

July 2014



# Farmers Market Coupon Program

Issue 2

## Participating Markets

**Roberts Creek Farm  
Gate Market:**  
Wednesdays 3:00-6:00

**Sechelt Farmers Market**  
Saturdays 9:00-2:00

## What's in Season

Basil  
Broccoli  
Beans  
Beets  
Carrots  
Cauliflower  
Chard  
Cilantro  
Cucumber  
Dill  
Garlic  
Green Onions  
Lettuce  
Kale  
Onions  
Parsley  
Peas  
Potatoes  
Raspberries  
Salad greens  
Spinach  
Tomatoes  
Zucchini

## Preserving the Harvest

I love this time of year! The days are long, the evenings are warm and gardens and Farmers Markets are in full production.

The question is how do you make this time of year last long into the winter? My solution is to preserve my favorite vegetables and fruits, through a variety of methods; including canning jam, tomatoes and salsa, freezing berries and vegetables, and dehydrating fruits and tomatoes.



Part of the Coupon Program is to learn skills and techniques to help you feed your family in a healthy, sustainable way. This year we will be again holding workshops throughout the summer and fall and the first is being planned for Wednesday July 16th. We will be making strawberry jam, and everyone will get to take at least one jar home!

If you have small canning jars that are not getting used please bring them along.

## Berry Green Smoothie



### Ingredients

1 cup fresh or frozen greens (spinach, chard, kale)  
1/2 cup frozen blueberries  
1/2 cup frozen raspberries  
1 ripe banana  
1/2 cup milk  
2 tablespoons old fashioned oats  
1 cup ice

### Method

Combine everything in a blender and blend until smooth.  
Serve immediately

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## Feature Food: Chard

Chard is a delicious, nutritious and versatile leafy green vegetable. It can be found at most farmers markets throughout the season from April right through to November here on the Sunshine Coast. There are several varieties of chard including; Swiss chard, ruby chard and rainbow chard and all have similar nutritional benefits.

Chard is an excellent source of vitamin C and vitamin K and is a rich source of omega-3 fatty acids; vitamin-A, and Beta Carotene which is good for your eyes and hair . It is also a good source of some of the B Vitamins including folate, niacin, vitamin B6, thiamin and pantothenic acid that are essential for optimum metabolic functions. Chard is also an excellent source of various minerals such as copper, calcium, sodium, potassium, iron, manganese and phosphorus.

### Tips

- Boil Swiss chard, uncovered in a pot of water for 1-2 minutes. It will release some acidity, making it sweeter.
- Chard can be used in place of spinach in lots of dishes; try it in pasta, soups and lasagna
- Start cooking the stalks before the leaves, as they're thicker and will take longer to cook.
- It is easy to grow from seed in the garden or a container on your back porch or balcony.

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## Chard with Currants and Feta Cheese

### Ingredients

- 1 lb Chard
- 2 Tbsp Olive Oil
- 1 large clove garlic
- Pinch of salt
- Fresh ground pepper to taste
- 4 tbsp dried currants
- 1/4 cup water
- 1/2 cup crumbled feta cheese

1. Rinse chard well several times. Cut ribs and stems from leaves, then chop ribs and stems to 1/2 inch pieces. Chop leaves to 1-inch strips.
2. Heat oil in a large skillet over medium-low heat. Add garlic and cook for 2 minutes till lightly golden.
3. Add ribs and stems of chard, along with salt and pepper. Cook for 4 minutes, stirring occasionally.

4. Add currants and cook for 1 minute, until plump.
  5. Add chard leaves and water, and increase heat to medium-high. Cook covered 5 minutes, or until leaves and stems are soft.
  6. Crumble feta over chard and mix inches
- Serve warm.

