



Veggie Times

Week 16 EverGood Farm CSA Share

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Full Shares: Garlic, salad mix OR head lettuce, winter squash, onion, parsnips, kale, parsley, shallots, cabbage, spinach, potatoes, celeriac

Half Shares: winter squash, leeks, carrots, cilantro, spinach, potato, eggplant, head lettuce

On the Farm: This will be our last week of the CSA and farmers markets for this season. It always amazes me how quickly the season flies by. We hope you have enjoyed your veggies and being a member of the farm. We truly appreciate your support and owe it to our loyal members for getting us to the end of our 3rd year. In a few weeks I will be sending out an online survey about your membership experience. It really helps us to see what people did and didn't like so that we can keep improving our farm for you all. So thanks in advance for completing it! We will be opening up the CSA to our current members in January for a couple of weeks before we open it up to the general public. We will not be expanding our membership much more than this year so we expect the CSA to fill quickly. Your box options will generally be the same, but you never know, we may throw in a few more options! On the farm there is still quite a bit to get done before the ground freezes, but we hope to get a lot of our spring projects done so that we aren't affected by changeable spring weather.

Focus On Cabbage

Cabbage is the most globally cultivated of all plants in the brassica family. It is eaten in almost every country of the world. Here at the farm we grow green, purple, and curly savoy cabbages. Fall cabbage usually grows into larger tight heads which tend to store very well in root cellars or your produce drawer. Cabbage is very low in calories, but is high in vitamins and minerals, like A and C, calcium, potassium and magnesium. Different varieties of cabbage have different nutritional strengths. Purple cabbage has more vitamin C, while savoy has more vitamin A, calcium, iron and potassium. Purple cabbage also has a slightly different flavor than green, but they all can be used interchangeably.

Recipes

Honey Glazed Carrots with Fresh Mint

1 pound carrots
2 Tbs butter
1 1/2 Tbs honey
salt and pepper
1-2 Tbs chopped fresh mint

Wash and peel carrots (if desired) and cut into evenly sized rounds or sticks. Combine carrots, butter, honey, and 1/2 cup water in a large skillet over medium-high flame. Bring to simmer and cook until all carrots are tender and most of the liquid has reduced to a glaze, 10-15 minutes. Season to taste with salt and pepper. Sprinkle mint on carrots, toss well and serve.

German Style Apples and Cabbage

“macsac”

4 cups thinly sliced red or green cabbage
3 cups peeled, sliced tart apples
1 cup sliced red onion
1/2 cup apple cider or beer
1/4 cup cider vinegar
1 tsp caraway seeds (optional)
1/2 tsp salt

coarsely ground black pepper to taste
Place cabbage, apples, red onion, and cider or beer in a heavy saucepan or skillet. Cover and cook over medium heat until vegetables become slightly tender, about 8 minutes. Add remaining ingredients; cook another 7-8 minutes. Add more cider if necessary to keep vegetables from sticking. Serve with bratwurst, kielbasa, or sautéed mushrooms. Serves 6.

Recipes Continued:

Chopped Brown Rice Salad with Grapes and Pecans

serves 6-8 [thekitchn.com](http://www.thekitchn.com)

salad

1 cup brown rice, long or short-grained

1 cup whole pecans

1 head of lettuce

2 cups red grapes

1 cup crumbled ricotta salata

vinaigrette

3 Tbs white wine vinegar

3 Tbs extra-virgin olive oil

1 1/2 Tbs spicy brown mustard

Salt and Pepper

Bring a 2-quart pan of water to a boil. Add the rice and a teaspoon of salt. Reduce heat to low and simmer until the rice is chewy and cooked through. Drain and set aside. While the rice is cooking, heat the oven to 350F and spread the nuts on a baking sheet. Roast the nuts in the oven for about 10 minutes, stirring once or twice, until toasted a darker shade of brown and very fragrant. When cool enough to handle, transfer the nuts to a cutting board and roughly chop. Set aside. Slice the head of lettuce down its center stem and then into quarters and chop each quarter cross-wise into thin slices. Slice the grapes into quarters. To make vinaigrette, combine the vinegar, olive oil, brown mustard, a healthy pinch of salt, and a few cracks of black pepper in a small bowl. Whisk to combine, taste and adjust any of the ingredients to taste as needed. Combine the cooked rice, chopped pecans, chopped romaine, and grapes in a large mixing bowl. Pour the vinaigrette over the salad mix. Stir and toss the salad until all the ingredients are evenly coated. Stir in the crumbled ricotta salata reserving a few crumbles to sprinkle over the top of the dish. Taste and add additional salt and pepper if needed. Transfer to a serving bowl and top with the reserved ricotta salata.

French Potato Salad

www.marthasterwart.com

2 1/2 pounds fingerling of small new potatoes, halved (quartered if large)

Coarse salt and ground pepper

1/4 cup olive oil

3 Tbs Dijon mustard

2 Tbs sherry vinegar

1 small shallot, minced (2 Tbs)

3 Tbs chopped fresh parsley

1 tsp chopped fresh thyme

1/4 small red onion, sliced

if you don't have sherry vinegar, try cider or champagne instead.

Place the potatoes in a large pot; cover with cold water by 1 inch and season generously with salt.

Bring to a boil; reduce to a simmer and cook until potatoes are tender, about 15 minutes. Run under cold water to cool slightly, then drain. Meanwhile, in a large bowl, whisk together oil, mustard, vinegar, shallot, parsley, and thyme; season with salt and pepper. Add potatoes and onion and toss to combine. Serve at room temperature. To store, refrigerate up to overnight.

Stuffed Sweet Potatoes with Beans and Greens

Serves 4 www.thekitchn.com

4 sweet potatoes

2 Tbs olive oil

1 shallot diced

1 garlic clove, minced

1 (4-inch) sprig rosemary

1/4 ts red pepper flakes

1 1/2 cups cooked and drained white beans

6 cups kale, trimmed and sliced into ribbons

Juice of 1/4 lemon

salt and ground black pepper

Preheat oven to 400F. Scrub the sweet potatoes and prick them in a few places with a fork. Place then on a baking sheet and bake until soft all the way through, about 45 minutes. Start the beans and greens about 15-20 minutes before the sweet potatoes are done. In a wide, deep saucepan with a cover, heat the olive oil over low-moderate heat. Add the shallots and cook until softened, about 5 minutes. Add the garlic, rosemary sprig, and red pepper flakes and cook, stirring for about 1 minute. Add the beans and cook 5 minutes, stirring occasionally. Add the kale, cover the pan and cook, stirring occasionally for about 5 minutes or until soft. Remove the rosemary sprig, stir in the lemon juice, and season with salt and pepper. To serve: slice each sweet potato lengthwise and push on the end to open up the middle. Spoon the beans and greens into the center. Enjoy!