

Nancy Jane Pierce's Spicy Kale

Crystal Lake Gardens

INGREDIENTS

Kale leaves from 2 bunches or other strong greens – turnip, mustard or collards
1 tablespoon olive oil
1-5 garlic cloves
crushed red pepper flakes
1/3 – 1/2 cup chicken or vegetable broth

PREPARING

1. Bring 2 quarts of salted water to a boil.
2. Add kale or other greens, reduce heat to simmer, cover and cook 7 minutes.
3. Drain and immediately rinse in cold water to stop cooking.
4. Squeeze water out of greens.
5. Heat olive oil in same pot.
6. add garlic and red pepper flakes to taste.
7. Sauté' 1 minute, then stir in kale and chicken or vegetable broth.
8. Simmer 5 minutes.

Makes 4-6 servings.

Easy Kale and Tomatoes

Karen Shepard, Blackberry Community Farm

INGREDIENTS

1 large bunch of kale, stems removed and leaves coarsely chopped
1 large tomato chopped
1 large onion chopped
water or tomato juice
olive oil
salt and pepper

PREPARING

1. Place kale, tomatoes and onions in pot with just enough water or tomato juice to keep them from burning while it cooks.
2. Cook over medium heat until kale is tender, about 20 minutes.
3. Add a little olive oil, plus salt and pepper to taste before serving.

This recipe is also great with chopped dried tomatoes or home canned tomatoes.

Makes 2 servings.

Recipes used with permission From Asparagus To Zucchini – A guide to cooking farm-fresh seasonal produce (Madison Area Community Supported Agriculture Coalition)
Transcribed by: Russ Barry