

– SANTA MONICA –
**FARMERS
MARKETS**

COOKING WITH THE MARKET CHEF

2ND SUNDAY OF EACH MONTH 10 AM, 11 AM, 12 PM

SWISS CHARD AND SUMMER SQUASH HASH

Ingredients

¼ pound mixed summer squash, cut into large cubes	2 cloves garlic, chopped
¼ pound early girl tomatoes, cut into wedges	1 tablespoon fresh lemon juice
2 ounces radishes, cut into wedges	2 tablespoons favorite fresh herbs
4 leaves swiss chard, destemmed, rough chopped	Salt and pepper, to taste
½ teaspoon cumin powder	Favorite cooking oil, as needed
½ teaspoon coriander powder	2 farm fresh eggs
½ yellow onion, chopped	Serve with charred, toasted, or grilled bread

Instructions

Heat your sauté pan to medium and add cooking oil. Add the onion, cumin, and coriander to the pan. Stir and cook until the onion is soft, about 4 minutes. Then, add the radish and squash, stirring very little, so that sides can brown. Season with salt and pepper. Once the squash is a medium golden on all sides, add the garlic and tomatoes. As the tomatoes begin to release their liquids, add the swiss chard, fresh herbs, and lemon juice. Stir until just wilted. Season with salt and pepper to taste. Then make a “hole” in the middle of the hash and crack two fresh eggs. Cover the pan and cook the eggs to your favorite temperature. Season the top of the eggs with salt and pepper. Serve in the saute pan or turn out into a dish. Enjoy with some fresh charred, grilled, or toasted bread.

FRESH MINT TEA

Ingredients

2 cups water	Optional: lemon slices
15 fresh mint leaves	Optional: ice
Optional: honey, agave, or sugar	

Instructions

Bring the water to a boil and remove from the heat. You can either steep the fresh mint leaves and lemon slices in the pot, or pour the boiling water over the mint and lemon in a thermos or teapot. Allow to steep for 5 minutes or longer, depending on the strength you desire. Sweeten if you like. Serve hot, or allow to cool for iced tea.

FRESH PEACH SALAD

Ingredients

¼ pound kale, washed, dried, & shredded	1 avocado, sliced
¼ pound wild arugula, washed & dried	2 tablespoons candied pecans, rough chopped
¼ cup red onion, julienne	2 tablespoons torn fresh herbs
½ pound ripe peaches, pitted, cut into wedges	Apple Cider Maple Vinaigrette, to taste
¼ pound early girl tomatoes, cut into wedges	Salt and Pepper, to taste
¼ pound lemon cucumbers, sliced into rounds	

Toss all salad ingredients with the amount of dressing you like. Season with salt and pepper to taste.

Apple Cider Maple Vinaigrette

¼ cup apple cider vinegar	¼ cup Dijon mustard
¼ cup balsamic vinegar	½ cup good extra virgin olive oil
¼ cup maple syrup	

Combine all ingredients and whisk like the dickens.

COUNTRY RHODES FARM



“Our farm is located in Visalia where we grow tomatoes, onions, five varieties of eggplants, and Hungarian sweet peppers. We also grow grapes, pluots, Asian pears, nectarines, plums, crimson grapes, and the brown turkey figs are one of our specialties! Farming has been a part of our family since the early 1940s. My grandfather bought the property and started a very successful fruit stand, and after his death, my father took over the farm and later incorporated a nursery into the business. I eventually took on the duties of managing the farm in the mid-nineties and began growing a larger variety of vegetables with the help of greenhouses.

The farm now has eleven greenhouses and houses the nursery on its property. My family farm participates in fifteen farmers’ markets every week, and we love interacting with our customers, many of which have become close friends!”

ANNA’S FARM



Anna Montenegro and David Rios own and operate Anna’s Farm. They grow a variety of row crops, succulents, and pasture raised laying hens and ducks. Some of their specialties include arugula, chard, lettuce, mint, parsley, kale and beets. Find Anna’s Farm each week at the Sunday Main Street Farmers Market

#SMFMS

