



Veggie Times

Week 4 EverGood Farm CSA Share

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Full Shares: Broccoli OR cauliflower, basil, scallions, zucchini, kale, spinach, kohlrabi, cabbage, head lettuce, upland cress, radish

Half Shares: Cilantro, green garlic, swiss chard, bok choy, baby kale, head lettuce, scallions



On the farm: I'm excited to say that we are moving out of spring-time greens and into some of the longer season crops. The boxes are getting easier to predict, now that the fields are nice and full.

Although, I hear we are going into a summer polar vortex this week, so who knows how the

heat loving vegetables will like this! The strawberries have pretty much slowed to a halt, but I was excited to pick a few peas yesterday. Our yoga class last week was amazing. Robyn did a great job and the weather was perfect. I can't wait for our next class in August. Besides the usual harvesting, weeding and general farm maintenance, we have started clearing an overgrown area near the house which we will be planting in perennial herbs, and cut flowers later this year.

Focus on Kale

Kale is the oldest member of the cabbage family and among the earliest cultivated. It was a favorite vegetable in accent Rome and has remained a staple

in Scotland and Ireland. It has not received the same widespread use in the states as in other countries, however judging by how much we sell at farmers markets, I think it's getting popular here too! Kale is very high in vitamins and minerals A, C, E, and calcium. It also has a very high protein content. Here at the farm we grow three types of kale: Toscano (flat) curly, and a baby variety called Red Russian. Later in the season we will have bulk kale for sale if you are interested in freezing it.

Using Kale: Most recipes call for kale to be de-stemmed. To easily do this. Hold the stem end of the leaf in one hand and run your other hand up the stem removing the leaf. Place all the leaves in a bundle and roll. Chop as desired.

Recipes

The Best Shredded Kale Salad with Pecan Parmesan and Cranberries

www.ohsheglows.com

Salad and Dressing:

2 medium bunches kale washed & finely chopped (8 cups)

2 large garlic cloves

1/4 cup fresh lemon juice

3-4 Tbsp olive oil, to taste

1/4 tsp sea salt



Meet our Intern: Sophia

Hi, I am Sophia Weiss and this is my 4th year as an intern on EverGood Farm. I absolutely love working at EverGood Farm because of my passion to grow and eat organic vegetables and fruits. I am very excited about sharing the beauty of this farm to more people on our new Instagram page. I hope to someday use the skills I have learned on EverGood Farm to create my own self-sustaining farm that will help educate and inspire others to pursue a plant based diet. In my free time I enjoy participating in triathlons (and many more athletic activities), sewing, knitting, cooking and baking vegan food, and working in my very own mini EverGood garden.

Recipes continued:

1/4 tsp ground black pepper
1-2 handfuls dried sweetened cranberries, for garnish

Pecan Parmesan:

1 cup pecan halves, toasted
1.5 Tbsp nutritional yeast
1 Tbsp olive oil
2 pinches sea salt

Place kale in a large bowl. For the dressing. If you have a mini food processor, puree the garlic until minced. Add the lemon, oil, salt and pepper and process until combined. Adjust to taste, if desired. Pour the dressing onto the kale and mix it into the kale with your hands or toss with spoons. Mix for about a minute to make sure the kale is evenly coated. For the pecan parmesan. Rinse out the mini food processor and pat dry. Add the pecans into the processor and process until the pecans are the size of peas or a bit bigger. Now add in the nutritional yeast, oil, and salt and process again until it's a coarse crumb. Be sure not to over-process-we still want a nice crunch texture, not powder. Sprinkle the pecan parmesan all over the salad. Toss on a handful or two of dried cranberries. Wrap and place in the fridge for 30-60 minutes to soften. Note: If you don't have a mini food processor you can chop/whisk the dressing and pecan "parmesan" by hand.

Kohlrabi Ideas

-Grate into salads, coleslaw
-Steam or sauté with butter/oil
-Peel and cut into strips and dip in hummus or favorite dressing.

Bulgur with Leeks and Swiss Chard

www.vegetariantimes.com recipe:9959

2 Tbsp olive oil
2 medium sized leeks, or 1 onion (chopped)
1 bunch swiss chard, stem cut into 1-inch pieces, and greens chopped
2 cups sliced mushrooms

4 cloves garlic, minced
2 3/4 cup vegetable broth
1 cup bulgar

Heat oil in large pot over medium-high heat. Add leeks/onions and chard stems, and cook 4 minutes or until softened, stirring often. Add mushrooms, and cook 5 minutes, or until softened, stirring occasionally. Add garlic and chard leaves. Cover and cook 5 minutes, or until leaves are wilted, stirring occasionally. Season with salt and pepper. Stir in broth and bulgur. Bring to a boil, reduce heat to medium low, cover, and simmer 10 minutes, or until liquid is absorbed and bulgur is tender. Remove from heat and serve.

Upland Cress Ideas

Upland cress is a spicy green commonly eaten in the south. It is wonderful in a salad with a citrus vinaigrette, scallions, and avocado. For extra spice, add some radishes! It can be lightly cooked like spinach. Half shares, you'll get it later in the season hopefully!

Stir-Fried Bok Choy with Scallions

1 head bok choy-washed, stem sliced and greens chopped
1 bunch scallions -white and green part chopped
1 Tbsp fresh ginger, minced or finely grated
2 Tbsp sesame oil
small bunch of cilantro-chopped
1-2 Tbsp soy sauce
salt and pepper to taste
Heat the oil in a large saucepan or wok. Add scallions, bok choy stems, and ginger. Saute over medium-high heat for about 3 minutes until starting to soften. Add the cilantro, bok choy leaves and sauce. Once the leaves are just wilted remove from heat. Add salt and pepper to taste. Serve immediately as a side dish or over rice.

Springtime Radish Top Soup

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

Enjoy! From all of us at EverGood Farm.

Next Week's Best Guess

Full: Dill, carrots, peas, napa cabbage, and more
Half: Dill, broccoli(hopefully!), zucchini, salad mix, kale, and more