



Veggie Times

Week 14 EverGood Farm CSA Share

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Full Shares: Pepper, kale, carrots, scallions, onions, Brussels sprouts, Tokyo bekana, cilantro, tomatoes, winter squash, rutabaga

Half Shares: Leeks, kohlrabi, pepper, kale, parsnips, dill, winter squash

On the farm: With the cooler weather comes Fall operations on the farm. We pulled out some of the more frost sensitive crops, took out our irrigation system, inventoried our leftover seeds, etc. Things definitely have the look of winding down but luckily it's not quite over yet! We've managed to save some of our sensitive crops by covering them and the recent frosts have made our root crops even sweeter, perfect timing for soups as we enter into the fall season. Additionally, this coming week is looking relatively warm, and we are hoping that enough tomatoes will ripen for everyone to get them one last time! Hopefully everyone will get tomatoes this week, but if that doesn't happen, you will get them in your box over the next few weeks. A final bit of news is that work has officially begun on establishing the perennial flower garden. We are putting in a retaining wall to keep the garden in place, and once that is completed, we can plant!

Focus on Winter Squash

The arrival of autumn also marks the arrival of winter squash! Except for spaghetti squash, most winter squash are similar on the inside, despite the diversity in outer appearance. This means that they can often be used interchangeably in recipes. Winter squash is an important staple for the seasonal eater due to its great storability properties and high nutritional value. In addition to having 10X



more vitamin A than summer squash, it is also an excellent source of potassium, fiber, and complex carbohydrates. We hope you enjoy receiving this beautiful fall favorite!

Winter Squash Cooking Ideas:

- Mash cooked squash and top with butter. Serve hot.
- Puree cooked squash for a creamy soup, or add uncooked chunks to hearty soups and stews.
- Cook squash chunks alongside roasted meats.
- Add small amounts of squash to yeast breads, quick breads, muffins, cookies, or pancake batter to add color, moisture, and sweetness.
- Roast squash in the oven by slicing in half lengthwise, removing the seeds, and placing facedown on a cookie sheet in a small amount of water. Cook for 40 minutes to 1 1/2 hours.

Winter Squash, Millet, and Kale Salad with Lemon-Tahini Dressing

The Oh She Glows Cookbook

- 1 winter squash, halved lengthwise and seeded
- 1 tbsp grapeseed or melted coconut oil
- Fine-grain sea salt and black pepper
- 1 cup uncooked millet or quinoa
- 1/2-1 bunch kale, stems removed, leaves torn into 1-inch pieces
- 1/2 cup diced red onions
- 1/2 cup chopped celery
- 1/2 cup fresh parsley leaves, roughly chopped

Recipes Continued:

2 tbsp raw or toasted pepita seeds

Lemon-Tahini Dressing

1 large clove garlic

1/4 cup tahini

1/4 cup fresh lemon juice

3 tbsp nutritional yeast

1-2 tbsp sesame or olive oil, to taste

1-2 tbsp water

1/4 tsp sea salt, or to taste

Preheat oven to 425 degrees. Peel squash and chop into one-inch wide pieces. Drizzle with oil, salt, and pepper, and roast for about 30 minutes (flipping once halfway through). The squash is ready when golden and fork-tender. Meanwhile, cook millet or quinoa and blend the dressing ingredients together using a food processor.

Place the kale in a large bowl and spoon 2-4 tbsp of the dressing over the top. Massage the dressing into the kale with your hands until the leaves are coated and let sit for 10-15 minutes. To assemble the salad, place the dressing-coated kale on a large serving plate. Spread the cooked millet over the top, followed by the onion, celery, parsley, roasted squash, cranberries, and pepita seeds. Drizzle with the rest of the dressing. Serves 3.

Cream of Parsnip-Leek Soup

From Asparagus to Zucchini

1 bunch parsnips, scrubbed and diced

2 leeks, washed and sliced

5 cups chicken or turkey stock, seasoned with salt and pepper to taste

1/4 cup skim milk powder

Tamari or soy sauce

Chopped parsley

Cook parsnips and leeks in stock (just enough to cover) until tender. Puree in a blender. Add remaining stock and heat in double boiler. Whisk skim milk powder into 1 cup water; add to soup about 10 minutes before serving. Add tamari or soy sauce, correct the seasoning, and garnish with chopped parsley. Makes 4-6 servings.

Brussels Sprouts Baked with Yams

Cooking with Sunshine

2 tbsp butter

3 tbsp maple syrup

2 medium yams, peeled and cut into 1/2-inch slices

3/4 pound Brussels sprouts, trimmed and sliced thin

1/3 cup chopped pecans

Salt

Black pepper

Cut butter into small pieces and melt along with the maple syrup in a dark roasting pan in a 350 degree oven. Mix together well. Place the yams, Brussels sprouts, pecans, in the pan and toss well to coat with the butter and maple syrup mixture. Add salt and pepper to taste. Cover and bake until the Brussels sprouts are tender when tested with a fork. Serves 4.

Curried Rutabaga Stew

Farm-Fresh and Fast

3 tbsp coconut oil

1 large onion, diced

3 cloves garlic, peeled and minced

1/2 tsp ground ginger

2-3 tbsp green curry paste diluted in 1-2 tbsp water or broth

1/8 tsp chili powder

1 medium rutabaga, peeled and diced small

2 small carrots, peeled and sliced

2 red bell peppers, seeded and diced

3/4 tsp salt

1 1/2 tsp brown sugar

1 cup red lentils

2 cups vegetable broth, or more as needed

Chopped fresh cilantro

Plain whole-milk yogurt, optional

In a large stockpot over medium heat, heat the oil. Add the onion, garlic, and ginger and cook over medium heat until soft and fragrant, 6-8 minutes. Add the diluted curry paste and chili powder. Stir well and cook for 1-2 minutes. Add the rutabaga, carrot and pepper and cook for 2-3 minutes. Add the salt and sugar, mixing thoroughly. Stir in the lentils and broth. Bring to a boil, then reduce the heat to a simmer. Cook, covered, 20-30 minutes, or until all the vegetables and lentils are tender. Serve garnished with cilantro and yogurt.

Enjoy! From all of us at EverGood Farm.

Next Week's Best Guess

Full: Beets, celeriac, winter squash, greens (hopefully), parsley, and more!

Half: Beets, Napa cabbage, Brussels sprouts, carrots, and more!