



Veggie Times

Week 10 EverGood Farm CSA Share

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Full Shares: Broccoli, Spinach, Carrots, head lettuce, scallions, zucchini, cucumber, tomatoes, kale, cilantro, rutabaga

Half Shares: Beans OR Eggplant, broccoli, zucchini, cucumber, spinach, lettuce, kohlrabi, cherry tomatoes

Next week's guess: mini onion, beets, potatoes, tatsoi, salad mix, cucumbers, zucchini, tomatoes, and more!

On the Farm: Wow, it is hot out there! This has certainly been an interesting summer. Some nights have been close to freezing and then we get these hot, hot days. We have really hit the bounty season and it's hard for us to decide what to put in your shares each week because there is too much to choose from. We hope to put cherry tomatoes in all half shares this week and slicers in full shares. We decided to hold off on potatoes for half shares this week since the kohlrabi was huge and will only get bigger. Plus its so hot out this week we figured cooler food would taste better! We will give you all potatoes next week. This week Brendan and his dad



finished our greenhouse end walls. (The picture is the work is progress) As always it took longer than planned, but we are really happy with them and we hope they will last a long time.

Focus on Tomatoes Seasonal eaters wait impatiently for the first ripe tomato of the season. This season everyone has had to wait very patiently! We are happy they are finally here. The U.S. and England were the last countries to adopt the tomato as an edible vegetable. Now the U.S. produces over 2 billion pounds of tomatoes annually, and imports another 700-800million pounds from Mexico. There are thousands of varieties of tomatoes and hundreds are cultivated. Here at the farm we grow a few different types of hybrids, cherries (sungolds and

supersweet 100), and a few different heirlooms, but mainly bradywine.

Enjoy tomatoes while they are here because by the middle of September we will loose a lot of them to frost. Tomatoes freeze well in sauces and soups, but can also be frozen whole cored with their skin on. When they defrost the skins peel easily. We may have bulk tomatoes available later in the season and you all will be the first to know!



Recipes

Marinated Zucchini and Yellow Squash Salad

www.health.com

1/2 cup cider vinegar

4 tsp sugar

1/2 tsp salt, divided

3 zucchini

2 yellow squash

1 garlic clove, peeled

1/2 cup packed fresh basil leaves (or other desired herbs, lemon basil, cilantro,parsley)

1 Tbs fresh lemon juice

1 Tbs extra-virgin olive oil

3 ounces part-skim mozzarella cheese, cut into 1/4-inch cubes

Combine the vinegar, sugar, and 1/4 tsp salt until sugar dissolves. Trim ends of zucchini and squash; cut into thin ribbons with harp-shaped peeler. Add to vinegar mixture. Cover and chill 2 hours or



Meet our volunteer Colleen Finn: I live north of Rhinelander and I am a retired teacher/school counselor. I have been an on-air volunteer for WXPB for 27 years. I have been interested in gardens and growing food for as long as I can remember. I have had my own garden for 40 years and even though my children are out of the house it hasn't gotten any smaller. I am a master gardener, and I have worked with the Rhinelander Community garden for several years. When I heard about the volunteer opportunities at EverGood I jumped at the chance to help out at the Wednesday Farmers Market in Eagle River. I'm proud to be associated with the most beautiful and delicious produce you will ever consume.

Recipes Continued:

overnight. Bring a small pan of water to a boil; add garlic. Remove with a slotted spoon after 1 minute. Rinse under cold water; set aside. Add basil to boiling water; immediately remove and rinse under cold water (to protect color). Reserve 1 Tbs cooking liquid. Transfer garlic and basil to a food processor, and add lemon juice, olive oil, reserved water, and the remaining 1/4 tsp salt. Process until smooth. Drain squash and divide among 4 plates. Top with cubed mozzarella and drizzle with basil oil.

Kohlrabi Fries

<http://rosinahuber.blogspot.com/2010/07/kohlrabi-fries-recipe.html>

I have not tried these yet, but they look really good. Let me know if you try them please!

-To prepare your kohlrabi for roasting, treat it like a turnip. Cut off all the leaves, slice off the top and the root ends so it lays flat on your cutting board. Slice off all of the outer skin. Make sure you take off enough of the outer skin as the first layer under the skin can be a little woody. Slice into 1/2 to 3/4 inch sections and then across each of these sections like you are cutting potatoes for french fries. Toss with a little olive oil, salt and pepper and roast them on a greased pan at 400F for about 40 minutes or until they are tender and golden brown.

Spaghetti with Broccoli Cream Pesto

www.smittenkitchen.com

This sauce is gluten-free and could be used with a gluten free pasta

- 1/2 pound broccoli
- 1/2 pound dried spaghetti
- 1 Tbs unsalted butter
- 1 Tbs olive oil
- 1/2 small onion, finely chopped
- 1 clove garlic, minced (more to taste)
- 1/2 tsp salt
- Freshly ground black pepper or pinches of red pepper flakes
- 4 Tbs heavy cream
- About a 1/2 cup of grated parmesan to serve

-Bring a large pot of salted water to boil for your pasta. Remove broccoli florets from stems and chop into medium florets. Peel stems with a vegetable peeler (only do this if you prefer the taste of peeled broccoli). Slice the stems into 1/2-inch segments.

Use your pot of future pasta water to steam your broccoli or par-boil for 3-5 minutes. Cook until just tender and drain if needed and set aside. Add pasta to water and cook until al dente, or about one minute less than fully cooked. Before draining pasta, reserve a cup of pasta cooking water and set it aside. Drain pasta. Wipe out the pot so you can use it again. In the bottom of pot, melt butter and olive oil together over medium heat. Add onion and reduce to medium-low, sautéing it until tender, about 7 minutes. Add garlic and cook for another two minutes. Add steamed broccoli, salt and red or black pepper and turn the heat back up to medium high cooking it with the onion and garlic for a few additional minutes. Pour cream over mixture and let cook for 30 seconds. Transfer broccoli mixture to a blender or food processor and blend in short bursts until it's finely chopped with a little sauce. Add the broccoli sauce back to the pot with the drained spaghetti and a splash or two of the reserved pasta water. Cook over medium high for 1-2 minutes, tossing the mixture so that it evenly coats. Add more pasta water as needed to loosen the sauce. Adjust seasonings to taste, adding more salt or pepper. Top with grated parmesan and enjoy.

Rutabaga Carrot Coleslaw with Buttermilk Garlic Dressing "MACSAC"

Rutabaga is great simply roasted or mashed, but here is another idea. It also stores very well in your produce drawer!

- 1 large or 2 medium rutabagas (about 1 pound)
- 1 large carrot (about 1/4 pound)
- 6-8 Tbs Buttermilk Garlic Dressing (see below)
- 4 Tbs chopped fresh parsley
- salt and pepper to taste

Peel rutabagas and carrot; cut into large chunks and shred in a food processor or large holed grater. Toss with remaining ingredients and chill 1 hour. Serves 4

Buttermilk Garlic Dressing

- 1-2 medium garlic cloves
- 4 Tbs minced green onion
- 3 Tbs white wine vinegar
- 1/2 cup buttermilk
- 1/3 cup sour cream
- large pinch sugar
- 1/2 cup olive oil

Mince garlic; mash to a paste with fork. Whisk in remaining ingredients. Season with salt and pepper.