

**News from the farm:** Welcome! This is the first week of the B Session which means that we are 1/3 of the way thru the CSA season. Lately, I've been feeling worn down--like I need a few days to do nothing and clear my head. But, the reality check of not being able to scratch that itch for another 3 1/2 months was kind of an irritating reality. So, I decided to stop thinking about days off and instead I changed my focus. After all, the season will be over soon enough and the slow, quiet of winter will seem very empty. I guess what I'm saying is that it takes as much energy to be unhappy as it does to be happy so why not go for the later?

**Here's what's in your box:**

**bunched leeks, new potatoes, strawberries, yellow wax beans, green zucchini, salad mix, lemon cucumber, rainbow chard, & heirloom tomatoes**

**Did you know?** The wide array of bright colors that give fruits and vegetables their visual appeal come from three main types of pigment: carotenoids (which give orange and yellow vegetables their colors); flavonoids (which provide blue, red and cream colors); and chlorophyll (which makes greens green). These colorful compounds also provide health and nutrition benefits. Eating healthfully is simpler when you know what the colors of vegetables indicate about their nutritional value:

Red and orange fruits and vegetables are among the highest in vitamin C, manganese, and fiber, making them great for heart health and overall good health.

The compound that makes blue things blue is a powerful antioxidant called anthocyanin that may protect against cancer and heart disease, according to the University of Maine Cooperative Extension.

Green vegetables contain chlorophyll, fiber, lutein, zeaxanthin, & folate, among other things. The nutrients found in these vegetables reduce cancer risks, lower blood pressure and LDL, fight harmful free-radicals, and boost immune system activity.

Wow, here's a challenge: "When you arise in the morning, think of what a precious privilege it is to be alive—to breathe, to think, to enjoy, to love—then make that day count!"

**Recipe: PASTA WITH SWISS CHARD, SAUSAGE, AND YELLOW WAX BEANS**

**Ingredients**

- 3 tablespoons olive oil, plus more for drizzling
- 12 ounces hot Italian sausage, casing removed or meatless sub.
- 3 cloves garlic, minced
- 1/2 pound yellow wax beans, trimmed and cut into 1-inch pieces
- 1 cup chicken stock or water
- 3 cups packed, chopped swiss chard
- 1/4 cup Italian parsley, chopped
- 1 pound pasta
- Parmesan cheese, for serving

**Instructions**

1. Heat oil in a large frying pan over medium heat. Add sausage and brown, breaking up with the back of the spoon while cooking. Add garlic and cook a minute more. Add beans and stock and scrape up any browned bits that are stuck to the bottom of the pan. Bring to a boil, then reduce heat to a simmer and cover. Cook until beans are just tender, about 3 minutes.
2. Meanwhile, bring a large pot of heavily salted water to a boil. Add pasta and cook according to package instructions. Drain, reserving 1 cup of pasta water, and return pasta to the pot.
3. When beans are barely tender, add chard and cook until wilted. Season with salt and pepper and pour sausage mixture over pasta, add parsley and more pasta water if it seems dry. Toss together to combine and serve, drizzling each bowl with a little olive oil and a sprinkling of Parmesan cheese if desired.