

MAY

HAPPY HOLLOW FARM



Week 3 of 24 Wed. May 27th & Sat. May 30th 2015



LEEKS SWISS CHARD

ESCAROLE

HIGHLIGHTED
VEGETABLE
OF THE WEEK



Escarole is part of the chicory family and is grown for its bittersweet flavor, their succulent crisp textures and sturdy leaves.

Don't be fooled!!!!

This is NOT like lettuce

Escarole, *Cichorium escarol*, is a leaf vegetable belonging to the daisy family. These slightly bitter veggies grow best in cool weather and so appear in your shares in the spring and late fall. They can be cooked or used raw in salads. Most popular in France and Italy where they are eaten raw in salads, sautéed, braised with onions, wine, and broths, grilled, or added to soups. They make wonderful

spring & winter salads dressed with a strong mustard dressing or a walnut oil & balsamic vinegar dressing or a fruity olive oil, garlic lemon & salt dressing. They go particularly well with beets, chicken, blue cheese, goats cheese, walnuts, cooked or cured pork, chicken livers, grated carrots and raw onions.

All members of this genus are high in vitamin A, vitamin C, vitamin K, and iron.

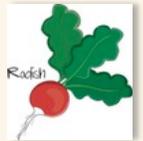
Check out this week's recipes (below) for two fabulous ways to eat this delicious veggie. More Endive Frisee & Escarole will follow this fall as the chicories are a cool weather loving plant.



What's In Your Share?

Full Shares

Bok Choy
Cilantro
Escarole
Head lettuce
Herb choice
Kale
Radishes
Swiss Chard



Partial Shares

Cilantro
Escarole
Head lettuce
Herb choice
Kale
Radishes
Swiss Chard

Single Shares

Escarole
Head lettuce
Herb choice
Kale
Radishes
Swiss Chard



Chickpeas & Escarole w/ Caramelized Onions

(adapted from Jack Bishop, The Complete Italian Vegetarian Cookbook).

The raisins and caramelized onions provide a bit of sweetness to balance the slight bitterness of the escarole. This is good on its own with bread on the side, or over toast or polenta, or tossed with a chunky pasta (white or whole wheat).

- 2 medium onions, halved and thinly sliced
- ¼ cup extra virgin olive oil (I use less—maybe half)
- 1 large head escarole (about 1 ½ pounds)
- ¼ cup dark or golden raisins
- Salt and pepper
- 3 cups chickpeas, drained (½ cup broth reserved if home-cooked) (rinsed well if canned)

Heat oil in large, deep sauté pan or relatively shallow soup pot. Add onions and cook over medium heat, stirring often, until golden brown,

about 15-20 minutes. Do not let onions burn; lower heat if necessary or partially cover pan.



While onions are cooking, trim escarole, separating leaves and removing core and any tough stems or damaged outer leaves. Wash leaves well in two or three changes of water. Tear or cut leaved into large pieces (about 3-4 per leaf) and set aside.

Add raisins and escarole to the pan. Cook, turning escarole occasionally, until leaves are tender and stems have just a little crunch. Season with salt and pepper to taste.

Stir in chickpeas with reserved cooking broth or ½ cup water. Simmer, stirring occasionally. Until flavors have blended, about 3 minutes. Adjust seasonings and serve immediately.

Serves 4.

VEGGIE RECIPE OF THE WEEK

Thanks to CSA members Martha & Jim for the fabulous Escarole recipes!

* adapted from Jack Bishop, The Complete Italian Vegetarian Cookbook

* This side dish does well with nearly any egg dish (such as a frittata or quiche) or rich, cheesy dish (such as pizza or cheesy pasta).

Wilted Escarole w/ Garlic & Lemon

- 1 large head escarole (about 1 ¼ pounds)
- 2 Tbsp extra virgin olive oil
- 2 large garlic cloves (or several garlic scallions, when in season), cut into thin slivers or slices
- ½ tsp grated lemon zest
- Salt and pepper

Trim escarole, separating leaves and removing core and any tough stems or damaged outer leaves.

Wash leaves well in two or three changes of water. Shake leaves in colander to remove excess water, but do not spin dry. Leave whole, or tear leaves into two or three large pieces. Set aside.

Heat oil in a deep pot. Add garlic and sauté over medium-low heat until barely golden, about 2 minutes.

Add lemon zest and cook for 30 seconds.

Add escarole to the pot. Cook, stirring occasionally, until leaves are tender but stems retain a bit of crunch, about 6 minutes. Season with salt and pepper to taste and serve immediately.

Serves 4.