

# Fresh Veggie Series

Vine & Fig Educational Outreach Program

## This Week's Produce Items



### Radical Roots Farm:

Cilantro, Swiss chard, beets, tomatoes, peppers and Jubilee Climate Farm's sweet potatoes

### St. Isidore Homestead & Permaculture:

Swiss chard, carrots, pears and Radical Roots cilantro.



## Recipe of the Week: Steamed & Sautéed Swiss Chard

### Ingredients

- A bunch of swiss chard!
- 1 tablespoon olive oil
- 1/4 cup diced red onion
- 2 garlic cloves - minced
- 2 teaspoons lemon zest
- 1/4 teaspoon kosher salt
- 1/2 cup vegetable broth

### Instructions

1. Separate chard leaves from stems & chop into smaller pieces
2. Heat oil in large skillet, add stems & onion, cook until translucent
3. Stir in garlic, lemon zest, salt, followed by leaves & vegetable broth. Bring to boil, cover & cook for 3-5 minutes until broth has been absorbed - enjoy!



[vinefigeducation.org/recipes](http://vinefigeducation.org/recipes)