

NEWSLETTER

2024 CSA

WEEK 14



Kale

Welcome to week 14. Highlight this week is Curley Purple Kale, a nutrient-dense leafy green, that is highly resilient, and grows in a variety of climates. Kale is believed to have originated in the Eastern Mediterranean and Asia Minor, with its cultivation dating back to ancient times, around 2000 to 3000 years ago. Historical records suggest that kale was a staple in the diets of the Greeks and Romans, who valued it for its nutritional benefits and adaptability to various climates. The green varieties, such as curly and Lacinato kale, are known for their robust flavor and versatility, while purple kale, with its striking hues, adds a visually appealing twist to dishes.

I am sharing a recipe that is equally delicious using green or purple kale. Hope you enjoy it.

Thank you for supporting your local organic farm!

-Ruby, G.

Chickpeas & Kale in Spicy Pomodoro Sauce

Ingredients:	Basil leaves for garnish
½ cup extra virgin olive oil	1 teaspoon crushed red pepper
5 garlic cloves, thinly sliced	Kosher salt to taste
2 cups of tomatoes, peeled and diced	3 cups of kale (green or purple), chopped and steamed
1 ½ teaspoon fennel seeds	2 15 oz cans of chickpea, rinsed and drained
	Finely grated Pecorino Romano, for serving

1. In a large saucepan, heat the olive oil over low heat. Add the garlic and cook, stirring occasionally, until very fragrant but not browned, about 5 minutes.
2. Add the tomatoes, fennel seeds, crushed red pepper and a generous portion of salt. Cook over moderately low heat, stirring occasionally, until the tomatoes break down and the sauce is thickened, about 25 minutes.
3. Stir the kale in the sauce and cook over moderately low heat, stirring occasionally, until wilted, about 3 minutes.
4. Stir in the chickpeas and cook until heated through, about 3 minutes.
5. Season with salt. Spoon into bowls and garnish with torn basil. Top with finely grated pecorino and serve hot.

in the box

Spinach	1/2 lb bag
Curly Purple Kale	bunch
Celery	bunch
Yellow Onion	1 each
Italian Pepper	1 lb
Scallions	bunch
Red round Radish	bunch
Romaine Lettuce	Head
Interlaken Grapes	1 lb



Source: www.foodandwine.com