



## WHAT'S IN THE BOX

- \*Corn
- \*Rainbow Chard
- \*Cucumber
- \*Red Potatoes
- \*Cherry Mix Tomato
- \*Red Slicing Tomato
- \*Black Currant
- \*Strawberry
- \*Tiger Stripped Zucchini

## RECIPE

### Sautéed Rainbow Chard

Reference: [a couple cooks](#)

#### Ingredients:

- 1 bunch (12 oz) rainbow chard
- 2 garlic cloves
- 2 tablespoons olive oil
- 1/4 teaspoon salt
- 1 pinch red pepper flakes
- Fresh ground black pepper
- 2 tablespoons shredded Parmesan cheese (optional)
- 2 tablespoons toasted pine nuts (optional)

Wash and dry the chard leaves. Remove the stems and roughly chop the chard. If you'd like, thinly slice the tender part of the stems and add that to the mix

Smash and peel the garlic cloves

Add olive oil to a large skillet and heat it over medium-high heat. Add the smashed garlic and chard and cook for 4 minutes, stirring frequently until wilted and bright green.

Remove from the heat and add the salt, red pepper flakes, and fresh ground pepper to taste

Serve immediately. If desired, serve with shredded Parmesan and toasted pine nuts

## SNAKES!

One sunny morning on a jog, I was listening to 'Born to Run', inspired and admiring the nature around me. All of a sudden the calm completely disappeared and fear washed over me when I noticed my next step is about to land on a snake! I threw myself off the trail and took off with a jolt, no longer listening to what Fred Sanders is reading out loud, but completely consumed by the fear of this legless slithering reptile. Fear of snakes is one of the most common phobias, even in people who have never seen a snake.

I must have been 8 yrs old when one summer my mom noticed one of my fingers was turning blue. It had been hurting for a day or so. I had learned to ignore the pain and keep playing because complaining could mean an indefinite interruption in playtime. Anyways, keeping quiet about that pain on my finger just meant I had ignored a venomous bite (snake, spider, or something else). Shortly after my mom noticed it, I came down with a fever. I was immediately taken to a witch doctor. I sat on the cold concrete floor of a dark room next to my dad, shivering with fever. A tiny black stone\* was placed on the bite mark with the belief that the stone will suck out all the poison. My shivering got worse and I couldn't balance the stone on my finger. I don't remember what happened next, but since I am here writing this piece, I guess I was treated and got better. This experience was sufficient to instill fear for all crawling creatures in me. Jumping off the trail or staying clear of their possible habitat, I have always tried to eliminate any interaction with snakes. This is no longer the case now that we are back living on farm land.

Organic farming doesn't just mean no pesticides, it also means keeping a balanced ecosystem to help grow healthy crops. Snakes happen to be an integral component of the balanced ecosystem, providing an excellent pest and rodent control. I guess I will continue to try and stay out of their way while I learn how to live with wildlife.

Here is a short article by OSU with tips on how to or how not to attract them to your garden. Hope you find it helpful.

<https://extension.oregonstate.edu/news/snakes-slither-through-garden-eating-slugs-grubs-other-pests>

Until next week, Stay Safe Stay Healthy

Ruby

\* Based on my dad's recollection, 'black stone' was a sacred stone that was kept with an individual in our village. The stone would latch onto a snake bite and immediately suck out all the poison. Some online references suggest that these 'black stones' were made from many herbs available in the deep forest. I have no scientific research backing this claim.