

Raw Swiss Chard, Cabbage and Brussels Sprout Salad

adapted from marthastewart.com

INGREDIENTS

- 1/2 head **Savoy cabbage**, cored and thinly sliced (8 cups)
- 12 oz **Swiss chard**, stemmed and thinly sliced (9 cups)
- 8 oz **Brussels sprouts**, trimmed and thinly sliced (3 cups)
- 2 tsp coarse salt
- 2 tsp sugar
- 2 tsp Dijon mustard
- 3 Tbsp sherry vinegar
- 1/2 Cup extra-virgin olive oil
- 1 tsp low sodium soy sauce
- 1 Cup walnuts, toasted and chopped (or pepitas/pumpkin seeds)
- 1 oz Romano cheese, shaved or grated

Make it a meal

The walnuts/pepitas in this recipe add protein but if you would like more, grill chicken or fish to complement this salad.

Eat with a big slice of sourdough bread slathered in your favourite oil or butter.

DIRECTIONS

1. Combine greens in a large bowl. Rub with sugar and 1 teaspoon salt until slightly damp. Refrigerate 30 minutes, up to 60 if you have time. This marinating time helps to soften the sturdy leaves. This is a great time to toast the walnuts or pepitas and make dressing!
2. In a small bowl, whisk together vinegar, mustard, soy sauce, and remaining 1 teaspoon salt. Slowly whisk in oil. Toss greens with three-quarters of dressing. Add cheese and walnuts or pepitas; toss to combine. Refrigerate at least 10 minutes and up to 1 hour. Serve, tossing with more dressing if desired.

Test Kitchen Tips

- ✓ To cut down on marinating time, slice cabbage, Swiss chard and sprouts thinly.
- ✓ Save your fingers! Cut sprouts in half then lay cut side down and slice into thin strips.
- ✓ To "stem" Swiss chard, cut the leaves off either side of the tough spine. Put stems in the freezer for soup stock, make them into fridge pickles, or toss into your next stir fry.

Saving your kitchen from unsavoury smells!

The unfortunate fate of many Brussels sprouts is overcooking, which leads to the release of **glucosinolate sinigrin** - an organic compound that smells like sulphur! Although not harmful, the release of this unpleasant odour has led many to have negative associations with Brussels sprouts. If you're not a fan of Brussels sprouts we encourage you to try them again for the first time...with no cooking and no odour!

Kids in the Kitchen

You'll find a few extra treats in your bag that aren't required for the recipe, but are great for lunches or snacking while you cook. No need worry about ruining appetites when the snacks are this healthy!

Get the kids to help you shuck those peas! Unlike snow or snap peas, English pea pods are tough so they should be shucked. Eat the sweet round peas raw in lunches or boiled up for dinner.

Those yummy organic carrots can be grated and added to the feature salad or sliced for lunches.

Have the kids wash and eat the strawberries...simple as that!

Beat the heat with this No-Cook Salad!



Recipe photo courtesy of Marcus Nilsson

Welcome to a brand new year of Local Food Club! We are excited to be starting our program a month early to take full advantage of the fall food bounty. We love being able to include farmers who don't have cold storage by buying their produce when they have it. This month we're going from Switzerland to Brussels without leaving Headwaters!

You will find Swiss chard and carrots in your bag from **Albion Hills Community Farm**. This awesome farm grows vegetables and supports the community with garden plots for local families to grow their own food. We also have English or garden peas from **Lennox Farm** just north of Shelburne. Their family has been farming since 1880!

Crop failure is a big hardship for farmers. Crops can fail because of weather, pests or other factors. This summer's weather was very challenging and some crops grew well with the rain (spinach, lettuce) while others did not (tomatoes). Our original supplier of Brussels sprouts suffered a crop failure. However, as farmers often do, they helped us source from another grower just a little further away and we were still able to purchase another vegetable from our local friends. Your membership in LFC allows us to work with farmers when crops fail and when crops grow in abundance. Growing in abundance right now are the ever-bearing strawberries in your pack from **Maple Grove Farm**. Instead of going to waste, we were able to redirect some of their berry bounty for your benefit. Yummy yay!

Nutrition Report

A+

Vitamin K

A 1/2 cup of Brussels sprouts provides more than 100 percent of the daily value of vitamin K recommended for children and women and 90 % for men. Vitamin K helps our blood clot and helps move calcium in our bloodstream.

A

Isothiocyanate

Big word, amazing health benefits! Brussels sprouts are chock full of isothiocyanate - compounds that help keep our bodies disease free by eliminating disease-causing bacteria and viruses.

A

Fibre

The Brussels sprouts, cabbage, and Swiss chard in this recipe will supply you with a healthy amount of fibre. Fibre is like a toothbrush for your intestines, it keeps your insides clean and healthy.

this month's food is from...

Albion Hills Community Farm

albionhillscommunityfarm.org

Maple Grove Farm

maplegrovefarm.ca

Lennox Farm

lennoxfarm.ca

Amanda's Country Bakery

amandascountrybakery.ca