

Swiss Chard

HOW TO CHOOSE AND STORE

Look for chard which has bright green leaves and colorful stalks. They should be firm, not wilting or yellow. Trim the stems, wash and thoroughly dry your chard. Wrap whole leaves loosely in plastic in the fridge. The leaves and stems can be stored separately.

HOW TO USE AND EAT

Chard can be used in similar ways to spinach. Young leaves can be used in salad. More mature leaves are best cooked (steamed, sauté, roasted, etc). The stems (which are more fibrous) are often cooked separately as cooking times are different.



Fermented Chard Stems

Fermented chard stems are naturally rich in healthy probiotics, use in salad, or add to soups and casseroles.

-1 bunch Swiss chard

-2 cups water (filtered or non-chlorinated)

Wash the chard. Separate the leafy parts from the stem. Keep the leafy greens for another recipe. Chop the stems into 1/2 to 1-inch pieces. Put them into a clean glass jar (not necessary to sterilize, just very clean). Fill the jar with non-chlorinated water. Loosely screw on the lid. Place on a small plate that will catch overflow that may occur during fermentation. Leave at room temperature. Check daily for signs of fermentation. (bubbles on top, and a light, pleasantly, sour smell). Add non-chlorinated water to keep the jar full. : Some of the chard pieces may darken slightly, this does not affect flavour. After 1 - 4 days, transfer the jar to the refrigerator to slow down the fermentation. Fermented chard will keep, refrigerated, for at least 6 months, but is best eaten within 3 months.

Cooked Garlic Scape and Chard

1/2 lb fresh Swiss Chard, washed and roughly chopped

1 tbsp butter

1 garlic scape, diced (or half a garlic clove finely chopped)

salt and pepper to taste

Wash the chard, trim off the very end of the stems and discard. Chop the thick stems into small pieces and then roughly chop the leaves into large pieces. Chop the garlic scape into 1cm bits. Melt the butter in a frying pan and add the Chard and scapes. Add salt and pepper to taste and saute on a medium heat until the leaves are all nicely wilted and the stems have softened slightly. (5 minutes)

Swiss Chard Pasta

- 6 ounces pasta
- 1 teaspoon extra-virgin olive oil
- 4-5 chard leaves, stems diced, leaves coarsely chopped
- ½ teaspoon balsamic vinegar
- 1 cup canned fire roasted diced tomatoes
- 2 garlic cloves, minced
- ½ cup cooked white beans, drained and rinsed
- grated cheese
- ¼ cup pine nuts (optional)
- Sea salt & fresh black pepper

1. In a large pot of salted boiling water, cook pasta until al dente.
2. Meanwhile, in a large skillet, heat oil over medium heat. Add chard stems and a pinch of salt. Give them a stir, then add the chard leaves and gently toss until they begin to wilt. Add the balsamic, tomatoes, garlic, white beans, freshly ground pepper, and toss. Once the chard is cooked down, add pasta and remove from heat. Serve with grated cheese on top and pine nuts if using