



# Veggie Times

Week 13 EverGood Farm CSA Share

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

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

**Full Shares:** tomato, zucchini, cucumber, parsnips, leeks, dill, cabbage, pepper, giant kohlrabi, spaghetti squash, arugula

**Half Shares:** tomato, cucumber, zucchini, celeriac, carrots, shallots, swiss chard, cilantro, pepper

**On the farm:** Greetings! We are happy to say that we came out of our two chilly nights with minimal damage to the crops we covered with plastic. We did not cover our beans, basil and eggplant since they were about done, so we said goodbye to those crops until next year. We are looking forward to a hopefully warmer weather week, which will ripen a lot of the remaining tomatoes. It looks like we may have some salad type greens next week too if the weather continues. This has been a very difficult year weather-wise and we are lucky to still have some crops still producing. We will have no problem finishing the season off well, but the last few boxes may be mainly root crops! We also hope to offer two deliveries of storage boxes in October and November so stay tuned for that!



**Focus on Celeriac** Celeriac is a pretty strange looking vegetable (much like rutabaga). It's flavor is out of this world! It is hardly grown here in the U.S., but can be commonly found in Europe, where leaf celery is hard to find. It's stalks and foliage look like celery, but are tough and woody. I usually save that part for making broth. Celeriac is an excellent storage crop (I think I had one in my fridge until about March last year!). Celeriac has an excellent crisp texture raw or cooked, with a nice celery flavor. Celeriac is high in carbohydrates, vitamin C, phosphorus, and potassium.

## More Ideas for Celeriac:

Bake in its skin at 350F for an hour. Peel and prepare as needed.

-Use instead of common celery in soups, casseroles, and stir fries.

-Use as a base in hardy winter soups-puree and use as a soup base

-Boil and mash with potatoes

-Peel and cube-toss with olive oil and salt and roast in a 350F oven for 45 minutes or until tender (my favorite way to eat celeriac)

## Recipes

### Roasted Cabbage Wedges

<http://www.marthastewart.com/315062/roasted-cabbage-wedges>

1 Tbs plus 2 more Tbs extra virgin olive oil

1 medium head green cabbage, cut into 1-inch thick rounds

Coarse salt and ground pepper

1 tsp caraway or fennel seeds

Preheat oven to 400F. Brush a rimmed baking sheet with 1 Tbs olive oil. Place cabbage rounds in a single layer on sheet and brush with 2 Tbs oil.

Season with coarse salt and ground pepper and sprinkle with 1 tsp caraway or fennel seeds. Roast until cabbage is tender and edges are golden, 40-45 minutes.

### Spaghetti Squash Primavera

1 spaghetti Squash

2 Tbsp olive oil

2 garlic cloves-crushed

1/2 tsp red pepper flakes or more to taste

## Recipes Continued:

Freshly ground pepper (to taste)

Sea salt to taste

2 handfuls spinach-or arugula

1/3 cup sun-dried tomatoes

1/2 onion, chopped

Protein of choice (optional-chicken or shrimp)

Add in other vegetables-zucchini, fresh tomatoes etc

Garnish with basil and parmesan if desired

Preheat oven to 375F. Cut Spaghetti Squash in half lengthwise and roast cut side down until tender. Once cooled a bit, scrap our squash with a fork into a bowl.

Prepare protein of choice if desired. In a medium sized pot, add oil, garlic, and onion and sauté for 3-5 minutes. Add in cooked spaghetti squash and mix well. Add in sun-dried tomatoes, spinach/arugula, and any other vegetables you desire. Add in protein and mix well to combine. Top with fresh basil and parmesan and serve hot. Add salt and pepper to taste.

### Roasted Leeks with Yogurt and Shaved Toasted Walnuts

It looks like this recipe could be easily halved to meet the amount of leeks you get!

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

1 cup plain greek yogurt

1 1/2 tsp finely grated lemon zest

1 teaspoon minced marjoram or oregano

1 tsp sugar

Sea salt and Freshly ground pepper

1/4 cup walnuts chopped

6 fresh leeks, white and light green parts only, trimmed and halved lengthwise

Extra-virgin olive oil, for drizzling

2 Tbsp fresh lemon juice

Preheat the oven to 375F. In a small bowl, blend the yogurt with the lemon zest, marjoram and sugar.

Season with salt and pepper and mix well. Spread the walnuts in a small cake pan and toast in the oven for 7-8 minutes until browned and fragrant. Transfer to a plate to cool. Spread the leeks on a baking sheet in a single layer. Drizzle with 3 Tbs of olive oil and lemon juice and season with salt and pepper; rub to

coat the leeks thoroughly. Roast for about 20 minutes, tossing occasionally, until the leeks are tender, golden, and crispy in spots. Transfer the leeks to a serving platter. Top with the chopped walnuts, and a drizzle of olive oil. Serve with the yogurt sauce.

### Simple Roasted Parsnips

Peel parsnips and chop in to desired size pieces-I often just leave whole or slice them in half lengthwise. Toss with a good amount of olive oil and salt. Roast at 300F for at least an hour or until tender. Enjoy!

### Preserving Zucchini

-If you have dehydrator- cut zucchini into 1/4" rounds and arrange on dehydrator tray. Dehydrate until very crisp. Store in mason jars and rehydrate into soups and casseroles or just enjoy as chips!

-Grate and put into bags in two cup portions. Freeze and use in breads, soups, and casseroles

-Cut into strips and roast with olive oil and desired seasoning. Once cooled arrange on a parchment lined cookie sheet and freeze. Once frozen transfer into freezer containers.

-Need more ideas? Check out our Pinterest page under EverGood Farm.

### Super Easy and Delicious Zucchini Butter

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

2 pounds zucchini, more or less

1/4 cup olive oil or butter, if you prefer

2 minced shallots, garlic, or a combination of both  
Salt and Pepper

Coarsely grate the zucchini. Let it drain in a colander for 3-4 minutes or until ready to begin cooking.

Squeeze out water by wringing it in a clean towel. In a deep skillet, heat the olive oil/butter. Sauté the shallots briefly. Add the zucchini and toss. Cook and stir over medium-high heat until the zucchini reaches a spreadable consistency. Be careful not to scorch the bottom. The zucchini will hold its bright green color and slowly caramelize into a nice vegetable jam.

Enjoy on toast or as a side dish. Keeps about 1 month

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

**Next Week's Best Guess**

**Full: Brussels sprouts, kale salad greens (hopefully), onions/shallots, beets, carrots and more**

**Half: Kale, brussels sprouts (hopefully), parsnips, beets, giant kohlrabi, greens, and more**