

Harvest of the Month

October



Swiss Chard

Origin and Nutrition

- Swiss chard is a leafy green belonging to the *Chenopodioideae* family, which also includes beets and spinach .
- Grown worldwide, it's prized for its ability to grow in poor soils and its low need for water and light.
- Although its name may lead you to believe it originated in Switzerland, Swiss chard is native to the Mediterranean.
- There are many types of Swiss chard, some of which have colorful, jewel-toned stalks and veins, making this vegetable particularly pleasing to the eye.
- It's leaves and stalks provide an abundance of vitamins, minerals and powerful plant compounds.



Garlic Pasta with Swiss Chard

INGREDIENTS

- 8 ounce Spaghetti
- 4 cup Chard, swiss, raw
- 2 clove garlic
- 1 tablespoon olive oil
- 1/8 teaspoon salt
- 14 1/2 ounce diced tomatoes, canned
- 15 ounce white beans, canned
- Toppings
 - 1 tablespoon parsley, fresh
 - 1/8 cup chopped basil, fresh
 - 1/2 ounce Parmesan cheese, shredded



Instructions

- 1.) Cook pasta according to package instructions. Drain, reserving 1/2 cup liquid, and set aside.
 - 2.) While pasta is cooking chop swiss chard, separating stems from leaves; mince garlic; drain and rinse beans. Set aside.
 - 3.) Heat olive oil over medium-high heat in the same pot you cooked the pasta.
 - 4.) Add chopped stems and salt to hot oil; sauté for 5-7 minutes until they start to soften.
 - 5.) Add in roughly chopped leaves and reserved cooking liquid. Cover and cook 2-3 minutes until they begin to wilt.
 - 6.) Stir in garlic, drained tomatoes, and beans. Cook approximately 5 minutes until warmed through. Add pasta and toss together.
- Serve topped with parsley, basil, and grated Parmesan to taste.



IDEAS for NON-FOOD TREATS

Available at dollar stores, party supply stores, or online shops, these low-cost items can be purchased and handed out to all trick-or-treaters. Nearly all of these items can be found in a Halloween theme or festive colors.

- Glow sticks, bracelets, or necklaces
- Bouncy balls
- Pencils, pens, crayons or markers
- Coins
- Bubbles
- Spider rings
- Halloween erasers
- Vampire fangs

Make trick-or-treating safer

- Avoid direct contact with trick-or-treaters.
- Give out treats outdoors, if possible.
- Set up a station with individually bagged treats for kids to take.
- Wash hands before handling treats.
- Wear a mask

