



Veggie Times

Week 15 EverGood Farm CSA Share

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Full Shares: Peppers, leeks, shallots, cabbage, potatoes, winter squash, mixed greens, parsnips, beets, dill, tomatoes

Half Shares: Pepper, onions, potatoes, Brussels sprouts, carrots, mixed greens, cilantro, celeriac

On the farm: We hope you have been enjoying the beautiful fall weather as much as we have! The warm and sunny days we had last week helped our baby greens to have one final growth spurt, and we're happy to report that either head lettuce or some loose-leaf greens will be back in your box this week. In addition to greens, you will also find potatoes in your boxes! Due to our unusually wet spring, about 2/3 of our potato crop was lost to rot this year. However, Camp Four Farm (a local, chemical-free farm) had a bumper "spud" crop, and their potatoes will be supplementing ours in your boxes these next two weeks. In other news, we began manuring our beds this week for next season. Adding horse manure is a great way to replenish soil nutrients after the growing season, and we're grateful for the warmer, dry weather that is allowing us to complete this task now as opposed to in the spring. Enjoy your veggies this week!

Focus on Potatoes



The potato is the leading vegetable grown worldwide, with almost 80% of countries producing them! When eaten along with meat, dairy, or grains, potatoes form a complete protein. Furthermore, potatoes are an excellent source of complex carbohydrates, vegetable protein, vitamins, and minerals. They are particularly high in vitamin C, vitamin B6, and potassium. As

most of the nutrients in potatoes are found in or near the skin, it is best not to peel them. Potatoes are a very versatile vegetable, and some of the ways they can be cooked include

- frying them for hash browns
- boiling them for mashed potatoes
- roasting them
- grilling them
- or adding them to thicken soups

Recipes

Creamy Vegetable Curry

From The Oh She Glows Cookbook

This has been one of our very favorite recipes on the farm this summer, we hope you like it!

1/2 cup raw cashews, soaked

1/2 cup coconut milk

1 tbsp coconut oil

1 small onion, diced

3 cloves garlic, minced

1 1/2 tsp grated peeled fresh ginger

1 green chile or jalapeño, seeded and diced (crushed red pepper flakes also work)

2 medium potatoes

2 medium carrots

1 bell pepper

1 large tomato, seeded and chopped

2 tbsp mild yellow curry powder, or to taste

1/2-3/4 tsp sea salt, plus more as needed

1 cup frozen or fresh peas

Fresh cilantro leaves, for serving

Recipes Continued:

Basmati rice, for serving
Toasted cashews, for serving

In a blender, combine the cashews with 1/4 cup water and 1/2 cup coconut milk and blend until smooth and creamy. Set aside. In a large skillet, heat the oil over medium heat. Add the onion, garlic, and ginger and sauté for 5 minutes. Stir in the green chile, potatoes, carrots, bell pepper, tomato, curry powder, and salt. Sauté for 5 more minutes. Stir in the cashew cream and peas. Reduce the heat to medium-low and cover the skillet with a lid. Simmer, covered, for about 20 minutes, until the potatoes are fork-tender. Stir every 5 minutes, and if the mixture starts to dry out, reduce the heat and add a splash of water. Serve the curry over a bed of basmati rice, and sprinkle with cilantro and toasted cashews. Enjoy!

Real Simple Cassoulet From Bread and Wine

1 tbsp olive oil
1 lb turkey Italian sausage, casings removed
1 1/2 cups chicken broth
1 small onion, thinly sliced
3 carrots, diced
3 parsnips, diced
1 tomato, chopped, or one 8 oz can whole tomatoes, drained and chopped
3 15 oz cans cannellini beans, drained
5 sprigs fresh thyme, or 1 tsp dried thyme
1/2 tsp salt
1/8 tsp pepper
3 cloves garlic, minced
1 cup bread crumbs
1/4 cup fresh parsley, chopped
2 tbsp butter, melted

In a skillet, heat the oil over medium heat. Cook the sausage until well browned, breaking it up with a wooden spoon; remove and drain. In a stock pot over medium-low heat, combine the broth, vegetables, beans, thyme, salt, pepper, 1/3 of the garlic, and the sausage. Bring to a boil, then reduce heat to low, cover, and simmer (stirring occasionally) for about 1 hour. Heat oven to 400 degrees. Pour cassoulet into an ovenproof dish. In a bowl, combine the bread crumbs, parsley, butter, and remaining garlic. Sprinkle evenly over the cassoulet and place in the oven. Bake until the crust is golden brown, 10-15 minutes. Serves 6.

Brussels Sprouts and Celeriac Soup with Cheddar Toast

From Cedar Circle Farm

2 tbsp vegetable oil
2 cups onion, chopped
1/2 lb Brussels sprouts
1/2 lb celeriac, peeled and chopped
2 cups water
1/2 cup heavy cream
Salt and pepper
1-3 tbsp apple cider, optional
6-8 oz cheddar, grated
4-6 slices bread

Heat oil in soup pot over medium heat. Add onions and sauté until wilted. Stir in celeriac and Brussels sprouts. Add water, bring to a boil, reduce to a simmer, cover and cook and vegetables are tender, about 15 minutes. Puree soup in a blender and return to pot. Stir in cream and season with salt and pepper. If soup tastes bitter, stir in apple cider until flavors are balanced. Heat broiler. Sprinkle cheese over toast slices and broil until cheese is melted, 2-4 minutes. Enjoy this hearty fall meal!

Leeks with Beets and Walnut Dressing From French Women Don't Get Fat

2-3 leeks
2 beets, cooked
2 tbsp walnuts

For dressing:

2 tbsp red wine vinegar
3 tbsp olive oil
3 tbsp walnut oil
2 tbsp parsley, chopped
Salt and freshly grated pepper

Cut off the green parts and bottom of the leeks, wash well, and cook for 20 minutes in salted boiling water. Drain well and reserve. Peel the cooked beets and put in blender. Add the walnuts and keep mixing while adding vinegar and oils. Season to taste. Serve the lukewarm leeks on a serving dish, sprinkle with parsley and pour dressing on top. Serve as an appetizer or one-course lunch. Serves 4.

Enjoy! From all of us at EverGood Farm.

Next Week's Best Guess-our last week!

Full: Brussels sprouts, winter squash, potatoes, beets, kale, head lettuce, cilantro, celeriac, Napa cabbage

Half: Winter squash, potatoes, parsnips, dill, head lettuce, kale, Napa cabbage