



Veggie Times

Week 13 EverGood Farm CSA Share

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Full Shares: Cabbage, Parsnips, Beets, Potatoes, Cucumbers, Zucchini, Tomatoes, Broccoli, Pepper, Spaghetti Squash, Sage, Shallot, Garlic, Head Lettuce

Half Shares: Carrots, Napa Cabbage (small), Parsnips, Cucumber, Zucchini, Tomatoes, Baby Greens Cooking Mix, Pepper, Dill, Onions (2)

On the farm: Fall weather is here! We covered all of our cold sensitive crops (cucumbers, zucchini, winter squash, etc.) for the first time this weekend in case of a frost. We also closed up all of our hoophouses containing the tomatoes, peppers, and eggplant; it was nice to just have to close the sides on those and not cover everything this year! Thankfully, we only got down to 34 degrees the last two nights and it doesn't look like there will be a frost in the 10-day forecast, so all the plants live on. A few notes on boxes this week. Everyone will be getting some kind of tomato this week, though we're not sure yet if they will be cherries or slicers. Both are delicious so we hope that you'll enjoy whichever you receive! We are also trialling microgreens for the first time this year, and we are hoping to give everyone some as an extra over the course of the next four weeks. Microgreens pack a serious nutritional punch and are great mixed into a salad or as a topping on sandwiches.

Focus on Parsnips



Parsnips are a sure sign that fall has arrived! Although they tend to be an underrated vegetable

in the United States, parsnips could easily win the "most sweet and delicious of the root vegetables" award, and they happen to be a farmer's favorite here at EverGood. Parsnips are full of minerals and are particularly high in potassium. Additionally, they have more Vitamin C than carrots and more vegetable protein than potatoes! Our favorite way to eat parsnips is roasted with just a bit of avocado oil and salt. However, the recipe below sounds like one we will definitely have to try!

Recipes

Baked Parsnip Fries with Rosemary

epicurious.com

1 bunch parsnips peeled and cut into 3 1/2" strips
1 tbsp finely chopped fresh rosemary, plus 5 sprigs
1 large garlic clove, minced
3 tbsp olive oil
Salt and Pepper
1/2 tsp (or more) ground cumin

Preheat oven to 450. Mix parsnips, chopped rosemary, garlic, and oil on a large rimmed baking sheet. Season with salt and pepper and toss to coat. Spread out in a single layer. Scatter rosemary sprigs



Recipes Continued:

over. Roast for 10 minutes; turn parsnips and roast until tender and browned in spots, 10-15 minutes longer. Crumble leaves from rosemary sprigs over; discard stems and toss to coat. Sprinkle 1/2 tsp cumin over. Season to taste with salt, pepper, and more cumin, if desired.

Spaghetti Squash with Pine Nuts, Sage, and Romano

allrecipes.com

1 spaghetti squash, halved lengthwise and seeded
1/4 cup toasted pine nuts
1/4 cup grated Pecorino Romano cheese
2 tbsp chopped fresh sage
2 tsp butter melted
Salt and Pepper

Preheat oven to 350. Place the squash, cut side down, in a large baking dish. Bake the squash in the preheated oven for 50 minutes. Scrape the flesh of the squash from the rind using a fork and place in a bowl. Add the pine nuts, cheese, sage, butter, salt and pepper; toss to combine and serve immediately. Serves 4.

Spicy Dill Dip

epicurious.com

This works great for dipping raw veggies and chips, or as a sauce for cold poached salmon or shrimp!

1/2 cup sour cream
3 tbsp mayonnaise
2 tbsp minced fresh dill
1 tbsp minced fresh parsley
1 tbsp minced green onion
1 tbsp chili sauce
1 garlic clove, minced
1/2 tsp dry mustard
1/4 tsp Worcestershire sauce

Combine all ingredients in a bowl. Season to taste with salt and pepper. Refrigerate until well chilled. Makes about 1 cup.

“Don’t Knock It Until You Try It” Beet Cake

food.com

We haven’t tried beet cake before, but I think we’ll have to in the near future!

4 eggs
2 cups sugar
1 cup oil
2 cups flour
2 tsp baking powder
1 1/2 tsp baking soda
1 tsp cinnamon
2 tsp vanilla
3 cups shredded fresh beets
1 cup chopped walnuts

Heat oven to 350 and grease and flour a 9x13 pan. Beat eggs, sugar, and oil and light and fluffy. Sift together flour, baking powder, baking soda, and cinnamon. Add to egg mixture and mix well. Add vanilla, beets, and walnuts. Beat for 1 minute on medium speed. Pour into pan and bake for 45 minutes, or until a toothpick comes out clean. Great with almond frosting or homemade whipped cream on top!

Stir-Fried Baby Greens with Ginger and Garlic

williams-sonoma.com

For those of you who like spicier greens, your baby greens mix would be great raw in a salad. But for those of you who don’t, stir-frying them is a yummy way to use them up.

1 tbsp avocado or safflower oil
2 tsp peeled and minced fresh ginger
1 tsp minced garlic
1 bag baby greens
Pinch of salt

Heat a deep saucepan to medium-high heat. Add oil, garlic, and ginger and heat for about 10 seconds. Add the greens all at once and toss with seasonings. Cover and allow the greens to steam for 9-12 minutes. Season with salt and serve immediately.

Enjoy! From all of us at EverGood Farm.

Next Week’s Best Guess

Full: Carrots, Salad Mix, Cilantro, Kale, Celeriac and more!

Half: Potatoes, Cabbage, Spaghetti Squash, Cilantro, Head Lettuce, Beets and more!