



Veggie Times

Week 2 EverGood Farm CSA Share

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Full Shares: Garlic scapes, scallions, parsley, head lettuce (2), swiss chard, bok choy, radish, spinach, kale

Half Shares: Garlic scapes, head lettuce (1), spinach, arugula bunch OR mizuna, chives, radish

On the farm: Happy Fourth of July! We hope everyone has a relaxing and fun day eating lots of delicious veggies! We hope to enjoy a bit of the day after farm chores/market are done, too! We are still harvesting a lot of greens, but we are seeing some small zucchini, beets, and the first of the green tomatoes growing. We also plan to start putting strawberries in boxes this week. We will be staggering their distribution over the next few weeks, but everyone will receive them once. Enjoy! This last week was a wet one on the farm, but it was just the right amount of rain for the crops even if it kept us out of the fields at times. There will be lots of weeding to be done this next week as a result, but we'll take the rain!



Focus on Garlic Scapes

Garlic Scapes are the “flower stalks” of hard-neck garlic plants. We cut them off the plant when they make 1-2 complete curls. This allows the garlic to put all of its energy into forming big bulbs. Garlic Scapes are gaining popularity among chefs and are a favorite at farmers’ markets

this time of year. Try using them chopped and sautéed in your favorite dish calling for garlic. They are great raw or cooked and are very good in egg dishes. You can even make pesto out of them! My favorite thing to do with garlic scapes is puree roughly in a food processor with a little salt and olive oil. I store this in the fridge or freezer and use when I’m in a hurry and need garlic in a recipe!

Recipes

Garlic Scape Hummus Dip

www.sandhillfarms.org

Perfect for Fourth of July parties with either veggies or crackers.

1-2 cups garlic scapes

1-1 1/2 lemons

1 can chickpeas, drained

1/8-1/4 tsp cayenne pepper

1-2 cups olive oil

1-2 tsp salt

2-3 cups spinach, arugula, or spicy greens mix

2-3 tbsp sesame tahini

1 cup finely grated parmesan or Romano cheese

1 cup pine nuts



Meet our Volunteer: Kayla

My name is Kayla and I am very excited to be back on a farm again this summer. I recently attended Northland College in Ashland where I learned about the importance of sustainable agriculture and became interested in learning about food and farming. I have worked on a small hobby farm, as an environmental educator in Milwaukee, and at a camp in Vermont running a farm and garden program for children on the autism spectrum. I could not be more excited to be back in the north woods doing the things I love: farming, fishing, kayaking, biking, trail running, camping etc.! I hope to someday combine my elementary education degree and my love and knowledge in farming and food to create farm and garden programs in schools. I know this summer working and learning at EverGood Farm is the perfect next step!

Recipes Continued:

Remove tops from scapes and reserve as decorations. Process chopped scapes with 1/2-1 cup of olive oil in food processor for 2-3 minutes. Add chickpeas, tahini, lemon juice, cayenne, and salt, and process until chickpeas are finely ground. Add greens and process. Finally, add parmesan and pine nuts and process until smooth. Put dip in a bowl and drizzle olive oil on top. This dip can also be used as a pasta dressing or over baked fish.

Ginger Scallion Sauce

www.drizzleanddip.com

This recipe makes a large amount and could be halved easily!

2 1/2 cups thinly sliced green onions (green and white parts)

1/2 cup finely minced fresh ginger

1/4 grape seed or other neutral oil

1 1/2 tsp light soy sauce

3/4 tsp sherry vinegar or mirin

3/4 tsp salt to taste

Combine the onions, grated ginger, oil, soy sauce, vinegar and salt in a bowl and mix. Add more salt if you think it needs it. I added a little extra mirin.

Great served with fish, meat, or vegetables. If you thinned it down it would be a tasty stir fry sauce too!

Dehydrating Green Onions

This time of year we usually give out green onions a lot because it's the only onion ready. If you have a dehydrator you can chop them up (green parts and all) and spread out on your dehydrator tray. From memory it took about 24 hours to fully dehydrate. I use these all the time in my winter cooking. Quiches, pastas, casseroles, soups and more. They crumble up easily and could be ground up to make onion powder.

Lettuce: Storage Tips and Recipe Ideas

The best way to store your lettuce (and other greens as well) is to wash with cold water, spin it in a salad spinner (or air/pat dry with a paper towel), roll it up in a clean kitchen towel, and store it in a plastic bag in

the refrigerator. This will keep your lettuce from getting slimy and will help it to last over a week! In addition to making salads, here are some other ways that lettuce can be used:

Smoothies (<http://www.wishfulchef.com/green-smoothie-peach-orange-romaine/>)

Grilled (<http://blog.fatfreevegan.com/2009/01/ridiculously-easy-grilled-romaine-salad.html>)

Lettuce Wraps (<http://www.babble.com/best-recipes/15-ways-to-make-lettuce-wraps/>)

Cooked (<http://www.frugalupstate.com/recipes/what-to-do-with-too-much-lettuce-in-the-garden/>)

Radish and Arugula (or Braising Mix) Salad with Honey, Almonds, and Mint

Fresh from the Farm by Susie Middleton

A great and delicious way to use radishes!

6 or 7 large radishes, thinly sliced

2 tsp fresh lemon juice, plus 1/4 lemon

1/4 tsp honey

3/4 tsp salt, divided

4 cups arugula or braising mix

4 tsp (or more) fresh mint leaves

1 tsp (or more) olive oil

1/4 cup sliced almonds, toasted and coarsely crushed

2 oz wedge Parmigiano-Reggiano cheese

1 tbsp honey, for drizzling

4 small edible flowers (i.e. chive blossom), optional

Combine the sliced radishes in a small bowl with the 2 tsp lemon juice, honey, and salt. Let sit for 5 minutes. In another medium bowl, combine the arugula and mint. Squeeze the juice from the remaining 1/4 lemon on the greens and then drizzle the oil. Add salt and toss. Plate greens onto four plates and sprinkle with some of the crushed almonds. Drain radishes and place on top of greens. Shave cheese on top of each portion, add remaining almonds, and drizzle with honey. Add edible flowers for garnish if desired.

Enjoy! From all of us at EverGood Farm.

Next Week's Best Guess

Full: salad mix, scallions, cabbage, spinach, radish, and more!

Half: head lettuce OR salad mix, parsley, scallions, and more!