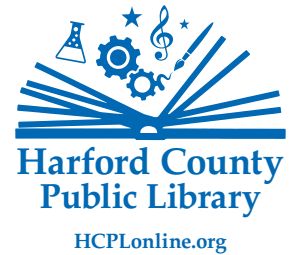




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FARMER JOAN'S PASTA & GREENS

SERVES 4-6

When approaching the One Straw Farm stall at the local farmers' markets you will always find a line. Yes, their produce is amazing and beautiful, and did I mention organic? And they are the largest organic farm in Maryland. But the line is not always about the greens, or radishes, or broccoli, but rather to speak with Farmer Joan.

Joan is the grand dame of the local farmers' movement and she holds court at the market. She is amazing to behold. Joan rattles off rapid-fire recipes for just about everything she grows and sells. Better bring a notepad, because it's all verbal. She loves this recipe for families with small children who often struggle with getting their kids to eat their greens. Joan says this is a sure-fire one and she has used it first hand on her own, now-grown, brood.

You can use all types of greens in this dish, like spinach, beet greens, or chard. And Joan suggests if you would like some meat or seafood in the pasta to just cook a little sausage or shrimp when sautéing the olive oil and garlic. Another friend told me she adds some wedges of tomatoes to the pasta water and greens, along with some sliced black olives and pecans when tossing the pasta. As you can see this is another EZ basic recipe on which you can build.

INGREDIENTS

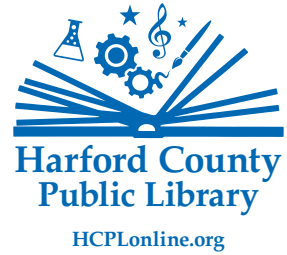
1 large bunch kale (about 1 ½-2 pounds)
1 pound good quality dry pasta
2 tbs minced garlic
¼ cup extra-virgin olive oil
½ cup freshly grated parmigiano-reggiano or 1 cup crumbled feta

DIRECTIONS

- 1** | Wash kale well in cold water and remove the leaves from the stems. Tear the leaves into small pieces and set them aside.
- 2** | Bring a large pot of generously salted water to a boil and begin cooking the pasta. While the pasta is cooking, heat a pan with the olive oil and gently sauté the garlic, for about a minute, taking care not to burn. Remove from heat. When the pasta is approaching the al dente stage, add the pieces of kale. Cook for several minutes until the pasta is just done, and still a bit firm, do not overcook. **(cont.)**



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FARMER JOAN'S PASTA & GREENS (CONT.)

- 3** | Drain the pasta and kale in a colander and place in a large serving bowl. Pour the olive oil evenly over top the pasta and sprinkle in the grated cheese or the crumbled feta. Toss all together well and serve immediately, with extra cheese on the side.