



Veggie Times

Week 12 EverGood Farm CSA Share

www.EverGoodfarm.com

office@evergoodfarm.com

Full Shares: Napa Cabbage, beans, baby kale/tatsoi/chard mix, onions, eggplant, zucchini, cucumber, oregano/thyme bunch, pepper, carrots, tomatoes

Half Shares: Beets, kale, leeks, garlic, broccoli OR beans, cucumber, zucchini, parsley, tomatoes

On the farm: Greetings! We hope everyone had a nice and fun Labor Day. It was sure hot. Here at the farm, Labor Day is always one of our busiest weekends, so we try not to think about the Holiday too much. We did get out on an evening boat cruise and had dinner cooked for us though. Always a treat! We were really happy to get some warm weather and rain last week. Our last few plantings of greens, beets, and carrots really grew in the hot weather. The 10 day forecast looks pretty good if not a bit cooler, but we always expect a frost around the 15th, which will kill or damage any crops that are sensitive. We try to cover as much as we can though! Next week you will start seeing more “fall” boxes. These will start to be heavier on root crops, but we do still hope continue to give you what tomatoes we can. We have our farm tour this Sunday the 13th. We sure hope you can make it out! Finally those half shares that received broccoli last week will get beans instead!

Focus on Beans Beans are a favorite of almost all of our members and customers. Unfortunately they are one of the most time consuming crops to pick! We do try and get them in boxes as much as we can, since we know how much they are loved. Green beans, are loaded with nutrients. They are an excellent source of vitamin K, C, manganese, A, and dietary fiber. They keep in the refrigerator for about 7 days. Store in a plastic bag. Our favorite way to eat beans



is raw, when we are picking them, or just lightly steamed. When I have time I always love to pickle a few jars too. If I ever have extra beans I toss them in a salad with quinoa, cherry tomatoes, feta, and balsamic dressing. It's a great quick lunch!

Recipes:

Vegetarian Okonomiyaki with Spicy Mayo (Japanese pancakes)-we just made these tonight and they were very good!

<http://www.biggirlsmallkitchen.com/2014/01/vegetaria-okonomiyaki.html>

For the Sauce:

- 1/2 cup mayo
- 2 Tbsp soy sauce
- 1-2 tsp sriracha-start with 1 tsp

For the Okonomiyaki:

- 5 large eggs
- 1 tsp soy sauce
- 1 tsp sesame oil
- 1 tsp sea salt
- 1/3 cup flour
- 2 cups shredded cabbage -I shredded in my food processor
- 1 cup shredded zucchini or more cabbage
- 1 bunch scallions, trimmed and chopped
- Safflower, avocado, or canola oil for frying
- 1-2 Tbps toasted sesame seeds for topping

Whisk the sauce ingredients together in a small bowl. Taste for balance of flavors and adjust as needed. Set aside. In a large mixing bowl, whisk the eggs with the soy sauce, sesame oil, and salt. Gradually whisk the flour,

Recipes Continued:

just until incorporated. Stir in the cabbage, zucchini, and the chopped scallions. In a cast iron pan or heavy skillet, warm a 1/4 inch of oil over medium-high heat. When hot, ladle about 1/5 of the batter just as you would for regular pancakes, being sure to get both batter and vegetables in a scoop. I usually make them about the size of a small dessert plate. Cook on each side for about 3 minutes or until golden brown. When done, transfer to a plate and keep warm under a towel, or low oven while you finish the rest. You may need to add a little more oil in-between batches. To serve, drizzle with the sauce and scatter with sesame seeds. Serve with more sauce on the side. They are great warm or cold.

*we also added one grated carrot to the vegetable mix

Zucchini-Feta Pancakes

These are one of our favorite “dinner” pancakes. Since you are getting a larger zucchini this week I thought I’d include it! I must be in a pancake mood!

4 cups packed grated zucchini
4 eggs separated
1 heaping cup finely crumbled feta cheese
1/2 cup minced scallions
3/4 Ts dried mint (I don’t usually use)
salt and pepper
1/3 cup flour
butter or oil for frying
sour cream or yogurt for topping

Place the grated zucchini in a colander and salt it lightly and let stand 15 minutes. Rinse and squeeze out all the excess water. Combine zucchini, egg yolks, feta, scallions, flour, and spices. Mix well. Beat the egg whites until they form soft peaks. Fold into first mixture. Fry on both sides until golden and crisp. Serve topped with sour cream or yogurt.

Roasted Carrots with Carrot-Top Pesto

This recipe came from one of our Minocqua members Elaine. Thanks!

3 pounds small carrots with tops (any color)
2 Tbsp vegetable oil
Salt and pepper
1 garlic clove
3 Tbsp macadamia nuts or pine nuts
1/2 cup (packed) fresh basil leaves
1/4 cup finely grated parmesan
1/2 cup extra-virgin olive oil
Preheat oven to 400. Trim carrot tops leaving some stem attached. Measure out 2 cups carrot tops and set aside. Toss carrots and vegetable oil on a rimmed baking sheet; season with salt and pepper. Roast,

tossing occasionally, until carrots are golden brown and tender 25-35 minutes. Let cool. Pulse garlic and nuts in a food processor until a coarse paste forms. Add basil, parmesan, and reserved carrot tops, process until a coarse puree forms. Add olive oil and pulse until combined; season with salt and pepper. Serve carrots with pesto.

*Pesto can be made 1 day ahead. Press plastic wrap directly onto the surface and chill. Carrots can be roasted 4 hours ahead of time.

Cucumber and Napa Cabbage Slaw

<http://www.healthyseasonalrecipes.com/cucumber-and-napa-cabbage-coleslaw/>

1 small head Napa cabbage
4 small cucumbers, julienne cut (6 cups)
1/2 cup roasted, salted peanuts-chopped
1/4 cup fresh cilantro-chopped
1/3 cup neutral salad oil
1/4 cup lime juice
2 tsp sugar
3/4 tsp salt
1/2 tsp garlic powder
red chili flake, optional

Combine the cabbage, cucumbers, peanuts, and cilantro in a large bowl. Whisk oil, lime juice, sugar, salt, garlic powder and red chili flake in a small bowl. Pour over vegetable mixture and toss to coat.

Drying herbs: overloaded on herbs? I simply hang my bunch of herbs rubber band and all in my kitchen (or a warm dry location) until fully dry. Then I store in mason jars and crumble and use as needed. Sometimes, I just leave them hanging and use as needed. The best herbs to do this with are parsley, sage, oregano, thyme, and rosemary. Alternatively, you can dry herbs in a food dehydrator.

Kale Pesto

<http://www.foodnetwork.com/recipes/kale-pesto-with-walnut-and-parmesan.html>

1/3 cup walnuts
3 cups washed and chopped kale
salt
1/2 cup grated parmesan
1/2 cup extra-virgin olive oil
Toss the walnuts in a dry skillet until lightly browned; let cool. Pulse in a food processor until finely ground. Add the kale and 1/4 tsp salt until finely chopped. Add the parmesan and pulse to continue. Slowly pour in olive oil until incorporated. Transfer to a bowl. This is great over pasta (1/2 cup-1 pound pasta). Other good additions to this pesto would be a couple cloves garlic, or a bit of basil, parsley, or both!

Enjoy! From all of us at EverGood Farm.

Next Week’s Best Guess

Full: Parsnips, cabbage, beets, rutabaga, potato, cuc, zuc, sage, leeks and more!

Half: Carrots, napa cabbage, baby kale, cucumber, zucchini, onion and more!