



Veggie Times

Week 3 EverGood Farm CSA Share

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Full Shares: Garlic scapes, purple scallions, cilantro, head lettuce (1), swiss chard, radish, tatsoi, salad mix, green garlic, arugula, summer squash-1

Half Shares: Garlic scapes, salad mix, radish, parsley, kale, purple scallions

On the farm: We hope everyone had an enjoyable fourth. We were able to enjoy the beautiful weather later on Friday with a BBQ, good company and fireworks. It seems like we are finally settling into some good weather patterns now. We are still harvesting a lot of greens (so enjoy those salads!). All of the crops are growing well, and we are starting to see flowers on the peas, peppers forming, and a lot of green tomatoes. Zucchini is starting which I'm thrilled about, but we will only have enough to fill full share boxes. Don't worry, soon we will be swimming in zucchini! Our first planting of broccoli and related crops had some worm damage to its roots, which is making it mature later, but we hope to start harvesting soon! Half shares you may be wondering why the full share gets things first or at different times? It's because there are less full share members and things usually mature slowly so I can fill their boxes first. I try to keep everything even throughout the season though.

Focus on Arugula

Arugula is also known as salad rocket, which is what Brendan's family from New Zealand usually calls it!

It grows well for us throughout the season, but it's usually enjoyed in the spring. Arugula is very low in calories, but rich in flavor. It is a good source of certain phytochemicals which have been shown to combat cancer-causing elements. It is also a good source of folic acid and Vitamins A, C, and K. Arugula is also comparable to spinach for high mineral content. It has a peppery flavor, which is naturally cooling on the body, and since it's a green it is also hydrating. Sounds like the perfect summer green to me!

Recipes

Arugula Ideas

- make into a pesto and freeze
- add some pep to your sandwich or wrap and use in place of lettuce
- mix in with warm pasta and a good parmesan and some olive oil
- use as a topping on pizza with good parmesan
- To store-wash in salad spinner or bowl of water-drain/spin and store in a bag with a paper towel to whack moisture or rolled up in a dish towel. Will keep for a good week or two this way.



Meet our Volunteer: Debbie

Hi, I'm Debbie Jercik and I live just outside Eagle River with my husband Greg and our Cat Olive. It is one of my summer highlights to help out at EverGood and this is my second year doing so. I love doing anything related to growing food and sustainable living and also enjoy cooking, biking, seed saving and creating. I enjoy teaching paper making and seed saving and also work for Many Ways of Peace in Eagle River, where I help to put together their programming. I find my community around good food, sharing meals with others or helping people to grow it. I believe that everyone should have access to food. This summer I am excited to be growing Japanese Indigo to dye handmade paper, and also make some paper out of sunflower stalks, which I harvested 2 years ago at EverGood Farm. We are also raising bees for the first time!

Recipes Continued:

Arugula Pesto

www.recipe.com

1/2 cup walnuts
1/4 cup finely shredded parmesan
4 garlic cloves, halved
2 cups firmly packed arugula
up to 1/2 cup olive oil
salt to taste

If desired, toast walnuts in a heavy skillet over medium heat for 5-7 minutes or you can smell the aroma, shaking the skillet once or twice during toasting. Remove from heat and let cool for a few minutes. In a food processor or blender, combine walnuts, parmesan, and garlic. Cover and process or blend with several blends until the walnuts are coarsely chopped. Add arugula. Cover and process or blend with several pulses until the leaves are coarsely chopped. With the machine running, gradually add olive oil and blend to desired consistency (soft butter is a good analogy). Season to taste with salt. Refrigerate up to 2 days or freeze (without cheese) for up to 3 months.

Freezing Pesto or Herb Paste: make pesto or herb or greens paste as described above. Omit cheese. Process into a paste and put 1/4 cup dollops onto a parchment lined cookie sheet. Freeze. Once frozen transfer to bags or jars to freeze.

Wonderfully Easy Pasta with Kale

1/3 pound penne or farfalle pasta
2-3 Tbsp olive oil
1 small onion, diced
2-3 garlic cloves, minced
1/2 pound chopped kale leaves
salt and pepper to taste
Bring 6-8 cups of water to boil; add pasta and cook until tender. Meanwhile, heat olive oil in a large skillet over medium heat, add the onions and garlic, and cook until tender. Add the kale and sauté until

wilted and bright green. Drain the pasta and combine it with the onions, garlic, and kale.

Southwestern Chopped Salad with Cilantro Lime Dressing

<http://damndelicious.net/2014/01/10/southwestern-chopped-salad-cilantro-lime-dressing/>

5 cups chopped lettuce
1/2 cherry tomatoes, halved
1/2 cup corn kernels, drained
1/2 cup canned black beans, drained or rinsed
2 Tbsp fresh cilantro leaves, chopped
1 avocado, halved, seeded, peeled, and diced
1/4 cup tortilla chips for garnish

Dressing

1 cup loosely packed cilantro, stems removed
1/2 cup plain green yogurt
2 cloves garlic (or garlic scapes chopped!)
Juice of 1 lime
Pinch of salt
1/4 cup olive oil
2 Tbsp apple cider vinegar
To make dressing, combine all ingredients except oil and vinegar and combine. Once combined, keep the motor running, and add olive oil and vinegar in a slow steady stream until emulsified; set aside.

To assemble the salad, place lettuce in a large bowl; top with tomatoes, corn, black beans and cilantro. Pour the dressing on top of the salad and gently toss to combine. Stir in avocado.
Serve immediately, garnished with tortilla chips.

Parsley Sauce

2 cups fresh parsley
1/4 plus 2 Tbsp olive oil
1/4 cup water
1 tsp dried oregano
3 Tbsp fresh lemon juice
2 small cloves garlic (or garlic scapes, chopped!)
1 tsp salt, 1/2 tsp pepper
process all ingredients in food processor or blender.
Serve over grilled meat, tofu, or vegetables.

Enjoy! From all of us at EverGood Farm.

Next Week's Best Guess

Full: napa cabbage, cabbage, kale, beets (hopefully), scallions, head lettuce

Half: chard, baby kale, head lettuce, scallions, zucchini (hopefully!)