

# EVERBLOSSOM FARM RECIPES

BY JODÉ LEMMON

## CAROLINA KALE

This recipe comes from the cookbook entitled Moosewood Restaurant Low-Fat Favorites. Moosewood's cookbook collection and their restaurant in Ithaca, NY are widely acclaimed (since 1973) for their all-natural vegetarian-based cuisine. I've picked on **kale** from your box this week because it's just so darn rich in iron and calcium. Plus, you all must be getting pretty creative with your kale by now. You can also use your fresh **chard**, **onions** and **garlic** to complete this recipe.

### **Carolina Kale**

Serves 4 to 6

1 large bunch of kale, collards, chard, or beet greens (about 1 ½ pounds)  
3 cups chopped fresh tomatoes or 2 cups chopped canned tomatoes and their juice  
1 cup minced onions  
1 ½ teaspoons ground cumin  
2 garlic cloves, minced  
1 teaspoon Tabasco or other hot sauce, or ¼ teaspoon of crushed red pepper  
½ teaspoon salt  
pepper to taste

Wash the greens. Remove large stems. Stack the leaves and slice crossways into thin strips. Combine tomatoes, onion, cumin, garlic, Tabasco, and salt in a saucepan, cover and cook on medium heat for 5 minutes.

Add the greens, cover, and gently simmer, stirring frequently for 10 to 15 minutes, until the greens are tender. If necessary, add a little water to maintain liquid in the bottom of the pan. Add pepper to taste and serve.

*Kitchen Notes:* This makes a great side dish for barbecued meats or beans, or a topping for rice. Bring on those fresh tomatoes!

FROM OUR FIELD TO YOUR FAMILY, SERVING SUGGESTIONS FOR THE NATURALLY-GROWN VEGETABLES WE ALL LOVE.

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