



# Veggie Times

Week 11 EverGood Farm CSA Share

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**Full Shares:** Tomatoes, Kale, Scallions, Kohlrabi, Cilantro, Cucumber, Zucchini, Carrots, Onions, Beans, Rutabaga, Arugula OR Spinach, pepper, 4 baking apples

**Half Shares:** Beets, Carrots, Tomatoes, Basil, Cucumber, Zucchini, Garlic, pepper, cabbage, 4 baking apples

**On the farm:** Greetings! We hope everyone had a nice labor day weekend. It's been raining a lot! Consequently, our head lettuce and salad mix have stopped growing and are rotting due to the wet soil and lack of sun. All of our other greens are growing well although they are slowing down as the day length gets shorter. This is why there is no lettuce or salad mix in your boxes this week. It will hopefully return next week. The happy news is that our tomatoes are ripening well, our winter squash is starting to harden up, and the parsnips are growing beautifully. We love fall vegetables here! This week everyone will be getting about 4 apples. These are from one of our old trees (our really productive tree didn't produce this year). These apples are best for baking as they never get super sweet. The fermentation class last week was a blast and we all learned a few more things. Thanks to LynnAnn for teaching this. Coming up with have a few more events. Our last yoga class this Thursday at 5:00pm here at the farm, and a canning class the following Thursday (11th) at the Many Ways of Peace Center. We hope you can make it to one of these events!

**Focus on Tomatoes:** Seasonal eaters wait impatiently for the first ripe tomato of the season. It seems like here up north we have to wait very patiently! The U.S. and England were the last countries to adopt the tomato as an edible vegetable (actually a fruit!). Now the U.S. produces over 2 billion pounds of tomatoes annually and imports even more from Mexico. There are thousands of varieties of tomatoes and hundreds cultivated. Here at the farm we grow 3 different slicing tomato varieties, 2 types of cherries (sundgolds, and sweet million), a San Marzano Roma variety, and our favorite heirloom Japanese Black Trifele (seed saved locally from volunteer Debbie Jercik).

## Recipes

### **Oatmeal-Brown Sugar Baked Apples**

[www.thekitchn.com](http://www.thekitchn.com)

4 apples

1/4 cup brown sugar (dark or light)

1/4 cup old-fashioned rolled oats

1/2 tsp cinnamon

1/4 tsp nutmeg

Pinch cloves

1 Tbs butter, divided in four

1 cup hot water



### **Meet our Farmer: Jenny**

Hello! My name is Jenny Tuckey and I own EverGood with Brendan. Originally from Ripon, WI, I began farming in New Zealand on organic farms as a way to travel the county. Our first big farm experience was an organic goat dairy! We didn't love this and decided vegetables were more fun. We've been pursuing our farm since being back in the states. In my free time (aka winter) I enjoy sewing, knitting, cooking, baking, running, and cross country skiing. We are happy to call Sugar Camp home and I love growing tasty vegetables for you all!

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## Recipes Continued:

*optional extras:* orange or lemon zest, grated ginger, raisins,, chopped nuts, cream cheese, peanut butter *To serve:* ice cream, whipped, cream, coconut whipped cream

**Pre-Heat** oven to 375F with rack in lower middle position. Remove the core of the apples, cutting to within a 1/2 “ of the bottom of the apple and creating a well about 3/4-inch wide. Mix the brown sugar, oatmeal, cinnamon, nutmeg, cloves, and any extras in a bowl. Divide this mixture between the apples, packing the wells firmly. Arrange the apples in a baking dish (8X8 pyrex works great), and top each one with a pat of butter. Pour the water into the bottom of the dish and cover loosely with aluminum foil. Bake for 20 minutes and remove foil. Continue baking uncovered until the apples are soft and the brown sugar has melted into a syrup, and additional 20-30 minutes. You can test the apples by poking with a paring knife through the oat mixture into the interior of the apple. It should slide with no resistance. The skin will become wrinkled and soft. Serve with desired toppings. Leftovers will keep for a week!

## Simple Cabbage Salad

I've been obsessed with this cabbage salad I made up this week. So easy and delicious. This recipe is for a single serving, and can be easily doubled or tripled.

1 cup thinly shredded cabbage  
1/8 cup or more grated carrots  
1 scallion finely chopped  
1 Tbsp sunflower seeds  
1 Tbsp raisins

Dressing of choice-I used a lemon dijon.

Combine in a jar and shake to mix: 1 clove garlic minced, 1/4 cup fresh lemon juice, 3-4 Tbsp extra virgin olive oil, 1 tsp dijon mustard, sea salt, and black pepper to taste.

Toss all ingredients in a bowl to mix, and then toss with desired amount of salad dressing. Let set in your fridge to marinate 30 min-1 hour.

## Rutabaga Ideas:

- Peel and roast with other root vegetables
- Peel, cube, and put into soup
- Grate into salads, or coleslaw
- Peel, cut into slices and dip (it may brown when exposed to air)
- Mash along with potatoes

## Curried Carrot Soup

<http://www.oprah.com/food/Curried-Carrot-Soup>

This soup is awesome and a staple in our house!

1 Tbs olive oil  
1 medium onion, chopped  
1 rib celery, chopped  
1 clove garlic, chopped  
2 pounds carrots, scrubbed but unpeeled, cut into 1/2-inch thick rounds  
1 Tbs of your favorite curry powder  
1 tsp ground ginger (I usually use fresh)  
5 cups chicken or vegetable broth  
1 cup plain nonfat yogurt or coconut milk  
salt and freshly ground black pepper, to taste  
Heat the oil in a large saucepan over medium heat. Add the onion, celery, and garlic and cover. Cook, stirring occasionally, until the onion is golden, about 5 minutes. Add the carrots and stir well. Stir in the curry powder and ginger and cook, stirring almost constantly, for 30 seconds. Add the broth and bring to a boil over high heat. Reduce the heat to medium-low and partially cover the pot. Simmer until the carrots are very tender, about 30 minutes. In batches, transfer the soup to a blender, process until smooth and pour the pureed soup into a large bowl. (or use an immersion blender right in the pot) Return the pureed soup to the pot. Stir in the yogurt or coconut milk and gently heat without simmering. Season the soup with salt and pepper to taste. Makes 6-8 servings.

**Not a fan of beets? Make this cake and you will be!**

<http://ivymanning.com/ivys-chocolate-beet-cake-with-cream-cheese-frosting/>

**Enjoy! From all of us at EverGood Farm.**

**Next Week's Best Guess**

**Full:** Bok choy, salad greens, onions, tomatoes, zucchini, cucumber, and more!

**Half:** kale, zucchini, cucumber, tomatoes, leeks, salad greens, and more!