



LUNCH IN THE GARDEN

June 3, 2011 — Kale

This Week's Recipe:

Baked Crispy Kale Chips

Kale, destemmed and torn into bite-sized pieces

Olive oil

Salt & pepper

Other spices, optional

1. Preheat oven to 350. Line a baking sheet with parchment paper or a silicone baking mat.
2. Wash kale, and dry thoroughly. Place on the baking sheet. Drizzle with olive oil and toss to coat the leaves.
3. Place in the oven and bake for 10-15 minutes. Kale is done when it is paper thin and crackly, but not turning brown. Remove from oven and sprinkle with salt, pepper, and other seasonings. Enjoy!

Harvesting & Storing Kale

- Kale can be harvested and used at many different stages.
 - Young, tender kale leaves are good raw in salads
 - Older, tougher leaves are best used in cooked dishes.
- Cut individual leaves for use in the kitchen.
- Wash, dry, and store in a plastic bag in refrigerator.
- Remove large stems before using.
- Mature leaves may need to be blanched before sautéing or stir-frying.

Other Points of Interest in the Garden This Week:

- Leek "scapes" - the leeks are sending up flower stalks, which should be picked off. They are also edible.
- The Family of 4 Garden has yielded \$105 worth of produce already this year!
- Thrips—tiny insects, are bad this year on onions, peppers, and lots of other plants.
- We have an heirloom tomato trial this year. We are trying 3 varieties: Amish Paste, Black Krim, and Super Marmande.

Coming Next Week—Savory

Spicy African Kale and Yams

1 large bunch Kale, 4 cups chopped, pressed firm
4 cup Garnet yam, rinsed well, chopped
1 ½ tablespoon olive oil
2 cup Purple cabbage, sliced
1 ½ cup Onion, chopped
3 tablespoon soy sauce
2 tablespoon salt, or to taste
1 tablespoon minced garlic
1 tablespoon ginger, peeled and minced
1 teaspoon serrano chile, seeded and diced
Hot Sauce, to taste

1. Rinse and drain kale well. Steam kale and yams. Kale should still be colorful and yams should still have some firmness.
2. While kale and yams are steaming, place oil in a large sauté pan and heat on medium high. Add onion, garlic, ginger and chili pepper, cook for 5 minutes, stirring frequently.
3. Add cabbage and cook for 5 minutes, stirring frequently. Add small amounts of water if necessary to prevent sticking. Place in a large mixing bowl with remaining ingredients, add kale and mix well.
4. Add yams and gently mix well.

Chinese Sesame Kale

2 cloves garlic, minced
1 pound kale (about bunch)
2 teaspoons sesame seed oil
2 tablespoons water
1 teaspoon soy sauce
2 teaspoons toasted sesame seeds
Salt and pepper, if desired

1. Mince the garlic cloves. Wash the kale and shake it over the sink. It should remain a little wet. Remove and discard the stems from the kale and tear it into bite-size pieces. Save the stems for another use, such as vegetable stock.
2. Heat the sesame seed oil in the skillet over medium-low heat. Add the minced garlic to the hot oil and sauté for about 20 seconds. Add the kale and water to the garlic and oil, and cover the skillet.
3. After 1 minute, stir the kale, then re-cover. After 1-2 more minutes, when the kale is wilted, stir in the soy sauce and sesame seeds. If desired, add salt and/or pepper to taste.

Bean Soup with Kale

1 Tbl. Olive oil
8 large garlic cloves, crushed or minced
1 medium onion, chopped
4 cups chopped raw kale
4 cups chicken or vegetable broth
2 (15 oz) cans of white beans (cannellini or navy), undrained
4 plum tomatoes, chopped
2 tsp. dried Italian herb seasoning (or some fresh herbs)
Salt and pepper to taste
Chopped parsley

1. In a large pot, heat the oil, add garlic and onions, and sauté until soft. Add kale and sauté until wilted. Add 3 c. of broth, 2 c. of beans, tomatoes, herbs, salt, and pepper. Simmer 5 minutes. In a blender, mix the remaining broth and beans until smooth. Stir into soup to thicken. Simmer 15 minutes. Serve, sprinkled with parsley for garnish.