



Veggie Times

Week 16 EverGood Farm CSA Share

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Full Shares: Leeks-3, shallots, onions, potatoes, winter squash, kale, spinach, napa cabbage, cilantro, carrots, tomatoes, brussels sprouts, peppers

Half Shares: Leeks-3, potatoes, winter squash, kale, dill, Napa cabbage, baby greens OR head lettuce, tomatoes

On the farm: It's hard to believe it's already our last week, but these cold temperatures this weekend have reminded us that winter is not far away. We have really enjoyed growing vegetables for you all and we hope you have enjoyed your CSA share this year. I will be emailing out a survey in the next month or so and we really appreciate any feedback. Stay tuned for information on how to join next year. Last week, we started the fall cleanup. We are slowly tilling in crops and adding manure to beds for next year. We have removed all of our crops on fabric which are pulled out by hand - a big job! We will be mowing down kale and other larger crops in the next couple weeks. We have also been prepping our beds for our raspberry plants, which will get planted next spring. We were very lucky to get those two weeks of warm weather, which have allowed all the greens and brussels sprouts to grow and have given you big boxes! Enjoy the late season bounty.



Focus on Leeks

Leeks belong to the lily family along with their close relatives onions, garlic, scallions, shallots, and chives. Milder and more refined in flavor than onions, leeks produce a pleasing aroma and sweeten when cooked. Leeks are native to the Mediterranean, and may have originated in Egypt, where they were worshipped and adored. In America, leeks are still a speciality item and not used as readily as onions. Leeks keep a few weeks in your refrigerator if the tops are trimmed back and stored in a plastic bag. They also freeze

well, just chop and put into freezer bags. Leeks can be enjoyed raw or cooked, grilled, baked, or sautéed in soups. They are also really nice in quiches and egg dishes. This year has been a bumper crop for leeks which is why you've gotten so many. Enjoy!

Recipes

Mushroom and Leek Bread Pudding

www.foodnetwork.com

6 cups (1/2-inch-diced) bread cubes from a rustic country loaf, crusts removed

2 Tbsp olive oil

1 Tbsp unsalted butter

2 ounces pancetta, or bacon-small diced

4 cups sliced leeks, white and light green parts

1 1/2 pounds cremini mushrooms, stems trimmed and 1/4-inch-sliced

1 Tbsp chopped fresh tarragon leaves

1/4 cup medium or dry sherry

Kosher salt and freshly ground black pepper

1/3 cup minced parsley

4 extra-large eggs

1 1/2 cups heavy cream

1 cup chicken stock

1 1/2 cups grated gruyere cheese, divided

Preheat oven to 350F. Spread the bread cubes on a sheet pan and bake for 15-20 minutes, until lightly browned. Set aside. Meanwhile, heat the oil and butter in a large (12-inch) sauté pan over medium heat. Add the pancetta or bacon and cook for 5 minutes, until starting to brown. Stir in the leeks and cook over medium heat for 8-10 minutes, until leeks are tender. Stir in the mushrooms, tarragon, sherry,

Recipes Continued:

and 1 Tbsp salt and 1 1/2 tsp pepper and cook for 10-12 minutes, until most of the liquid evaporates, stirring occasionally. Turn off the heat, stir in the parsley. In a large mixing bowl, whisk together the eggs, cream, chicken stock and 1 cup of the Gruyere. Add the bread cubes and mushroom mixture, stirring well to combine. Set aside at room temperature for 30 minutes to allow the bread to absorb the liquid. Stir well and pour into a 13x9x2" baking dish. Sprinkle with remaining 1/2 cup of Gruyere and bake for 45-50 minutes, until the top is browned and the custard is set. Serve hot.

Kale Artichoke Dip

This is one of my favorite dips to make. It's super easy and very tasty! Plus people are shocked to hear it has kale in it. Frozen or fresh kale works great.

1 can artichoke hearts, drained and chopped coarsely
1 package cream cheese-can be low fat
about 1/4 cup plain green yogurt to taste
1/2 cup shredded parmesan cheese or to taste
1 clove garlic minced
1 small onion/leek/or a couple scallions finely chopped
A few leaves of kale, de-stemmed and thinly sliced-add more if you like a lot of kale!
1-2 Tbsp butter/olive oil. I do a combination

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 either eat this right away or put into a baking dish and top with a little more parmesan cheese and bake. Serve with veggies, tortilla chips, pita chips, or bread.

Cranberry Acorn Squash

"From Asparagus to Zucchini"

This recipe would work great with most types of winter squash

1/4 cup raw fresh cranberries
1/2 small apple, cored, chopped into small pieces
1/8 cup currants
1/4 cup orange juice or apple cider
1 Tsp honey or maple syrup
1 Tbsp melter butter
pinch salt
1 winter squash, cut in half, seeds removed

Heat oven to 350F. Combine cranberries, apples, currants, orange juice, honey, butter, and salt in a saucepan. Heat until berries are just tender. Place squash in ovenproof dish. Fill cavities with fruit. Cover dish and bake until squash is tender, about 35-45 minutes. Serves 2-4

Napa Cabbage Salad

www.foodandwine.com

1/2 cup slivered almonds
3 Tbsp vegetable oil
2 Tbsp rice vinegar
1 Tbsp soy sauce
1/2 tsp sugar
1 pound napa cabbage, chopped
2 scallions, thinly sliced
1/4 cup chopped cilantro
Freshly ground pepper

Preheat oven to 350F. On a baking sheet, bake the almonds for 5 minutes. Let cool. In a bowl mix the oil, vinegar, soy sauce and sugar. Add the cabbage, scallions and cilantro and toss. Add the almonds and season with pepper. Toss again and serve.

Thank you for supporting EverGood Farm! We hope to see you again next year. Enjoy!

-Jenny, Brendan, Emmett, Allison and rest of the crew at EverGood Farm