



Veggie Times

Week 10 EverGood Farm CSA Share

www.EverGoodfarm.com

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Full Shares: Zucchini, cucumber, tomatoes, leeks, pepper, savoy or purple cabbage, beets, basil, carrots, head lettuce, garlic, broccoli, OR cauliflower OR brussels sprouts

Half Shares: Zucchini, cucumber, tomatoes OR beans, onions, peppers OR eggplant, cilantro, spinach, fennel, celery

On the farm: This week we said goodbye to a number of good things on the farm: the sugar snap peas and our awesome interns Bella and Sophia. The snap peas finally started to slow down and were pulled on Monday morning after a final harvest by the kiddos at the farm party. Sophia and Bella are back to school and will be dearly missed. In other news, the tomatoes seem to have finally arrived, and we hope the weather will cooperate and get sunny, which will mean a lot of tomatoes should start ripening. Hopefully we will have a bounty! Other than some early blight (which can be remedied by pulling off any infected branches), the plants have been quite healthy this year. Currently, the greenhouse tomatoes are about 8-feet tall! Be expecting lots of red deliciousness in the weeks to come! Half shares who didn't get beans last week will be getting them this week, and same for tomatoes. Expect very bountiful boxes until first frost!

Focus on Eggplant

The eggplant is a beautiful vegetable related to the potato, tomato, and pepper. Many varieties of eggplant exist, including those of different colors!

Here at the farm, we grow two different varieties: the traditional oblong variety and a longer, thinner Asian variety. These varieties are interchangeable in recipes, however the Asian variety is a little more tender. In addition to being low in calories, eggplant is high in fiber and great at soaking up marinades and other seasonings.



Recipes

Grilled Eggplant with Caponata Salsa

www.epicurious.com

- 12 oz. of grape or cherry tomatoes
- 2 celery stalks, finely diced
- 1/2 cup chopped onion
- 5 large green olives, pitted, thinly sliced
- 2 tbsp chopped fresh oregano
- 1 tbsp drained capers, rinsed
- 1 garlic clove, minced
- Pinch of dried crushed red pepper
- 3 tbsp red wine vinegar
- 1 tbsp olive oil, plus additional for brushing
- 1 eggplant, trimmed

Mix tomatoes, celery, onion, olives, oregano, capers, garlic, and crushed red pepper in a medium bowl. Whisk red wine vinegar and 1 tbsp olive oil in a



Meet the farmer: Hello! My name is Brendan Tuckey and I own EverGood Farm with Jenny. Originally from New Zealand, I started out working as a software developer. After growing tired of office work I tried working at a summer camp in southern, WI which is where Jenny and I met. We did a lot of traveling and working on Organic farms and decided to start our own up here in Northern, WI! When I get some downtime I enjoy reading, cross country skiing, snowshoeing, making kombucha, and spending time with my family.

Recipes Continued:

coat. Season caponata to taste with salt and pepper. Prepare barbecue (medium-high heat). Peel eggplant lengthwise to create alternating 2-inch wide intervals of peeled and unpeeled skin. Cut eggplant crosswise into 6 slices, each about 1 inch thick. Brush eggplant slices with oil; sprinkle with salt and pepper. Grill eggplant slices until slightly charred and very tender when pierced with knife, about 8 minutes per side. Plate grilled eggplant slices and spoon caponata over them. Serve warm or at room temperature.

Apple Fennel Celery Salad

www.canadianliving.com

1/2 cup thinly sliced fennel

1/2 cup sliced celery

1/2 cup red seedless grapes, halved

1 Red Delicious apple, peeled, cored, and chopped

1/4 cup toasted chopped walnuts

Poppy Seed Dressing:

1/4 cup Balkan-style plain yogurt

1 tbsp liquid honey

2 tsp lemon juice

1/2 tsp Dijon mustard

1/4 tsp poppy seeds

1 pinch salt

1 pinch paprika

In a large bowl, whisk together dressing ingredients until smooth. Add fennel, celery, grapes and apple; toss to coat. Serve sprinkled with walnuts. Serves 4.

Roasted Brussels Sprouts

Ina Garten

Preheat oven to 400 degrees. Cut off the brown ends of the Brussels Sprouts and pull off any yellow outer leaves. Mix them in a bowl with olive oil, salt, and pepper. Pour them on a sheet pan and roast for 35-40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly. Sprinkle with more salt and serve

immediately. (broccoli and cauliflower would work great here too!)

Cucumber-Basil Egg Salad

www.epicurious.com

6 hard-cooked eggs, diced (2 cups)

3/4 cup seeded, diced cucumbers

1/4 cup minced shallots

1/2 cup sliced green onions (green part only)

3 tbsp lightly packed chopped fresh basil

1/2 cup mayonnaise

1/4 tsp salt

1/4 tsp pepper

Gently combine the eggs, cucumbers, shallots, green onions, and basil in a medium bowl. Stir in the mayonnaise, salt, and pepper. Store in the refrigerator for up to three days.

Quinoa with Black Beans and Cilantro

www.bonappetit.com

1 tbsp olive oil

2 cups chopped onions

1 cup chopped bell pepper

1 cup quinoa, rinsed, drained

1/2 tsp ground cumin

1/2 tsp salt

1 1/2 cup water

1 15 ounce can black beans, rinsed, drained

1/2 cup chopped fresh cilantro, divided

Crumbled Cotija or feta cheese

Heat oil in a medium saucepan over medium-high heat. Add onions and red pepper; sauté until beginning to soften, about 5 minutes. Stir in next 4 ingredients. Add water, bring to boil. Cover, reduce heat to medium-low and simmer until quinoa is almost tender, about 14 minutes. Add beans and 1/4 cup cilantro; cook uncovered until heated through and liquid is fully absorbed, about 3 minutes. Transfer to bowl; sprinkle with 1/4 cup cilantro and cheese, if desired.

Enjoy! From all of us at EverGood Farm.

Next Week's Best Guess

Full Share: Beans, tomatoes, zucchini, cucumber, kale, scallions, and more!

Half Share: Garlic, zucchini, cucumber, tomatoes, carrots, cabbage, and more!