



Veggie Times

Week 3 EverGood Farm CSA Share

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Full Shares: Arugula, Spinach, Baby bok choy, chard, garlic scapes, dill, cilantro, radish, scallions

Half Shares: arugula, green garlic, salad mix, radish, cilantro, kale

On the farm: We hope everyone had an enjoyable fourth. We were able to take a quieter day. Emmett loved the Three Lakes parade and we enjoyed a boat ride and dinner with friends. We are still harvesting a lot of greens (so enjoy those salads!). All of the crops are growing well, and we have tons of flowers on the peas, peppers forming, and a lot of green tomatoes. Zucchini is just starting which I'm thrilled about, and we might just have enough for full shares next week. Half shares you may wonder 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. You may also see something like peas at the market before you all get them, this is because the crop has just started and we don't have enough for shares yet and we probably only have a tiny amount at markets! The CSA is always our first priority. Finally, welcome Summer Shares this week! We hope you enjoy.

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 wick moisture or rolled up in a dish towel. Will keep for a week or two this way.



Meet our favorite farm guest: Emily

You can all thank Emily for EverGood Farm. She helped introduce Jenny and Brendan in 2004 and the rest is history! All jokes aside, Emily currently lives in Chicago and works for a university. She loves to travel any chance she can. She loves visiting the farm and especially Emmett and is so thankful for the opportunity to see all the love and care put into providing the northwoods with quality produce that will do your insides and outsides good! This past week Emily was a huge support and we are lucky enough to get her up here a few times a year. She helped care for Emmett, cooked us some amazing meals, washed our huge pile of trays, and much more! Thanks Emily.

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 until 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.

Roasted Radishes

<http://www.thekitchn.com/roasted-radishes-are-the-vegetable-thats-missing-from-your-life-215614>

If you aren't a fan of raw radishes-try roasting or grilling them. It's my go-to easy way to eat radishes.

Preheat your oven to 450F. Trim the top and stem ends off the radishes and slice in half. Toss 1 bunch with about 1 Tbsp olive oil and salt and pepper. Arrange them cut-side-down on your heaviest, darkest sheet pan (a cast iron skillet works great here). Roast for about 10-12 minutes. I usually roast a batch at a time and use on salads for the week.

Wilted Chard with Dried Currants and Nuts "Farm Fresh and Fast"

1 bunch chard, stems and leaves separated
2 Tbsp olive oil or butter
1 Tbsp minced garlic, green garlic, or scapes
3 Tbsp white wine
Salt and pepper to taste
3 Tbsp dried currants
2 Tbsp toasted pine nuts or walnuts

Slice the chard stems into 1/4" pieces. Coarsely chop the leaves (while still wet from rinsing) and set aside. In a large skillet, heat the butter or oil over medium high heat. When hot, add the chard stems and sauté for a couple minutes. Add the garlic, stir a few times, and then add the wine, damp chard leaves, salt, and pepper. Stir about 2 minutes or until all the chard leaves are wilted. Add the currants and cook, stirring, for about 2 minutes more, until the liquid is evaporated. Top with nuts and serve immediately.

More recipes-I ran out of space, but here are some other favorites.

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

<http://smittenkitchen.com/blog/2010/03/baked-kale-chips/> more on kale chips next week!

Enjoy! From all of us at EverGood Farm.

Next Week's Best Guess

Full: kohlrabi, kale, salad mix, cabbage/broccoli/zucchini (hopefully), peas

Half: cabbage broccoli (hopefully), head lettuce, peas, dill, scallions