



# Veggie Times

Week 12 EverGood Farm CSA Share

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

[office@evergoodfarm.com](mailto:office@evergoodfarm.com)

**Full Shares:** Onions, bulk basil, celeriac, tomatoes, bok choy, zucchini, cucumber, beets, head lettuce, beans, broccoli, carrots, shallots, pepper

**Half Shares:** Leeks, kale, bulk basil, rutabaga, tomatoes, zucchini, cucumber, beans, arugula

**On the farm:** As you may have guessed, it was a very stormy week on the farm! We received more than 4 inches of rain between Wednesday night and Thursday morning, lost power, and experienced high winds and some hail. Our brassicas (broccoli, cauliflower, etc.) and sunflowers did not fare well, but for the most part we escaped without too much crop damage. We are grateful that more severe hail missed us by just hundreds of feet! As we look ahead to this next week, we are preparing for the predicted first frost of the season this Friday night. One of those preparations is taking out many of our basil plants, which means bulk basil for everyone this week. We hope you enjoy cooking with it as much as we do!

an excellent source of Vitamin K and also has anti-bacterial and anti-inflammatory properties. Fresh basil deteriorates quickly, so be sure to use it as soon as possible. Also, wrap basil completely and store in your crisper drawer of your fridge to prevent browning.

## Recipes

### **Garden Herb Salad**

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

4-5 cups of your favorite greens  
1/4 cup chopped or cherry tomatoes  
1 bell pepper  
1/4 avocado  
Handful of basil leaves  
Small handful of oregano leaves  
2-3 dried figs/dates

### Dressing:

1 tbsp mustard  
1 tbsp miso  
1 tbsp vinegar  
2 dates  
2 peeled garlic cloves  
1 tbsp nutritional yeast

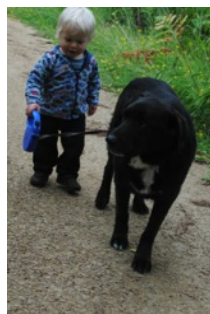
### **Focus on Basil**



Originally from India, basil is an herb now found in many northern regions of the world. It is commonly found in tomato sauces, pesto, and salad dressings, but can also be added to sandwiches, stir-fries, soups, and much more. Basil is

### **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:

Handful of basil leaves  
Water, as needed

Chop up the greens, tomatoes, pepper, avocado, and figs. Set aside. To make the dressing, blend all the ingredients together, adding as much water as needed. Pour the dressing onto the greens and mix in. Top the salad off with the remaining goodies and enjoy!  
Serves 2.

### Carrots with Spiced Hickory Nuts or Pecans From Asparagus to Zucchini

1 cup hickory nut or pecan halves  
4 tsp avocado oil  
2 tbsp sugar  
1/2 tsp salt  
1/2 tsp ground cinnamon  
1/4 tsp allspice  
1/4 tsp powdered ginger  
1/4 tsp dry mustard  
1 1/2 pounds carrots, peeled and sliced

Heat oven to 325 degrees. Place nuts in a single layer on a baking sheet and roast for 7 minutes. Meanwhile, mix oil, sugar, salt, and spices. Toss partially roasted nuts in spice mix and roast another 7 minutes. Steam carrots over boiling water until crisp-tender, about 7 minutes. Toss with spiced nuts and serve immediately.  
Makes 6 servings.

### Southwestern-Flavored Kale Salad Wild About Greens

8-10 ounces kale  
2 cups cooked fresh or frozen corn kernels  
1 medium firm, ripe avocado, peeled and diced  
3 medium tomatoes, diced  
1 medium bell pepper, cut into short, narrow strips  
1/2 cup green pimento olives  
2 cups black or pinto beans, optional

2-3 scallions, green parts only, sliced  
2 tbsp olive oil  
Juice of 1 lime, more or less to taste  
1/4 cup minced fresh cilantro, optional  
Salt and freshly ground pepper to taste

In a large serving bowl, massage kale by rubbing a small amount of olive oil onto your palms and massaging kale leaves for 30-60 seconds, until they turn bright green and soften. Add the remaining ingredients and toss together gently. Use salt sparingly, if at all. Let the salad stand for 10-15 minutes, then serve.

### “Summer in Winter” Celeriac Carrot Slaw From Asparagus to Zucchini

1 celeriac bulb  
2 large carrots  
2 cloves garlic or 1 medium shallot, minced  
2 tbsp sherry or red wine vinegar  
1/4 tsp salt  
2 tsp Dijon mustard  
1/3 cup olive oil  
1 tbsp sour cream  
Freshly ground black pepper

Peel celeriac with a sharp knife. Grate on large holes of box grater. Peel carrots and grate the same way. You'll have about 4 generous cups. Mix minced garlic or shallot, vinegar, salt, and mustard in a small bowl. Whisk in olive oil until smooth and thickened. Stir in sour cream and fresh ground pepper to taste. Add more salt if necessary. Pour over grated vegetables and toss gently. Allow to marinate for 30 minutes.  
Makes 4 generous servings.

### Other celeriac ideas

- Dip raw sticks into your favorite dressing
- Add it to soups and stews
- Boil and mash celeriac with potatoes

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

**Next Week's Best Guess**

**Full Shares: Parsnips, dill, winter squash, kale, tomatoes, zucchini, cucumbers, and more!**

**Half Shares: Dill, kohlrabi, carrots, tomatoes, zucchini, cucumbers, celeriac, and more!**