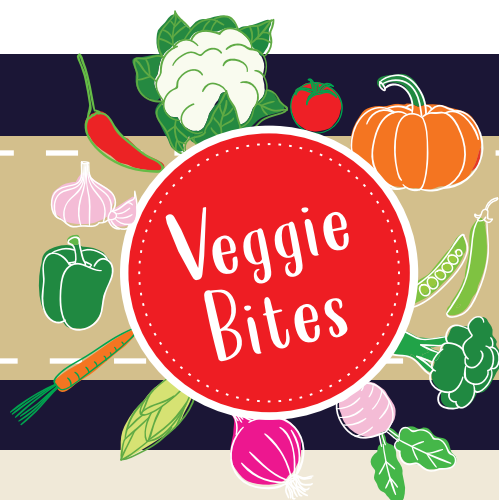


Swiss Chard Acelgas



Selection

When choosing Swiss chard be sure the leaves are bright in color. The leaves will be either smooth or curly and can range from green to dark purple in color. The midribs and leaf stalks are green, white, red, pink, orange or yellow.

Chard can be harvested while the leaves are young and tender or after maturity when they are larger but they will have slightly tougher stems.

Uses

Young tender chard leaves can be eaten raw adding a beet-like flavor to salads and sandwiches. Chard can be used in place of spinach in any recipe, although chard will need to be cooked a bit longer.

When cooking older/mature chard, the stems require longer cooking time than the leaves.

Try It!



STUFFED SWISS CHARD W/CARROT SAUCE

Ingredients

- 1/2 onion, finely chopped
- 3 cloves garlic, minced
- 7 med potatoes, boiled, peeled & mashed
- 1 bunch broccoli, chopped & steamed
- 1 green pepper, chopped & roasted or sautéed
- 1 tsp salt
- 1/2 c water
- 1/2 t black pepper
- 2 c mushrooms, sliced
- 2 T fresh basil, chopped
- 6 large swiss chard leaves, minus stems
- 1/2 c water

Carrot Sauce Ingredients

- 2 c carrots, chopped
- 1 clove garlic, minced
- 1 small onion, minced
- 1.5c water
- 1/2 t salt

Instructions

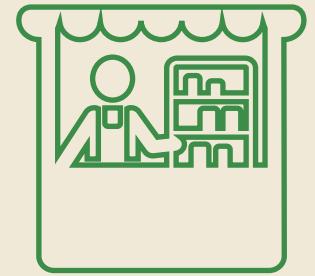
1. Prepare potatoes, broccoli and green pepper set aside.
2. Cook onion, garlic & mushrooms in 1/4 cup water until onions are translucent. Drain.
3. Mix mashed potatoes with onion mixture, steamed broccoli & sautéed peppers. Add salt, pepper and basil to taste.
4. Preheat oven to 350 degrees F. If using large chard leaves, cut in half cross wise. Leave small leaves whole. Stuff with potato mixture and roll up like a crepe.
5. Place stuffed chard in a baking dish and add 1/2C water. Cover with foil and bake 40-50 minutes, until heated throughout and chard is tender. Serve with Carrot Sauce.

History & Fun Facts

Swiss Chard is a beet that has been chosen for leaf production and the expense of storage root formation.

The word “Swiss” was used to distinguish chard from French charde or chardon by nineteenth century seed catalogues publishers and the name stuck. Chard is very popular among Mediterranean cooks but the first varieties have been traced back to Sicily.

In the US the leaves are valued while European cooks value the stalks to the point of discarding the leaves or feeding them to animals.



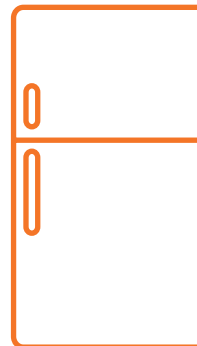
BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Be sure and wash produce before use but not when you first get it home.
- When washing produce hold it under cool, running water and do not use soap or commercial produce washes.
- Refrigerate fruits and vegetables in perforated plastic bags.
- Try and use all fresh produce within a few days of purchasing.



NUTRITION FACTS

- _____ Fat free
- _____ Good source of potassium
- _____ Good source of fiber
- _____ Good source of Vitamin A
- _____ Good source of Calcium
- _____ Cholesterol free



Swipe at the Information Booth on the corner of 2nd and Main. Double your \$10 EBT swipe on the 1st Saturday of each month!



FOR MORE INFORMATION...

Amanda Miller | Extension Fond du Lac County
FoodWise Coordinator and Health & Wellbeing Educator
P: 920-929-3174 | E: amanda.m.miller@wisc.edu

Amber Bodart | Downtown Fond du Lac Partnership, Inc.
Director of Communication and Special Events
P: 920-322-2006 | E: market@downtownfdl.com

Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at www.5aday.gov; <http://simple-nourished-living.com>

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