



Veggie Times

Week 11 EverGood Farm CSA Share

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Full Shares: Zucchini, cucumber, mini onion, beets, fennel, tomato, purple cabbage, head lettuce, cauliflower, peppers, eggplant, basil, apples

Half Shares: tomatoes, zucchini, cucumber, mini onion OR scallions, carrot, head lettuce, potatoes pepper, cilantro, apples

On the Farm: Well we've gotten the rain we've been hoping for and then some extra. I think we got about 6-7 inches of rain this week, which is way too much in such a short period of time. The crops have fared well, but it keeps us from doing any work other than harvesting in the fields. Fortunately we didn't have any major damage from the winds other than some tomato trellises and sunflowers getting knocked over. For the next couple weeks boxes are going to be big. We have a huge bounty this year. I know you may be getting sick of cucumbers and zucchini, but you'll really only be getting them for another couple of weeks if we get a frost around the 15th like usual. This week you are also getting apples from our tree. We actually harvested over 1,000 apples today off of our one ancient apple tree! We don't know what type of apples they are, as we inherited the tree with our property, but they are a tart/crisp apple good for eating and cooking. Brendan thinks they are too tart for eating, but Emmett and I love them! If you have any guesses on the type of apple let us know.

Focus on Cucumbers

Cucumbers were first cultivated in India more than 3,000 years ago. Many cultures now use cucumbers in their raw or pickled form. Even Iceland grows cucumbers as a major crop, using natural steam for their hothouses! Cucumbers are 95% water and contain small amounts of vitamins A, C, and a few minerals. A light and cooling vegetable, the cucumber helps replenish the fluids and minerals lost

in our perspiration, so it's perfect for the hot days of late summer. If you are lost at what to do with all these cucumbers you are getting check out my tips below.

Cucumber Tips

-Slice up a cucumber and put in a pitcher of water for a refreshing drink. Add fruit for an extra tasty water.

-Use slices as a skin conditioner by putting slices over your eyes and face. They are high in vitamin E which may be why it works!

-Add pureed or grated cucumber to a chilled vegetable soup stock

-There is no need to peel cucumbers unless it's waxed or not organic Wash to remove any garden grit

-Puree in your favorite smoothie recipe, or if you have juicer add to your juice!

-make a cucumber salad, or refrigerator pickles

Recipes

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, and ground cloves, and kelp powder



Meet the Pets: Hello, we are Beau and Oscar, the friendly farm pets. We have a pretty good life at the farm as we get to sleep inside at night. Oscar, the cat is a great hunter and helps to keep the rodents at bay. Beau tries to chase critters, but much prefers to relax in the sun. We are both very friendly, and like to run up and greet everyone who stops in.



Recipes Continued:

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 for a week or so.

Zucchini Lasagna

www.skinnytaste.com

This recipe uses meat, but if you are vegetarian just omit!

1 lb. lean beef, or ground turkey

3 cloves garlic

1/2 onion

1 tsp olive oil

salt and pepper

28 oz can crushed tomatoes

2 Tbs chopped fresh basil

3 medium zucchini, sliced 1/8" thick lengthwise (these will be your "noodles")

15 oz part-skim ricotta

16 oz part-skim mozzarella cheese, shredded

1/4 parmesan shredded

1 large egg

IN a medium sauce pan, brown meat and season with salt. When cooked drain in colander to remove any fat. Add olive oil to the pan and sauté garlic and onions about 2 minutes. Return the meat to the pan, add tomatoes, basil, salt and pepper. Simmer on low for at least 30-40 minutes. Do not add extra water. You want a thick sauce. Slice zucchini into 1/8" thick slices, lightly salt and set aside for 10 minutes, blot excess moisture with a paper towel. On a gas grill or grill pan, grill zucchini on each side until cooked, about 1-2 minutes per side. Place on paper towels to soak any excess moisture. Preheat oven to 350F. In a medium bowl mix ricotta cheese, parmesan cheese and egg. Stir well. in a 9x12 casserole, spread some sauce on the bottom and layer with zucchini to cover. Then place some of the ricotta cheese mixture, and then top with the mozzarella cheese. Repeat process until all your ingredients are used up. Top with sauce,

and mozzarella and cover with foil. Bake 45 minutes covered, then uncovered for about 15 minutes until lightly browned on top. Let stand 5-10 minutes before serving.

Eggplant Ideas

-Peeling is not necessary, but depends on personal preference and the recipe.

-To remove any acrid flavors and excess moisture, lightly salt slices and allow them to sit in a colander for 10-15 minutes. It will now use less oil and less salt in your recipe.

-Blend cooked eggplant with lemon juice and seasonings for a dip or spread

-Grill along with other vegetables

-Bake whole pricked with a fork-then puree for dips and more

-Make ratatouille (it freezes great) recipe below

Ratatouille (Moosewood cookbook)

3 Tbs olive oil

4 medium cloves garlic, minced

2 cups chopped onion

1 bay leaf

1 medium eggplant, peeled and cubed

1 1/2 tsp salt

1 1/2 tsp basil

1 tsp marjoram or oregano

1/2 tsp rosemary

1/2 tsp thyme

2 medium zucchini, cubed

2 medium bell peppers any color, seeded and cut into 1-inch chunks

1 14-oz can diced tomatoes (with juice) or fresh tomatoes

black pepper

fresh minced parsley, sliced olives, parmesan cheese (optional)

Heat olive oil in a deep pan. Add garlic, onion and bay leaf and sauté over medium heat for about 5 minutes. Add eggplant, salt and herbs and stir. Cover and cook over medium heat, stirring occasionally, for 15-20 minutes until eggplant is soft. Add zucchini, bell peppers, black pepper, and tomatoes. Cover and simmer for about 10 more minutes, or until zucchini and bell peppers are tender.

Next weeks best guess: **full**: chard, carrots, leeks, potato zucs, cucs, tomato, **half**: fennel, beets, kale, basil, cucs, tom, zucs