



Veggie Times

Week 15 EverGood Farm CSA Share

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Full Shares: Garlic, leeks, winter squash, beets, head lettuce, carrots, cilantro, broccoli, eggplant, napa cabbage, rutabaga

Half Shares: head lettuce, onions, parsnips, celeriac, thyme, kale, garlic, cauliflower OR Broccoli (if you don't receive cauliflower or broccoli this week you will get it next week!)

On the Farm: Things are definitely slowing down on the farm, and we are starting to clear out the fields and till in crops. This week we will be planting our garlic and scallions. The scallions are a variety that can winter over and start growing again in the spring. Our other projects including, putting up another greenhouse, weeding our perianal crops, and tilling up some space for more rhubarb plants! The season has sure flown by and its hard to believe there are only two more weeks left. In next week's email I will be putting information in the email about our storage boxes. These will be available in a full or half share size and will be delivered the week after the CSA. In the box will be crops you can store in your fridge or a cool basement like onions, potatoes, carrots, beets, parsnips, rutabaga, and garlic

vegetable to me! Try them roasted, fried, steamed, boiled, grated, or pureed in soup!

Recipes

Simple Roasted Parsnips

Any amount of parsnips chopped into 2" pieces

1 clove garlic

Parmesan cheese, grated (optional)

Olive oil

salt

Preheat oven to 400F. Scatter parsnip pieces on a baking sheet. Toss with olive oil, garlic and a bit of salt. Roast until tender, turning occasionally. Place into a serving dish and sprinkle with parmesan cheese if desired.

Creamy Leek, Potato, and Sour Cream Chive Soup

3 Tbs butter

2-3 leeks, thinly sliced (white and pale green parts only)

1 tsp dried tarragon

1 pound white potatoes, peeled and thinly sliced

4 cups chicken stock

1/2-1 cup sour cream

4 Tbs chopped fresh chives, divided

Focus On Parsnips

Parsnips once grew wild over much of the European continent and they were heavily cultivated during medieval times. Introduced to North America in the 17th century, parsnips remain a minor vegetable

here. They are a popular fall vegetable and only get sweeter with cooler weather, when the plants starches are converted to sugars. Nutritionally, parsnips are high in minerals. They are very high in potassium, and they are higher than carrots for vitamin C. They are also a better vegetable protein and carbohydrate than potatoes. Sounds like a super



Meet our Volunteer: My name is Debbie Jircik. The highlights of my summer have been my time at EverGood Farm and a week spent at Seed Savers exchange at their school in Tucson. I grew up in Milwaukee and have lived in the northwoods for over 35 years. I currently spend my time working as director of Many Ways of Peace, growing large vegetable gardens, volunteering as a local food activist and teaching hand paper making for The Mill Paper and Book Arts Center. I also love to bike, swim, and cross country ski. I live with my husband Greg and our Cat olive on Meta Lake outside Eagle River at a circa 1940's fishing resort surrounded by gardens and forest. We attempt to grow as much of our own food or purchase it locally and store in in our root cellar!

Recipes Continued:

Melt butter in a pot over medium-low heat. Add leeks and tarragon; cover and cook slowly, 15-20 minutes. Add potatoes and stock; bring to simmer, cover, and cook until tender, 10-15 minutes. Puree Mixture. Return puree to pot; stir in the sour cream and 2 Tbs chives. Add salt and pepper to taste. Sprinkle each serving with additional chives. Makes 6 servings.

Spicy Butternut Squash & Black Bean Burger

4 cups butternut squash (or another sweet orange winter squash) peeled and cut into 1/2" squares (saving the seeds)

1 can black beans, drained and rinsed

1/4 cup quinoa

1/2 cup water

1/4 cup red onion, minced

3 cloves garlic, minced

1 Serrano pepper, minced

1 Tbs ancho chili powder

2 Tbs ground cumin

1/4 tsp ground coriander

1/4 cup pistachios, finely chopped

1 Tbs sea salt

1 cup panko bread crumbs

1/2 cup cilantro, chopped

olive oil

Toss the butternut squash with just enough oil to coat it and place in a baking dish. In a pre-heated oven at 400F, roast the squash until tender about 45 minutes. Wash and clean the squash seeds and then fry them in a small frying pan over medium heat with 2 Tbs olive oil. When they are just beginning to brown, transfer them to a paper towel lined colander and toss them with sea salt. Bring a 1/2 cup of water to a boil. Add the quinoa, reducing it to a simmer and cover. Cook for about 10-15 minutes until the quinoa is tender. Add the roasted squash to a large mixing bowl and mash. Add in the black beans and mash too. Fold in the cooked quinoa, cilantro, chili powder, ground cumin, coriander, butternut squash seeds, pistachios, and salt. Lightly cook the red onion, garlic and

chilies in a small saucepan with one Tbs olive oil over medium heat. Fold that into the mixture. Fold in the bread crumbs. Form your mixture into patties. Using a cast iron skillet or non stick pan fry your burgers with a little olive oil until brown on each side, adding more oil as needed. Serve on buns, tortillas, with your favorite fixings.

Kale Artichoke Dip

This is one of our favorite things to do when we have too much kale or are going to party. People are always so surprised there is kale in it!

1 can artichoke hearts, drained and chopped coarsely (if you like artichokes use two cans)

1 package cream cheese

about 1/4 cup plain greek yogurt to taste

1/2 cup shredded parmesan or to taste

1 clove garlic minced

1 onion/leek/ or a few scallions finely chopped

1/2-1 bunch kale, de stemmed and leaves halved

lengthwise and then thinly sliced

1-2 Tbs butter or olive oil

Heat butter or oil in a large saucepan over medium heat. Add onions and cook until tender. Add garlic and cook until just fragrant 1-2 minutes. Add kale and cook until bright green and wilted. Add artichoke hearts. Reduce heat to medium and stir in cream cheese. Once it is melted stir in parmesan cheese and yogurt to taste. It should be fairly thick. Add salt to taste. You can bake this but it is also good hot off the stove! Serve with pita chips and veggies.

Celeriac Mash

3 cups 1/2-inch peeled and diced celeriac

about 12 ounces of potatoes, peeled and cut into 1

1/2-inch chunks (about 2 1/2 cups

1/4 cup whipping cream

2 Tbs butter

Cook celeriac in a large saucepan of boiling salted water about 15 minutes. Add boil and boil until both are very tender about 15 minutes longer. Drain. Return to same saucepan; stir over medium-high heat until any excess liquid in pan evaporates, about 2 minutes. Add cream and butter; mash until mixture is almost smooth. Season to taste with salt and pepper.

Serves 4

NEXT WEEK'S GUESS full: kale, onion, potatoes, parsley, winter squash, garlic, parsnips, head lettuce and more

half: chard, winter squash, garlic, potato, leeks, carrots