



# Veggie Times

Week 14 EverGood Farm CSA Share

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**Full Shares:** Carrots, cilantro, tomatoes, tomatillo, kale, celeriac, acorn squash, leek, salad mix, garlic, pepper, jalapeno, zucchini, brussels sprouts

**Half Shares:** Potatoes, cabbage, spaghetti squash, cilantro, beets, head lettuce, shallot, tomatoes

**On the farm:** Greetings! We are certainly enjoying the beautiful September that Northern, WI is putting on. The vegetables are actually still growing (usually they are just waiting to be harvested about now and not growing!) We have three weeks left (including this week) and all the boxes look to still be nice and bountiful. Heavier on root crops, which is what fall boxes are all about! This week half shares will be getting the last of our cabbage (remember cabbage will store in your crisper for months-just pull off any outer leaves before using). Cucumbers have slowed to halt, peppers are dwindling, and zucchini is slowing too. Half shares you may end up with one zucchini in your box, but no promises! This will probably be the last week for them though. On the farm, we are still in heavy harvest mode. Almost every day is spent harvesting. Our remaining time is spent pulling out/tilling finished crops, and starting to think about closing down the farm for winter! I am now in my 3rd Trimester and still feeling great, although slowing down a bit. We are all getting so excited to meet our little one around Christmas. Last Sunday we had our last farm tour and it was a pretty good turnout and a beautiful day. It was nice to meet a few new faces!

## Focus on Winter Squash

I have a special place in my heart for winter squash. Brendan always wants to grow less, and I want to grow more! This year I think I got my wish since we have a little bit more than last year.

Spaghetti squash seems to be our best yielder and our earliest which is why it's the first you get. It may also be the strangest. It's one of my

favorite's though. It's a very easy meal if you just add spaghetti sauce! Winter squash originated in South America, and found its way north in the 1800's. It has great storage and often gets sweeter with age (it likes a cooler dark place 40-50F). Winter squash has 10 times the vitamin A content of summer squash and it is an excellent source of potassium. It is high in fiber and complex carbs. Acorns are great roasted, or stuffed, and some of the other squash that you'll get later in the season are great for soups. Enjoy!

## Recipes

### Acorn Squash with Kale and Sausage

<http://www.epicurious.com/recipes/food/views/acorn-squash-with-kale-and-sausage-51203850>

**Full shares will be getting one acorn, so you'll have to halve this recipe-or enjoy the extra filling in something else!**

2 medium acorn squash, halved lengthwise-seeds removed  
1/2 tsp salt  
1/4 tsp ground black pepper  
Olive oil cooking spray  
3 tsp olive oil, divided  
8 ounces hot Italian Turkey sausage casings removed  
1 large leek (or two small) halved and sliced  
2 cloves garlic, finely chopped  
4 cups tightly packed torn kale  
1/3 cup chicken broth  
1/4 cup chopped walnuts  
2 Tbsp grated fresh parmesan  
2 Tbsp Panko bread crumbs  
Heat oven to 375F. Cut a thin slice off the round (bottom side) or each squash to create a stable base. Sprinkle with salt and pepper, and coat with olive oil.



## Recipes Continued:

Place squash flesh side down on a baking sheet lined with aluminum foil, and bake until golden and tender, 30 minutes. Remove from oven; flip squash and set aside. Head broiler. In a large nonstick skillet over medium heat, heat 1 tsp oil. Add sausage; cook breaking into coarse pieces, until brown, 6 minutes; transfer to a bowl. To same skillet, add remaining 2 tsp oil and leek; cook until leek is soft, 3 minutes. Add garlic; cook, 30 seconds. Add kale and toss; add broth. Cover and cook until kale is tender, 5 minutes; stir in sausage. Divide kale-sausage filling among the squash. In a bowl, combine walnuts, parmesan and Panko; sprinkle evenly over squash bowls and coat with cooking spray. Broil until paneer is golden, 2 minutes.

### Charred Tomatillo Salsa

<http://www.bonappetit.com/recipe/charred-tomatillo-salsa>

We are thrilled to finally have accumulated enough tomatillos for full shares-half shares, hopefully by the last box you will get enough to make this recipe too! They are sure slow to ripen, but store really well so we can get them in your boxes too hopefully!

1/2 pound tomatillos, husked, rinsed, patted dry

1/2 large white onion, cut into 8 wedges

1 jalapeno halved, seeded

2 Tbsp (or more to taste) fresh lime juice

kosher salt

Preheat broiler. Place tomatillos, onion and jalapeño on a foil-lined rimmed baking sheet. Broil, turning halfway through, until blistered, 12-15 minutes. Let cool. Transfer tomatillo mixture to a blender, add 2 Tbsp lime juice, and pulse until a chunky puree forms. Season with salt and more lime juice, if desired. Salsa can be made 3 days ahead. Cover and chill.

### Shallot Mustard Dressing

<http://cooking.nytimes.com/recipes/1016831-mustard-shallot-vinaigrette>

We love using shallots in our salad dressing. If you've never made your own dressing, it's a great time to start. No preservatives...lasts for a month, tastes better, is way cheaper! I make double batches to save time.

1 shallot, minced (ours are large-you may want to half this)

2 Tbsp white wine vinegar

2 heaping tsp Dijon Mustard

1/4 tsp salt

1/2 tsp coarsely ground black pepper

1 cup extra-virgin olive oil, more to taste

In a container (or mason jar) with a tight lid, combine shallot, vinegar, and mustard. Shake well to mix.

Add salt and pepper, and shake again. Add oil and

shake again until smooth and emulsified. Taste and add more oil or seasonings to taste. Use immediately or refrigerate up to 3 weeks. You'll want to remove it from your fridge about 30 minutes before using-shake well to mix.

### Beet and Potato Salad

<http://cooking.nytimes.com/recipes/12782-beet-and-potato-salad> -This will keep 2-3 days in fridge

3/4 pound potatoes

2 large beets, roasted

1 rib of celery, diced

1/2 small red onion, minced

2 hard boiled eggs, peeled and finely chopped

2 Tbsp minced chives

2 Tbsp champagne vinegar or sherry vinegar

2 tsp Dijon mustard

1/4 cup olive oil

1/4 cup plain yogurt

salt and pepper to taste

Cut the potatoes into halves or quarters and steam over 1" of boiling water until tender, 15-20 minutes.

Remove from heat. When cool, cut in small cubes.

Peel beets and cut into small cubes. In a large bowl, combine the potatoes, celery, onion, eggs, and chives.

Whisk the vinegar, mustard, and salt. Whisk in olive oil and yogurt. Toss with the vegetables. Add pepper and salt to taste.

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

**Next Week's Best Guess**

**Full: potatoes, head lettuce, winter squash, onions, beets, parsnips, and more!**

**Half: Kale, tomatoes, leeks, peppers, carrots, celeriac, brussels, jalapeno, and more**