start to soften. Add more oil/butter combo if needed, then add the raw leaves and cover the pan, cooking 3 to 4 minutes.
4. Uncover the pan; raise the heat to evaporate the moisture. Cook until the chard is tender (and white beans, if using, are warmed through). Serve, drizzled with a little extra virgin olive oil.

Variation: For a more substantial dish, after step 3, add 1/4 cup chicken stock and 1 1/2 cups any kind of cooked white beans (canned are fine, drained and rinsed), and then proceed to step 4.

Today's Swiss chard comes from the Evan Morgan Farm in Dyberry Township.

Swiss Chard and Pasta

1/4 cup Craisins® dried cranberries
1 bunch Swiss chard, about 8 cups packed leaves
1/2 medium red onion, sliced thinly (about 1 cup)
1/2 pound fettucine or other pasta

1/3 cup coarsely chopped walnuts
1 Tablespoon olive oil
2 garlic cloves, finely chopped
Grated Parmesan cheese

Put a large pot of water on to boil for pasta.

Plump the Craisins in 1/4 cup hot water, set aside; toast walnuts until golden and fragrant in a dry skillet over very low heat, stirring and watching closely so they do not burn; remove from heat and set aside.

Heat olive oil in a sauté pan over low heat. Add onion, 1/4 teaspoon salt and a few pinches of pepper. Sauté until the onion softens; then add garlic, chard leaves and 1/4 teaspoon salt. Sauté until the chard is barely tender, then reduce the heat to low.

Cook the pasta according to package directions. When it is just tender, drain in a colander, reserving some of the pasta water.

Add drained pasta to the chard leaves. Then add plumped fruit and toasted walnuts. If the dish seems dry, add some of the reserved pasta water. Serve with grated Parmesan cheese.

Variation: Add already cooked chard ribs (sliced and prepared separately) when you toss the pasta.

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