



Veggie Times

Week 12 EverGood Farm CSA Share

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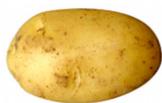
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Full Shares: Zucchini, cucumber, pepper, jalapeño, carrots, potatoes, dill, tomato, leeks, broccoli, kale, garlic, apples, lettuce OR tatsoi (hopefully-see below)

Half Shares: tomatoes, zucchini, cucumber, beets, fennel, cauliflower, cherry tomato, basil, jalapeño

On the Farm: The fields were finally dry enough this weekend (and we had enough time) to get in the fields and clean up some of the old crops. The bounty is still coming in and we expect to have a good amount of cucumbers and zucchini still this week. There are some cooler nights towards the end of the week so hopefully that doesn't turn into a frost! We are now starting to see damage from the heavy rains a couple weeks back. Our lettuce and salad mix for this week got way too wet and have basically rotted out. So, we hope to do lettuce or tatsoi in full shares, but we aren't sure! Half shares, won't be getting any type of salad green. We have some nice patches coming up for the last weeks of the season so don't worry! We also have some fun on/off farm events coming up. See this week's email and below.

Focus on Potatoes



The potato is the leading vegetable grown worldwide produced in 130 of the world's 167 independent countries. There are different varieties that are adapted to every part of the world. Potatoes are native to the Andean mountain region of South America, where they have been cultivated since 3000 B.C. Most people in this country eat an average 75 pounds of potatoes a year, but unfortunately this is usually in its fried form. When not fried the potato is an excellent source of complex carbohydrates and minerals and they form a complete protein when

eaten with meat, dairy, or beans. We grow a bunch of different types of potatoes. Right now we are finishing up our blue/purple patch, but expect to get fingerlings, red/white/and yellow potatoes.

Recipes

Roasted Broccoli

1 head broccoli, large stem and medium stems removed and reserved for another use.

1 1/2 Tbs olive oil

1/2 tsp garlic salt

1 tsp balsamic vinegar

1/4 tsp ground black pepper

Heat oven to 400 degrees. Break broccoli head into medium florets and toss with remaining ingredients. Arrange in a single layer on baking sheet. Bake 18-22 minutes, shaking the pan halfway through the cooking time. Remove from oven when broccoli is a deep green color with some darkened spots. Serves four.

Roasted Vegetable Sandwiches

"EverGood Farm"

2-3 green and yellow summer squash, sliced

1 Eggplant, sliced (salted to remove bitterness if desired)

2 portabella mushrooms, sliced thick

1 red onion, cut into quarters

Fresh Baguette or caibatta bread

Upcoming Events please see this week's email for more information

Sept 19th: Canning Class at Many Ways of Peace in Eagle River 6-9pm (reservations required)

Sept 21st: Yoga on the farm with Katherine Remme 9:30 a.m. (weather permitting)

October 5th: Fall Farm Fun Day 2-6 (weather permitting)

Recipes Continued:

Mozzarella or Feta cheese
Tomato sauce for dipping
oil and balsamic vinegar or favorite dressing for grilling vegetables
2 cloves garlic
Fresh herbs (basil, parsley, thyme)
Salt and Pepper to taste
Put all of your cut up vegetables into a large bowl.
Toss with vinegar and oil or dressing to marinate.
Season with garlic, basil, parsley, and salt and pepper.
Let this marinate for at least an hour. Longer is better!

Preheat oven to 400, or turn your grill onto medium.
Roast or grill vegetables until tender and put onto a serving dish. Slice your baguette or bread and grate mozzarella or sprinkle with feta on one slice. Arrange vegetables on the baguette and make into a sandwich.
Serve with tomato sauce to dip! Serves 4-6

Oven Roasted Cherry Tomatoes

Any amount of cherry tomatoes
Olive oil
Salt and Pepper
Herbs of your choice
(basil, oregano, parsley thyme)

Remove the stems from the cherry tomatoes and place on a baking sheet. Toss with olive oil, salt, pepper, and desired herbs, broil or roast (400D) until beginning to bubble and brown. Remove from oven. These are great on pizzas, pastas, salads, in spaghetti sauce and more.

*these freeze great. Simply pack into quart size bags and freeze.

Thai Chicken Wraps

This is one of our favorite meals to use up lots of cucs and zucchini. It can be made veg by substituting or omitting the chicken.

2-3 chicken breast or a pack of thighs
1 recipe peanut sauce or store bought

1 cucumber seeded, sliced in half and cut into very thin strips
1 zucchini cut the same as a cucumber
4-5 carrots cut in half and sliced into very thin strips
1-2 cups cabbage sliced thin (any color)
1/4 cup cilantro leaves, chopped
1 package of medium sized tortillas

Peanut Sauce: 1 1/2 cups creamy peanut butter (I use the natural kind), 1/2 cup coconut milk, 3 Tbs water, 3 Tbs soy sauce, 1 Tbs hot sauce(optional), 1 Tbs roughly chopped fresh ginger, 1 clove garlic roughly chopped, 1/4 fresh cilantro. Put all ingredients in a blender or food processor and puree until smooth. Add more of the above to taste. Store in an airtight container.

Prepare your grill or grill pan or broiler. Separate 1/2-1 cup of peanut sauce and use this for brushing on the chicken before and while grilling. Reserve the rest of the peanut sauce for serving. Grill chicken on both sides brushing with peanut sauce as needed. Remove and cut into strips. Warm your tortillas and place a small amount of chicken in your tortilla along with your desired amount of veggies. Spread a small amount of peanut sauce on top. Roll up and enjoy!

Sesame Kale Salad

1 lb fresh kale (or chard, or spinach)
2 Tbs soy sauce
1 Tbs toasted sesame oil
1 Tbs toasted sesame seeds
1 clove garlic, minced
2 Tbs honey (or other sweetener)
1 Tbs cider vinegar
dash of ground black pepper

Separate kale leaves from stems. Chop stems and greens. Steam stems a couple minutes, then add the greens and steam until just tender. Drain; let kale cool enough to handle. Squeeze out as much water as possible. Place in serving bowl. Mix the remaining ingredients in another bowl; add to greens. Mix, chill, and serve. Makes 4-6 servings.

Next weeks best guess:

full: chard, eggplant, onions, zucs, cucs, tomato, lettuce and more

half: carrots, potatoes, rutabaga, eggplant, lettuce, zucs, cucs, and more