



# Veggie Times

Week 1 EverGood Farm CSA Share

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**Full Shares:** Green Onion, Cilantro, Chives, Rhubarb, Head lettuce or salad mix, radish, arugula, spinach, braising mix

**Half Shares:** Green onion, cilantro, rhubarb, head lettuce or salad mix, radish, spinach

**On the farm:** Welcome everyone to the first week of the CSA! We hope you enjoy your veggies. For those of you who are new to a CSA the first few boxes will be mostly greens and quick growing roots. As the season progresses we will be giving you different vegetables and more of them! This has been a difficult spring and we appreciate your patience with mother nature! It seems like our vegetables have caught up and are really growing well now. In no time we will have cucs, squash, tomatoes and more! We hope you get some ideas from our recipes and tips in this weekly newsletter. If you are into Pinterest we have started a page and you can find us by searching for EverGood Farm.

## Focus on Radish

The Radish comes in many different sizes, shapes, and pungency. We grow a cherry variety, french



breakfast and watermelon radishes. You will see these later in the season! Radishes date back to 2000B.C. where Egyptians used them for radish seed oil

before the olive. Radishes are mainly water with only modest nutritional value, but their greens are as nutritional as any dark leafy green. Radishes can be eaten raw or cooked and cooking will tone down the “bite” radishes have. Try them in soups, stir fries or even use their greens in vegetable soups (they cook quickly). Or just enjoy them in a nice fresh salad.

## Recipes

### Radish Bulbs and Greens Sautéed with Green Garlic and Chives

2 bunches radishes

1 1/2 Tbsp butter

1 1/2 Tbsp chopped green garlic or garlic

1 1/2 Tbsp chopped chives

salt and pepper

Clean radishes well to remove all dirt. Cut off upper leaves and coarsely chop. Cut off remaining greens and stalks and discard. Trim and quarter the bulbs.

Heat butter in large skillet over medium heat. Add quartered radishes and cook, stirring often 2 minutes. Stir in greens, green garlic, and chives and cook until wilted another 1-2 minutes. Season with salt and pepper to taste. Goes great with grilled fish!  
Serves 4-6.



## Meet our Volunteer: Trisha Moore

Trisha's love of gardening began in her parent's backyard garden but really grew while working on prairie restorations during her college days at UW-River Falls. During college Trisha and her husband Mark spent a summer working on an organic farm. Originally from Phillips, Trisha moved back to the northwoods 10 years ago and now calls Eagle River home. Her and her husband own a sustainable-focused carpentry business-Arbor Homes. Trisha now works part-time for the Northwoods Land Trust and as a mom-full time to her son, Illand-4 and daughter, Ayla-2. In her free-time Trisha enjoys being outdoors, gardening, cooking, reading, taking pictures, and resting!

## **Recipes Continued:**

### **Chive Blossom Vinegar**

1/3 cup chive petals

2 cups white wine vinegar

Place 1/3 cup chive petals in a clean bottle. Pour in boiling white wine vinegar. Let cool. Cover and store at room temperature for several weeks. Strain and use. Makes 2 cups. (This would make an excellent addition to homemade salad dressing)

### **Braised Greens with Red Wine Vinegar**

“[www.synergyfarms.com](http://www.synergyfarms.com)”

1 medium yellow onion, sliced into thin half moon

1 clove garlic (or green garlic) minced

3 Tb olive oil, divided

3/4 tsp sea salt, divided

1 lb braising mix or straight kale

1 cup water or broth

2-3 carrots grated into ribbons (1 cup)

1/4 tsp garlic powder

1/4 cup red wine vinegar

Heat a heavy bottom large stock pot over medium heat. When pan is hot add 1 Tb oil, onion, garlic and 1/4 tsp sea salt. Stir to coat the onion and sweat on medium heat until soft and translucent. Chop the braising mix into 2-inch chunks. Add the braising mix and 3 cups water or broth. Stir frequently for 1-2 minutes to until the greens are just wilted. Cover and cook an additional 2 minutes then uncover and give the greens a stir. Cook until most of the liquid is absorbed. Add the carrots, garlic powder, red wine vinegar, 1/2 tsp sea salt, and 2 Tb olive oil. Stir to combine and serve.

### **Arugula, Goat Cheese, and Walnut Salad**

“**Cooking from the farmer’s market**”

1 Tbsp red wine vinegar

3 Tbsp extra, virgin olive oil

1 tsp walnut oil

Salt and pepper

1/4 cup walnuts, toasted and coarsely chopped

1 bunch of Arugula

1/4 lb goat cheese, crumbled

In a small bowl, whisk together the vinegar, olive oil, walnut oil, and salt and pepper to taste. Set aside.

Place the arugula in a serving bowl and add the chopped walnuts. Drizzle with enough of the dressing to lightly coat the leaves and toss well.

Sprinkle with the cheese and serve right away.

### **Rhubarb Ice Cream with Pistachio chunks (dairy free) “[www.whatscookinggoodlooking.com](http://www.whatscookinggoodlooking.com)”**

Note: an ice cream maker is handy but not necessary. I made this by putting the final mixture into a square cake pan and froze, taking it out about every hour and blending with an immersion blender.

4 cups rhubarb, chopped

2/3 cup maple syrup (use less if you want less sugar)

1/4 tsp cinnamon

2 tsp vanilla extract

1/2 tsp lemon juice

1/4 tsp salt

2 cans of full fat unsweetened coconut milk

2 tsp arrowroot or cornstarch (I used agar)

In a large heavy bottomed pot, add the chopped rhubarb, maple syrup, cinnamon, vanilla extract, lemon juice, and salt. Simmer on medium-low heat for about 20 minutes until the rhubarb has broken down completely. Stir and break up remaining chunks until smooth. Add coconut milk and stir to combine. Simmer 2-3 minutes. Place the arrowroot in a small bowl and whisk in about a cup of the rhubarb mixture. Then add the slurry to the large pot. Stir to combine for about 2 minutes then remove from heat. Pour the mixture into a container with a lid, and place in the fridge for several hours or overnight. For best flavor serve the ice cream freshly churned. (20-30 minutes in an ice cream maker) About 5 minutes before you are finished churning add the pistachios.

**Enjoy! From all of us at EverGood Farm.**

**Next Week’s Best Guess**

**Kolhrabi, boc choy, salad mix, radish and more!**