



Carrboro
FARMERS' MARKET
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Recipe of the Week featuring **Swiss Chard**
October 8, 2005

Melted Chard
From Kelly Clark, Carrboro & Southern Village Farmers' Market Staff

Last spring when I did a recipe of the week featuring Swiss chard, vendor Wilma Hanton scolded me for telling folks to discard the stalk of the chard. She said I should never suggest that you throw out perfectly good food. Of course, she was right. So here is my effort to make it up to Wilma, and to give you a delicious way to cook the whole chard.

Ingredients:

2 bunches Swiss chard
2 Tablespoons olive oil
2 cups chicken or vegetable stock
1/4 cup white wine
Salt to taste

Procedure:

Wash the leaves thoroughly. Remove the leaves from the stem, tear leaves into small pieces and set aside. Cut the top and bottom off the stalks so you are left with a stem that looks like a stalk of celery that has been trimmed. Chop the stalk into 1/4 inch pieces.

Put the olive oil in a pot over medium-high heat. Add the chopped stalk and sauté for 10 minutes, tossing frequently so the stalks do not brown. Reduce heat to medium-low, add 1 cup of stock, and cook until the liquid is reduced by half. Add another cup of stock and bring it to a boil, then reduce heat to medium and toss in the leaves by the handful, allowing the leaves to wilt and become coated with oil and stock before adding the next handful. Once all the leaves are in the pot, reduce heat to low and cook until the leaves begin to take on a deep green color, about 20 minutes. Stir occasionally. If you need additional liquid, add 1/4 cup of white wine. The chard is ready when it is very soft, dark green in color, and the stalks have lost their crunch. Salt to taste. Serve hot.

Serves 2 – 4.

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Carrboro Farmers' Market on the Town Commons · Sat. 7 AM – 12 PM thru December 17th
Carrboro Farmers' Market on the Town Commons · Wed. 3:30 – 6:30 PM thru October 19th
Southern Village Farmers' Market · Closed for the Season

Carrboro Farmers' Market Craft Demonstration

Saturday, October 22, 2005

8:30 – 11 AM in the Gazebo

Come join Carrboro Farmers' Market Crafters and explore their art.
See how they throw pottery, weave rugs, and create baskets.

When do our Markets Close for the Season?

This is a common question this time of year. Listed below are our Market hours and the dates that each Market will close.

Carrboro Farmers' Markets on the Town Commons

Saturdays until December 17 • 7 AM – 12 PM
Wednesdays until October 19 • 3:30 – 6:30 PM

www.carrborofarmersmarket.com
www.southernvillagefarmersmarket.com
919.932.1641