



# Lettuce Patch Gardens, Inc.

Sustainably grown artisan vegetables

Colorado Springs, CO

[www.lettucepatchgardens.com](http://www.lettucepatchgardens.com)

Week 6

April 10, 2007

## This Week in the Gardens

What a difference a week makes! Just last week we were out in the gardens preparing beds and transplanting summer lettuce. The frozen conditions in the gardens this week have brought most outdoor activities to a halt. We continue to start seeds in-



doors and pot-up transplants. We have tomatoes, peppers, squash and other summer vegetables in pots waiting to be transplanted. Most vegetables that are outside are covered, and seem to be doing well. The peas, garlic and some radishes are in uncovered beds and we won't know how well they fared until the ice melts.

## Featured Recipe

### Sauteed Swiss Chard with Olive Oil and Garlic

20 ounces of Swiss chard  
3 tablespoons extra-virgin olive oil  
3 garlic cloves, minced  
salt and freshly ground pepper

Wash the Swiss chard in a large bowl of cold water, lift the leaves out of the water and drain in a colander. Repeat the washing and draining until there is no sand or grit left in the bottom of the bowl. If the insides of the stems are gritty, scrub them gently with a small brush.

If the Swiss Chard is fully mature – the stems are wider than  $\frac{1}{4}$  inch – cut the leaves away from the stems. Cut the stems in half lengthwise, and then slice them into approximate  $\frac{1}{4}$ -inch dice. Cut the Swiss chard leaves across into  $\frac{1}{2}$ -inch wide strips. (This is easiest if you stack and roll up the leaves and then slice the roll. (If you're using baby chard, don't bother separating the leaves and stems; just cut the leaves and stems together into  $\frac{1}{2}$ -inch-wide strips.

Heat the olive oil in a 12- or 15-inch sauté pan over medium heat with the garlic and sauté gently for 2 minutes. Be careful to not brown the garlic, or it will be bitter.

If you're using tender leaves with their stems, turn the heat up high and stir the leaves in the oil for 2 to 4 minutes or until the leaves are completely limp.

If you've cut out the stems, add the diced Swiss chard stems to the garlic mixture and stir every couple of minutes for 6 to 10 minutes, or until the cubes become translucent and tender. Turn the heat up to high and stir in the leaves. If there's not enough room for all the leaves in the pan, add only half the leaves and wait a minute before adding the rest. Stir the leaves for 4 to 6 minutes—the exact time will depend on the age of the leaves—until the leaves soften.

Season the leaves with salt and pepper and serve immediately.

From [Vegetables by James Peterson](#)

Get more recipes like this from: [Lettuce Patch Gardens-Sustainably grown artisan vegetables in Colorado Springs, CO](http://www.lettucepatchgardens.com)

## This Week's Share

- Salad Mix
- Cutting Celery
- Scallions
- Swiss Chard
- Parsley

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## How to Store this week's share:

**Chives** Store chives in a plastic bag in the refrigerator for up to a week.

**Cutting Celery** is best stored in the refrigerator, in a plastic bag. Stored this way it will last for 7-10 days.

**Lettuce Mix** comes pre-bagged. Rinse and dry it to be sure it is completely clean. Store in a plastic bag in the refrigerator, keeping it away from the coldest parts of the refrigerator (back and top shelf).

Scallions

**Parsley** is happy to be stored in the refrigerator or out on the counter in a cup of water. Change the water daily and it will last 1-2 weeks.

**Swiss Chard** will store best in the refrigerator in a plastic bag.

## ☀ Words of Wisdom

We are nature, and to be profoundly in synch with the seasons and the weather is an effective way to be in tune with our deeper selves. Obeying the sun, regarding the moon, imitating the plants, moving with the winds, we find that elusive sense of self that we thought was only interior and not part of the world. ~ Thomas More

## Recipe

### Goat Cheese-Stuffed Chicken Breasts

4 (6-ounce) boneless, skinless chicken breast halves  
3 ounces goat cheese  
2 teaspoons unsalted butter  
1 1/2 teaspoons minced chives  
1 teaspoon minced parsley leaves  
1/4 teaspoon fresh lemon juice  
1/4 teaspoon minced garlic  
1 cup all-purpose flour  
1 teaspoon garlic powder  
1 teaspoon paprika  
1/2 teaspoon ground pepper  
Salt and freshly ground black pepper  
1 large egg  
2 teaspoons water  
1/4 cup clarified butter or vegetable oil  
Chopped fresh parsley, garnish



Preheat the oven to 350 degrees F. With a chicken breast flat on a cutting board, using a sharp knife, about 1/3 of the way down the thick side, cut a deep pocket horizontally into the center of the meat about 3/4 of the way down, being careful not to cut through to the other side. (The pocket will be about 2 1/2 inches long and 1 1/2 to 2 inches deep.) Repeat with the remaining breasts. Wash hands well.

In a small bowl, mash together the goat cheese, butter, chives, parsley, thyme, lemon juice and garlic. Season with a pinch of salt and freshly ground black pepper. Divide into 4 equal pieces and form plugs to fit inside the chicken breasts. Insert 1 into each breast and press the edges of chicken meat to seal. Lightly season with salt and freshly ground black pepper.

In a large shallow bowl, combine the flour, garlic powder, paprika and pepper. In another bowl, beat the egg with the water.

One at a time, lightly dust the chicken on both sides with the flour, then dip in the egg, shaking to remove any excess. Place again in the flour and turn to completely coat, shaking to remove any excess. Set aside.

In a large, **oven-proof skillet**, heat the oil over medium-high heat. Add the chicken and sear until golden brown, 2 to 3 minutes on each side. Place the pan in the oven and bake until the chicken is cooked through, 7 to 10 minutes. Garnish with parsley. Serve immediately. Get more recipes like this from: [Lettuce Patch Gardens-Sustainably grown artisan vegetables in Colorado Springs, CO](#)

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