



Veggie Times

Week 1 EverGood Farm CSA Share

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Full Shares: Rhubarb, scallions, radish, chives, arugula bunch, tatsoi, braising mix, baby bok choy, head lettuce, mini basil bunch, garlic scapes

Half Shares: Rhubarb, scallions, radish, chives, arugula, spinach, head lettuce

On the farm: Welcome everyone to the first week of the CSA! We hope you enjoy your veggies this week. For those of you who are new to a CSA, the first few boxes will be mostly greens and quick growing roots. As the season progresses we will be giving you different vegetables and more of them! Our goal for the newsletter is to give you recipes and ideas so that you can enjoy your share to it's fullest. We are always learning too, and each week I'm going to try to give you a recipe we've whipped up (and I can guarantee you it'll be quick and easy!). If you are into Pinterest or Instagram you can find us by searching for EverGood Farm, which is a great way to find recipes and keep up with the farm. This week we are thrilled by our rhubarb bounty. It's the largest harvest we've ever gotten at around 200 pounds!

Focus on Radish

The Radish comes in many different sizes, shapes, and pungency. We grow a cherry and french breakfast variety. Radishes date back to 2000B.C. where Egyptians used them for radish seed oil before the olive. Radishes are mainly water with only modest nutritional value, but their greens are as

nutritional as any dark leafy green. Radishes can be eaten raw or cooked and cooking will tone down the "bite" radishes have. Try them in soups, stir fries or even use their greens in vegetable soups (they cook quickly). Or just enjoy them in a nice fresh salad.



Recipes

Radish Bulbs and Greens Sautéed with Green Garlic and Chives

2 bunches radishes

1 1/2 Tbsp butter

1 1/2 Tbsp chopped green garlic, garlic, or scapes

1 1/2 Tbsp chopped chives

salt and pepper

Clean radishes well to remove all dirt. Cut off upper leaves and coarsely chop. Cut off remaining greens and stalks and discard. Trim and quarter the bulbs. Heat butter in large skillet over medium heat. Add quartered radishes and cook, stirring often 2 minutes. Stir in greens, green garlic, and chives and cook until wilted another 1-2 minutes. Season with salt and pepper to taste. Goes great with grilled fish!



Meet our apprentice: Allison

Hi there! My name is Allison and I am very excited and grateful to be back at EverGood Farm for a second season. This season we're starting many new systems on the farm and I've really enjoyed getting to help plan for, build, and implement them. We've also decided to raise a batch (or two!) of "chickies" this year, and it is proving to be a great and fun learning experience. When I'm not helping to grow veggies or hanging out with the chicks, I love to run, bike, bake, and cook. It is still my dream to become a full-time farmer, and I can't think of a better place or people to learn from. Looking forward to growing for you this summer!

Recipes Continued:

Arugula, Goat Cheese, and Walnut Salad

“Cooking from the farmer’s market”

1 Tbsp red wine vinegar
3 Tbsp extra, virgin olive oil
1 tsp walnut oil
Salt and pepper
1/4 cup walnuts, toasted and coarsely chopped
1 bunch of Arugula
1/4 lb goat cheese, crumbled
In a small bowl, whisk together the vinegar, olive oil, walnut oil, and salt and pepper to taste. Set aside.
Place the arugula in a serving bowl and add the chopped walnuts. Drizzle with enough of the dressing to lightly coat the leaves and toss well. Sprinkle with the cheese and serve right away.

Quick and Easy Greek Tatsoi Vegetable Salad (my easy throw together recipe of the week!)

1 batch of roasted vegetables (we love peppers, mushrooms, onions, and carrots)
Chopped artichoke hearts, olives, sundried tomatoes
Feta
Balsamic Dressing
Roughly Chop the tatsoi and mix it up with your desired amount of roasted veggies, artichoke hearts, olives, sundried tomatoes, and feta. Toss with your favorite balsamic dressing and serve immediately.

Mother Nature’s Apple Crumble

“oh she glows” cookbook

Apple Filling

6-7 heaping cups fruit (I like chopped rhubarb, apples-peeled, and strawberries)

1 Tbsp cornstarch, or arrowroot powder
1/3 cup sucanat or other granulated sugar
1 Tbsp chia seeds (optional)
1 Tbsp lemon juice

Topping

1 cup rolled oats

1 cup thinly sliced almonds
1/3 almond flour or almond meal
1/4 cup maple syrup
1/4 cup coconut oil, melted
2 Tbsp unsweetened shredded coconut
1 tsp ground cinnamon
1/4 tsp sea-salt

Preheat oven to 375F. Lightly grease an 11x9” baking dish. Making the fruit filling: Place chopped fruit in a large bowl and mix in the “filling” ingredients. Stir to combine. Pour the apple mixture into the prepared dish and smooth it out evenly. To make the topping: In a large bowl (you can use the same one as for the apples), stir together the oats, almonds, almond flour, maple syrup, melted coconut oil, shredded coconut (if using), cinnamon, and salt until mixed. Sprinkle the oat mixture all over the apple mixture in an even layer. Cover the dish with foil and poke a couple air holes. Bake for 35-45 minutes and then remove the cover and bake for 10-15 more, until bubbling and lightly brown. Serve with your favorite topping!

Freezing Chives (and other herbs)

Wash and dry (if needed) and snip into small pieces. Place on a tray with parchment and pop into your freezer. Once frozen pour into freezer bags or jars. You should be able to remove only what you need this way.

Braising Mix 2 ways:

Stir Fried-Add a bit of oil to a hot pan, add scallions and sauté a minute or two, add braising mix a little salt, and garlic and cook until just wilted and bright green. If desired add hot sauce, soy sauce, or red pepper flakes. Makes a great side dish

In a breakfast frittata: sauté greens until just wilted. Preheat oven to 400F. Place greens into a oven proof pan (I like my cast iron skillet) Whisk together some eggs, a splash of milk, some scallions, herbs, cheese if desired, and salt and pepper. Pour this over the greens and bake until the eggs are set.

Enjoy! From all of us at EverGood Farm.

Next Week’s Best Guess

Full: spinach, salad mix, napa cabbage, baby kale, cilantro, and more!

Half: Garlic scapes, head lettuce, baby bok choy, cilantro and more!