



Veggie Times

Week 3 EverGood Farm CSA Share

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Full Shares: Red turnips or radish, salad mix, purple scallions, dill, napa cabbage OR bok choy, green garlic, garlic scapes, arugula bunch, kale and hopefully peas!

Half Shares: Salad Mix, scallions, kohlrabi, dill, bok choy, green garlic, radish

On the farm: Welcome Summer Shares! This week our CSA is at our maximum numbers for this year. We have 108 members which is amazing. Things are starting to really grow out in the fields and the boxes should be getting a little more diverse each week. We think this should be the last week we will give radishes in the box for a while, which I'm sure some of you will be happy about! The peas are just starting this week and we hope to put them in full shares, however we won't know until we start picking, so bear with us and know that tasty snap peas are coming for everyone!

Focus on Bok Choy/Napa Cabbage



Chinese Cabbage (napa cabbage) and bok choy are typically an early and late season vegetable. With our short season we are hoping to grow them all season. Chinese cabbage has been cultivated throughout Asia since 500A.D., but was not introduced into the U.S. until the late 19th century. They are both great raw or cooked in salads and stir fries. We enjoyed it tonight by sautéing

the stems for a couple minutes then we added the greens right at the end until they were wilted. I added a little tamari (soy sauce) right at the end. Bok Choy and napa cabbage are both great this way! Bok Choy rates higher than Napa cabbage nutritionally as bok choy has a lot of calcium, but regardless they are both greens and we all know how good greens are for you!

Recipes

Napa Wasabi Slaw

“From Asparagus to Zucchini”

1 Tbsp wasabi paste

1 Tbsp soy sauce

1 1/2 Tbs sugar

1 1/2 Tbsp rice vinegar

1/4 cup sesame oil

1 cup orange juice

1 head napa cabbage very thinly sliced (I think bok choy would also work for this)

6 carrots, shredded

3 chopped scallions

2 Tbsp sesame seeds

Whisk wasabi, soy sauce, sugar, vinegar, sesame oil, and orange juice until thoroughly combined. Toss with vegetables and sesame seeds. Serves 6-8

Meet the farmer:

Hello! My name is Brendan Tuckey and I own EverGood Farm with Jenny. Originally from New Zealand I started out working as a software developer. After growing tired of office work I tried working at a summer camp in southern Wisconsin. It was here I met Jenny and we travelled around working on organic farms. We enjoyed this work so much that we decided to make it our goal to start up a farm of our own. In the summers I spend most of my time on the farm, but in the winters I enjoy playing hockey, cross country skiing, snowshoeing and spending time with my family.



Recipes Continued:

Springtime Radish Top Soup

<http://www.recklessabandoncook.com/2013/04/springtime-radish-top-soup.html>

2 Tbs unsalted butter
1 leek white and light green part, thinly sliced
1 carrot, peeled and diced
1 yellow onion, diced
1 1/2 tsp salt
1 medium russet potato, peeled and diced
4 cups water
1 1/2 tsp sugar
1/2 tsp pepper
5 cups radish tops (from 3 bunches)
5-6 radishes, trimmed and cut into matchsticks
Melt 2 Tbs butter in a heavy soup pot over medium-low heat. Add all the veggies except for the radish tops and stir a couple of times. Cover and cook 20 minutes, stirring a few times until they are soft but not brown. Once the veggies are soft add 4 cups of water, sugar, salt and pepper to the pot. Increase heat to medium high and bring to a simmer. Cover and cook for 25 minutes or until the potatoes are tender. While the soup is simmering wash and roughly chop the radish tops. Next add the radish tops and stir until wilted (about 1 minute). Remove from heat. Process the soup in a food processor or blender. Return to the pot and place over medium-low heat. If the soup is too thick add a little water. Ladle into bowls and garnish with radishes.

Roasted Radishes

<http://blog.belovedgreen.com/2011/08/roasted-radishes.html>

Bunch of radishes
2 Tbs olive oil
1 tsp or each salt and pepper
(other possible seasonings, fennel seeds crushed, or a little maple syrup to cut a bit of the spice)

Preheat oven to 375F. Clean the radishes and cut in half, putting them and their leaves on the baking sheets. Drizzle them with olive oil and sprinkle with

salt and pepper. Toss until all surfaces are covered. Bake cut side down about 30-45 minutes until very tender. Check about half way through baking. Enjoy!

Our favorite kale chips

www.smittenkitchen.com

If you have a dehydrator now is the time to use it. If not an oven works great set as low as it will go. About 6 ounces kale (curly or flat)
1 Tbs olive oil
Sea salt
1-2 Tbs nutritional yeast (found in most natural food stores)
Preheat oven to lowest setting or your dehydrator to vegetable setting if available. Rinse and shake your kale dry. Remove the stems and tough center ribs. Tear into large pieces. Toss with olive oil, salt, and nutritional yeast in a bowl until fully coated. Use as much salt as you like or none at all. The nutritional yeast is key to making these taste cheese-like. Arrange in a single layer on a baking sheet. Bake 20-30 minutes until crisp tossing them halfway through the baking time. Cool and enjoy! I think the chips usually take 3-5 hours in my dehydrator.

Yogurt Biscuits with Dill

www.thekitch.com

2 cups bread or all purpose flour
1 tsp salt
1 Tbsp baking powder
1/4 cup butter
1 cup low-fat greek yogurt
1/4 cup fresh dill
Preheat oven to 450. Mix dry ingredients in a bowl. In a food processor, add dry mixture and butter and pulse until combined. (You can also pinch the ingredients together with your fingers.) Gently stir in yogurt and dill with a spoon. Place dough on a lightly floured surface and knead 10 times. Press out dough until 3/4" thick. Cut out biscuits with a glass or biscuit cutter and repeat until all dough is used. Place biscuits in an ungreased baking sheet and bake 7-9 minutes at 450F.

Enjoy! From all of us at EverGood Farm.

Next Week's Best Guess: chard and basil(full shares) napa cabbage, peas and more

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