



Veggie Times

Week 10 EverGood Farm CSA Share

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Full Shares: Zucchini, Cucumbers, scallions, onion, apples, pepper, broccoli, potatoes, beets, kohlrabi, large basil bunch, head lettuce, beans, cherry tomatoes

Half Shares: cucumbers, leek, apples, kale, pepper, fennel, eggplant OR tomato, garlic, carrots, cilantro

On the farm: This past week was so rainy and cold! I think the 30 temperature drop was a shock to everyone's system. This week's weather looks a little better, although still rainy. The wet is always hard on some of our greens like lettuce, which is why we haven't been able to give it to half shares in a couple weeks. Hopefully next week! This week we are going to start putting tomatoes in half shares, so if you don't get any this week you will get some next week. We still hope we are able to give you a tomato bounty this year, but nothing is happening yet. We are very disappointed here, but luckily have a lot of other great veggies to fall back on. We are noticing a shift in light/temperature already, with the biggest sign being slower growth. Some crops (cucumbers) we welcome the slower growth, other crops like head lettuce it can be frustrating! Regardless the farm is still so bountiful and beautiful! Enjoy.

Focus on Cucumbers

Cucumbers are definitely a summer favorite around our house, and for the members, but this time of year they do seem to get so bountiful. We realize we may give you more cucumbers than you can eat, but we'd

rather do that they throw them in the compost. So don't feel bad if you can't eat them all! Cucumbers, are 95% water and contain small amounts of vitamins A, C, and a few minerals. They are a light and cooling vegetable, which helps replenish fluids and minerals lost in perspiration. If you are feeling cucumber overloaded here are some ideas:



- slice up a cucumber and put in a pitcher of water for a refreshing drink. Add fresh/frozen fruit for more flavor.
- Use slices as a skin conditioner by putting slices over your eyes and face. They are high in vitamin E which may be why this works.
- Make gazpacho, or add grated or pureed to a chilled vegetable soup stock
- There is no need to peel cucumbers unless they are waxed or not organic, just give them a rinse and enjoy.
- Add to your favorite smoothie recipe or to juice if you have a juicer.
- Make a cucumber salad, or refrigerator pickles.



Meet our Farm Dog: Beau

Hello, I'm Beau. I was a rescue dog from the Crandon area many years ago. I don't know how old I am, and I don't have many teeth, but I seem to get along just fine. I'm pretty lazy and prefer to spend my days lounging in the sun but I love a good run around the fields every morning to look for mice or a rabbit. I love kids and am very tolerant when my human brother Emmett tries to ride me or make me do something I don't want to do!

Recipes Continued:

Honey Lemon Refrigerator Pickles

“From asparagus to Zucchini”

6 cups thinly sliced cucumbers

2 cups thinly sliced onions

3/4 cup honey

1 cup lemon juice

1/2 tsp each of mustard seed, celery seed, ground turmeric, ground cloves, and kelp powder

Place cucumbers and onions in a large bowl.

Combine remaining ingredients in a saucepan and bring to a boil. Cook and stir until honey is dissolved. Pour hot liquid over cucumbers and onions, toss well, and let cool. The cucumbers will give off some of their juices; keep them submerged in the liquid while they cool. Transfer pickles to 3 pint jars, cover tightly, and refrigerate for at least 24 hours before serving. They will keep week or so.

Quick Roasted Vegetable Grilled Cheese

I love cooking, but I never get the time to make anything but fast meals most week days. Here is a meal we love.

1 batch leftover roasted veggies: (carrots, peppers, onions, eggplant, garlic, zucchini, fennel)

Some chopped up artichoke hearts, olives, fresh or sundried tomatoes.

1 batch pesto (I always have some frozen-see below)

A few spinach leaves.

Bread of choice

Cheese of choice-we like feta and mozzarella

Butter your bread like you are making a grilled cheese. Spread with a thin layer of pesto, cheese, and vegetables. Grill in a pan or sandwich press on medium heat until cheese is melted and veggies are hot. We like to serve ours with sweet potato fries, roasted carrots, or a simple salad.

Simple Basil Pesto

www.simplyrecipes.com

2 cups fresh basil leaves, packed (you can also sub in some spinach

1/2 cup freshly grated Romano or parmesan cheese (if you plan to freeze the pesto do not add cheese

1/2 good quality olive oil

1/3 cup pine nuts (or walnuts)

3 garlic cloves-roughly chopped

salt and pepper to taste

1 tsp+ lemon juice to taste

Place the basil leaves and pine nuts into the bowl of a food processor and pulse several times. Add the garlic and cheese (if not freezing) and pulse until garlic is minced. Scrape down the sides of the food processor as needed. While the processor is running, slowly add the olive oil in a steady small stream. This will help it emulsify and keep it from separating. Scrape down the sides as needed. Stir in salt and pepper to taste (and lemon juice if desired).

From here either put in a jar with a little olive oil on top too keep it from browning, or use immediately.

To freeze, make the pesto with a little less olive oil so it is more paste like. Once you have made it put 1/4 cup dollops onto a cookie sheet lined with parchment. Place the cookie sheet in the freezer. Once frozen transfer to bags or jars-will keep a year this way. (This also works with many other types of herbs)

Kale and Apple Salad

www.foodnetwork.com

3 Tbsp fresh lemon juice

2 Tbsp olive oil

salt and pepper to taste

1 bunch kale, ribs removed, leaves very thinly sliced

1/4 cup dates

1-2 apples depending on size

1/4 cup slivered almonds toasted,

1 ounce parmesan grated 1/4 cup

Whisk together the lemon juice, olive oil, and 1/4 tsp salt in a large bowl. Add the kale, toss to coat and let stand 10 minutes. Meanwhile, cut the dates into thin slivers and cut the apple into thin matchsticks. Add the dates, apples, almonds and cheese to the kale. Season with salt and pepper and toss well.

Enjoy! From all of us at EverGood Farm.

Next Week's Best Guess

Full: zuc, cuc, carrots, leeks, cilantro fennel, tomatillo??. garlic and more!

Half: cuc, zuc, beets, cabbage, potatoes, basil, and more!