



Veggie Times

Week 11 EverGood Farm CSA Share

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Full Shares: Fennel, Cabbage, Carrots, Zucchini, Cucumber, Spinach, Leeks (2), Dill, Tomato, Peppers (2), Jalapeno, Garlic, Parsley, Potatoes, Apples

Half Shares: Cabbage, Tomatoes or Eggplant, Beans or Broccoli, Zucchini, Cucumber, Head Lettuce, Beets, Scallions, Potatoes, Basil

On the farm: We are looking forward to a warm week ahead here on the farm! At this point in the season plant growth significantly slows due to the shorter days, but we're hoping that this warm weather will give many of our crops a final push (especially those tomatoes!). In other news, we are looking forward to giving some fall crops starting in the next few weeks. Our rutabagas, celeriac, and parsnips are all looking great; good things to come! We are also planning to "top" our Brussels sprouts this week (this helps all the sprouts to start forming at once), so hopefully those will be in your boxes in the not-too-distant future as well. We hope that you all have a wonderful Labor Day weekend filled with yummy veggies!

Focus on Cabbage



Cabbage came in early and bountifully for us this year, as you may have already guessed by your boxes! Cabbage is considered to be a beneficial digestive aid and intestinal cleanser. Additionally, although being very low in calories, cabbage is rich in vitamins and minerals, including

vitamins A and C, calcium, potassium, and magnesium. If you're having trouble making it through your cabbage, fear not, it can be stored for up to two months in your refrigerator. Keep the outer leaves on for storing, and then remove before using. Cabbage is great in krauts, stir-fries, and roasted, but our favorite way to enjoy it is in a slaw. Below is great recipe that we tried out this last week.

Recipes

Apple 'n Cabbage Slaw with a Light Cider Vinaigrette

picturetherecipe.com

3 cups cabbage (if you have cabbage left over from previous weeks, mix the two for a beautifully colored dish)

1 1/2 apples (Golden Delicious work great)

2 carrots (about 1 cup)

3 green onions

Small handful cilantro

Dressing:

2 tbsp salad oil

2 tbsp honey

2 tbsp apple cider vinegar



Meet our Farm Cat: Victor

Hi, my name is Victor and I'm a pretty new addition to the farm. I am a strictly outside cat, who came to the farm from the Rhinelander Shelter after no one wanted me. It took me a little time adjusting to being alone outside, and while I still would rather be inside at night I'm adjusting to life outside. I manage to catch at least 2 mice a day. My favorite pastimes are sleeping in strange places, jumping on peoples heads and backs while they are harvesting, and meowing at doors at bedtime. I love to snuggle and be held. I hope to get a couple more kitty friends to help keep me company this winter and help keep the rodent population down. That way you'll get more beets and carrots, rather than the mice eating them!

Recipes Continued:

Juice of 1 lime (about 1 tbsp)

Salt and Pepper to taste

Dash of cayenne

Shred the cabbage into fine strips. Grate the carrots and slice the green onions. Finely chop the cilantro. Combine all the ingredients in a large bowl. Lastly, cut the apple into thin matchstick pieces and add it to the salad. Combine all the dressing ingredients and dress salad. Serve chilled. Serves 4.

Grilled Goat Cheese Pizza with Figs, Beets, and Wilted Greens

finecooking.com

A great way to use your beet greens!

1 bunch beets, beets peeled and sliced 1/4 inch thick, and beet greens washed, stemmed, and thinly sliced

4 tsp olive oil

Salt and Pepper

1 lb. pizza dough, at room temperature

All-purpose flour, as needed

Cornmeal, as needed

4 oz. goat cheese, softened

1/3 cup chopped dried figs

4 thin slices provolone (about 3 oz.)

Prepare a high gas or charcoal grill fire. In a medium bowl, toss the beets with 2 tsp oil and a light sprinkling of salt and pepper. In a separate bowl, do the same with the beet greens. Divide the dough into 4 personal servings, roll out, and transfer to a large cornmeal-coated rimmed baking sheet. Grill the beets, covered and turning once, until tender and spotty brown on both sides, 8-10 minutes. Set aside. Reduce grill heat to medium low, cover and grill the pizza crusts until the bottoms are spotty brown, 2-4 minutes. Return the crusts to baking sheets grilled side up. Spread each with a quarter of the goat cheese and then top with the beet greens, grilled beets, and figs. Top with provolone. Return to grill for 2-3 more minutes, until greens are wilted, bottom is spotty, and cheese is melted. Enjoy!

Bacon and Leek Warm Potato Salad

foodnetwork.com

One bag potatoes, peeled and thinly sliced

Salt

Olive oil

8 slices bacon, chopped

2 ribs celery, chopped

1 carrot, chopped into bits

2 leeks

1/2 dry white wine

1/2 cup chicken stock

2 tbsp fresh thyme

Pepper

Place potatoes in a pot and cover with water. Bring to a boil, salt water and cook until just tender, about 10 minutes. Cook bacon until crisp in a medium skillet over medium high heat. Remove bacon from pan, and drain fat until you have about 3 tablespoons remaining. Add celery and carrots to the pan. Add chopped leeks to sautéed veggies and cook another 4-5 minutes. Deglaze the pan with wine and pick up any pan drippings. Reduce heat to low and add chicken stock and thyme. Drain potatoes and return to hot pot to cook off water then transfer the potatoes to the skillet with vegetables and stock. Carefully combine, then add the bacon back to the pan. Season dish with salt and pepper to taste. Serves 4.

Eggplant Ideas

Wondering how to use your eggplant? Here are some yummy-sounding recipes with this versatile vegetable:

Spicy Eggplant and Cauliflower with Basil <http://www.realsimple.com/food-recipes/browse-all-recipes/spicy-eggplant-cauliflower-basil>

Eggplant Pasta Salad <http://www.realsimple.com/food-recipes/browse-all-recipes/eggplant-pasta-salad>

Curried Eggplant with Tomatoes and Basil <http://www.realsimple.com/food-recipes/browse-all-recipes/curried-eggplant-tomatoes-basil>

Bulgur Wheat Salad with Tomato and Eggplant <http://www.realsimple.com/food-recipes/browse-all-recipes/>

Enjoy! From all of us at EverGood Farm.

Next Week's Best Guess

Full: Tomatillos (?), Napa Cabbage, Beans, Kale, Onions, and more!

Half: Carrots, Kale, Leeks, Garlic, and more!