



Veggie Times

Week 15 EverGood Farm CSA Share

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Full Shares: Dill, tomato, potatoes, shallot/onion, winter squash, beets, parsnips, zucchini, pepper, eggplant (small), head lettuce, baby bok choy, broccoli

Half Shares: Dill, tomato, tomatillo, jalapeno, leeks, baby bok choy, carrots, celeriac, winter squash

On the farm: Greetings! We hope everyone is enjoying this weather as much as we are! The vegetables (especially greens, and tomatoes) are thriving in this weather. We have been really excited to be giving more tomatoes than we ever expected this year, and you'll have them in next week's box too! It looks like we will finally be getting a frost this week, which we are ready for. The tomatoes are already covered in their tunnels so they should survive, but the zucchini and cucumber we will let die since they've had a really good season and we are hardly picking anything off them! This time of year we are focused on getting fall crops out of the ground, planting our spring scallions, and garlic, and getting the beds and farm ready for winter. We are really hoping these warmer temps continue, which makes these jobs so much more pleasant! We have been enjoying a little slower more relaxed pace, and were lucky enough to make it to the beach this weekend for a little rest and relaxation. We have two more weeks of boxes left and they both look to be bountiful and tasty. For those of you who wish to sign up again for next year, shares will be open to current season members from the end of the CSA to January 1st. After that we open up signup to the general public! We hope to see everyone back again!

Focus on Celeriac

For those of you who are new to the CSA you may get celeriac and think what is this alien looking vegetable! We love celeriac here at the farm. It is also known as celery root, and is related to celery. It's stalks and foliage, while edible, are pretty tough so I usually reserve them for



flavoring soups and broth. Celeriac is very popular in Europe, where stalk like celery isn't commonly grown. Celeriac is an excellent storage crop, with its tough exterior. It has an excellent crisp flavor raw, and once peeled and cooked it is tender and delicious. We describe it as a celery potato like flavor/texture. Celeriac is high in carbohydrates, vitamin C, phosphorus, and potassium.

Here are some ideas:

- Bake celeriac in its skin at 350F for an hour. Peel and prepare as needed
- For extra celery flavor, use instead of common celery in soups, casseroles, and stir fries. Use stalks and leaves for seasonings
- Try is raw; peel and slice into sticks in dip in your favorite dressing. Grate it raw in a green salad or vegetable root salad
- Use as a base for hardy winter soups, or puree for a flavorful, creamy soup base. We love celeriac potato soup.
- Boil and mash celeriac with potatoes

Recipes

Celery Root Salad

http://www.simplyrecipes.com/recipes/celery_root_salad/

- 1/2 cup mayonnaise
- 2 Tbsp Dijon Mustard
- 1 Tbsp fresh lemon juice
- 2 Tbsp chopped parsley
- 1 lb celery root-quartered, peeled, and coarsely grated just before mixing (it will brown)
- 1/2 tart green apple, peeled, cored, and julienned
- salt and pepper to taste

Recipes Continued:

Combine the mayonnaise, mustard, lemon juice and parsley in a medium bowl. Fold in the celery root and apple and season with salt and pepper. Refrigerate until chilled, at least 1 hour.

Parsnip Soup

We love this easy parsnip soup in the fall and winter.

1Tbs olive oil

1 Tbs butter

8 oz parsnips, peeled and diced

1 carrot, sliced

1 potato, peeled and diced

1 onion, chopped

1 bay leaf

15 oz water (I usually use broth)

15oz milk

salt and pepper to taste

1-2 pinches ground mace (I use nutmeg)

Dusting of paprika to garnish

Heat butter and oil in a large saucepan, add parsnips, carrot, potato, and onion and sauté over a gentle heat with a lid on for 10 minutes. Add the bay leaf, water, and milk. Bring to a boil, then simmer for 30 minutes. Remove the bay leaf, then blend the soup. Season with salt, pepper, and mace (or nutmeg). Serve with a dusting of paprika on top.

8 ways to use up a bunch of Dill

We love the kitchn for their creative ideas and awesome recipes! I'd highly recommend the yogurt biscuits with dill (dipped in parsnip soup!)

<http://www.thekitchn.com/8-recipes-to-use-up-a-bunch-of-dill-200413>

Tomatillo Ideas...looking for some ways to eat your tomatillos besides last week's salsa recipe? Here are some ideas:

<http://www.brit.co/tomatillo-recipes/>

Cafe Rio's Creamy Tomatillo Dressing

1 package ranch dressing mix (or ranch herbs)

Here is a link to homemade ranch dressing mix in case you want to make your own <http://www.chef-in-training.com/2015/03/homemade-ranch-dressing-mix/>

1 cup buttermilk

1 cup mayo

1 large or 2 small tomatillos

1 clove garlic, minced

1/2 bunch cilantro, chopped

1/2 tsp lime juice

1/2-1 small jalapeño, seeds removed

Blend all ingredients together in a blender or food processor and store in the fridge to let the flavors meld. Dressing gets spicier the longer it sits. Serve over chicken, pork, taco salad, or cilantro lime rice.

Stir-Fried Baby Bok Choy with Garlic

We love a quick and easy stir fry like this one. Add more vegetables/meat, and serve over rice for a meal, or it makes a great side dish.

<http://www.epicurious.com/recipes/food/views/stir-fried-baby-bok-choy-with-garlic-240548>

1/3 cup reduced-sodium chicken broth

1 Tbsp soy sauce

1 1/2 tsp cornstarch

3 Tbsp vegetable oil

1/4 cup baby bok choy, halved lengthwise (ours is somewhere between baby and large so you maybe want to chop it up a bit more!)

2 Tsp sesame oil

a wok with a lid is helpful, otherwise a pan works just great. Stir together broth, soy sauce, cornstarch, and 1/2 tsp salt until all dissolved and mixed. Heat wok over high heat until a drop of water evaporates instantly. Pour oil down the side of the pan and swirl around to coat the sides. Add garlic and stir fry until pale golden, 5-10 seconds. Add half of the bok choy and stir-fry until leaves wilt, about 2 minutes, then add remaining bok choy and stir-fry until all leave are bright green and limp, 2-3 minutes total. Stir broth mixture then pour into wok and stir-fry 15 second. Cover with lid and cook 2-4 minutes and season with sesame oil.

Enjoy! From all of us at EverGood Farm.

Next Week's Best Guess

Full: carrots, celeriac, leeks, garlic, parsley, winter squash, head lettuce, greens, brussels, and more

Half: greens, parsnips, onion, tomato, garlic, parsley, head lettuce, brussels sprouts and more