



Veggie Times

Week 13 EverGood Farm CSA Share

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Full Shares: Zucchini, cucumber, peppers, swiss chard, cabbage, head lettuce, green pepper and jalapeño, spaghetti squash, eggplant, scallion, 1-2 red onions, tomato, parsley

Half Shares: tomatoes, zucchini, cucumber, eggplant, rutabaga and potatoes, head lettuce, tomato, garlic, winter squash, braising mix

On the Farm: We are gearing up for the first frost tonight and tomorrow. We have covered what we can of the tomatoes, peppers, and winter squash, but we have decided that the zucchini and cucumber were not producing enough anymore to save. So this will most likely be the last week for zuccs and cucs. This time of year is always bittersweet for us. We lose some of our favorite veggies to the frost, but we gain a few more like winter squash, celeriac, and parsnips. All of the root crops and leafy greens get sweeter with a frost as their starches are converted to sugar. We love fall the best because it's so beautiful up here, it's the perfect temperature and it signals us to start slowing down after a busy summer. I also love fall cooking! Don't forget, we also have some fun on/off farm events coming up. See this week's email.

Focus on Winter Squash

Winter Squash is a favorite fall treat. We have grown spaghetti and acorn squash in the past, but this year we have added about 5 more types to the variety. This week full shares will be getting spaghetti squash, and half shares will be getting mostly acorn. Winter squash originated in South America, and it made its way here by the early to mid 1800's. It stores very well and has a high nutritive value. It has 10 times the vitamin A content of summer squash and is an excellent source of potassium. It is also high in fiber and complex carbs. Winter squash can be roasted, steamed, baked, or peeled and put into soups. Spaghetti squash is best baked cut side down

at around 375F. Scrape out the spaghetti like strands after the squash can be pierced with a fork. Serve with butter, spaghetti sauce, pesto or another favorite sauce. We tried both the acorn and spaghetti squash at dinner tonight and they were delicious. We just ate the acorn as it was (roasted cut side down) with a little butter and put pesto and parmesan cheese on the spaghetti squash.

The Best Salsa You'll Ever Have

1 pound tomatoes, stemmed and cut into quarters
1-2 jalapeños (depending on your taste) stemmed and cut in half
2 cloves garlic, peeled
salt and pepper to taste
Turn on broiler and place a rack five inches away from heating element. Line a skillet or baking sheet with foil and place the tomatoes, jalapeño halves and garlic on the skillet. Cook under the broiler for five minutes, or until the jalapeños and garlic have brown spots. Remove the jalapeños and garlic from the skillet and place in blender. Meanwhile, return the skillet to the oven and continue to broil the tomatoes for five more minutes. Remove the tomatoes from the oven and add them to the blender, also pouring into the blender any accumulated juices. Add 1/4 cup water to the blender and pulse on low until the salsa is blended to desired texture. Add salt and pepper to taste.



Meet our Volunteer: Hi my name is Sierra Endel. I have been helping out at the farm this summer with my mom Laurie. We helped plant all the tomatoes and onions you are eating now, along with a lot of other things. At home I have 5 dogs and 1 guinea pig. I had a lot of fun at the farm, but my favorite part about the farm was the harvesting.

Recipes Continued:

Zucchini, Fresh Mozzarella and Sun Dried Tomato

Tart

1 sheet frozen puff pastry, thawed
6 ounces fresh mozzarella, shredded
1/2 cup finely grated parmesan cheese
1 Tbs dried oregano
1/4 cup finely chopped scallions
1 cup julienned sun-dried tomatoes in oil
1/2 cup finely julienned fresh basil
1 small zucchini
2 large eggs
1 cup half & half

Preheat oven to 375F. Roll pastry to fit 11" tart pan. Scatter mozzarella over the pastry. Sprinkle with 6 Tbs parmesan, the oregano, scallions, dried tomatoes, and basil. Slice the zucchini into thin rounds. Arrange them over the basil in circles. Beat together the eggs and half & half, add a large pinch salt and pepper. Pour into pan. Sprinkle remaining parmesan. Bake 35 minutes until firm. Serves 8.

Spaghetti Squash Hash

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1 cup cooked spaghetti squash (I find the most flavorful way to cook them is the slice lengthwise and put cut side down on a cookie sheet with a little water in the pan)

Non-stick cooking spray
Salt and pepper to taste

Heat a small no-stick skillet over medium high heat. Spray with cooking oil. Add the spaghetti squash and spread it out across the pan. Let it cook and sizzle in the pan without touching it. You want it to brown a little. After 1-2 minutes, toss the squash and let it sit again. Sprinkle with a bit of salt and pepper. Repeat this 2 more times until the squash is nice and golden and warmed through. Serve alongside your favorite egg dish.

Grilled Acorn Squash with Cranberry-Ginger Maple Syrup

this was done on a panini press, but I think a regular grill would also work. I will be trying this!

1 acorn squash
2 Tbs butter, melted
1/2 cup pure maple syrup
1/4 cup dried cranberries
1/2 tsp grated fresh ginger or a pinch of ground ginger
1/4 cup toasted chopped walnuts

Preheat panini grill or regular grill to medium-high. Slice the acorn squash in half lengthwise and then slice it into 1/2 inch thick slices crosswise. Working in batches as needed, brush melted butter onto as many slices of squash that will fit on your grill. Grill the squash until tender (turning as needed on a traditional grill) until dark grill marks appear, about 7 minutes. Transfer the squash to a serving plate and cover with foil to keep warm if you have to grill the squash in batches.

While squash is grilling, bring the maple syrup, cranberries and ginger to a boil in a saucepan over high heat. Turn down the heat to medium-low and simmer for 2-3 minutes. Remove the syrup from the heat. Drizzle the cranberry-ginger maple syrup over the squash and garnish with toasted walnuts before serving.

Baba Ganoush

-1 roasted eggplant (peeled)-to roast eggplant, pierce with a fork and put in an oven at 350F until tender.

Cool, peel and use.

-1/4 cup lemon juice
-1/4 cup tahini
-2 Tbs chopped fresh parsley
-2 cloves garlic, pressed
-sea salt and ground pepper to taste

Puree all ingredients in a food processor until smooth and fully combined. Serve as a dip with pita chips, or makes a great sandwich spread.

Next weeks best guess:

full: salad greens, potatoes, carrots, celeriac, shallots, garlic, tomatoes and more

half: carrots, salad greens, leeks, shallots, chard or kale and more!