



Veggie Times

Week 4 EverGood Farm CSA Share

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Full Shares: head lettuce 2, kale, green pepper, peas, radish, parsley, kohlrabi, purple scallion, arugula

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. Next week I'm really hoping our first planting of cabbage and broccoli will be ready. This first one is always very hard to predict and due to some bug pressure it's sometimes little later than we'd like. The fields are filling up and looking bountiful, and we are seeing a lot of baby zucchini, cucumbers, and green cherry tomatoes. Our peas are amazing this year, and we've added two plantings rather than one, which means it may be a long pea season. I don't think you'll complain though right? The roma greenhouse tomatoes are just starting to show color, so hopefully we will start picking tomatoes in a few weeks.

Focus on Kale

Kale is the oldest member of the cabbage family and among the earliest cultivated. It was a favorite vegetable in ancient 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

Half Shares: baby bok choy, head lettuce 2, peas, swiss chard, scallions

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 destemmed. 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

Quick and Easy Raw Kale Salad

Thanks to CSA member Robyn Thayer for bringing this recipe into my weekly rotation. It is such an easy way to eat a great vegetable, for those who don't like it sautéed (that would be me!)

1 bunch kale-destemmed and torn into medium size pieces.

1-2 Tbsp (or to taste) olive oil and salt to taste

Lemon juice to taste

1 avocado cut into medium chunks

Toss your kale with the olive oil and salt and work it into the leaves with your hands (actually massage it!) This will help break down those leaves. Add more olive oil and salt as needed. Add a splash of lemon juice and mix. Just before serving (you can keep in in the fridge for a couple hours at this point) toss it with the avocado so it kind of breaks up and coats the leaves. Enjoy!



My name is Colleen Finn and this is my third year working for Jenny and Brendan at the Eagle River Farmer's market. I work every other week on Wednesdays and just love helping introduce customers to the beautiful, delicious and healthy vegetables they bring to market. Now that I have been around a while I recognize many returning faces of people that love the produce and friendly service. I am a retired (almost) school counselor, a master gardener, a lover of the arts, a parent of grown children, a reader and a slave to my pets. I get out on my bike as often as I can and crank up my sewing machine when it's time for some quiet rejuvenation. Working with

Recipes continued:

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 bulgar. Bring to a boil, reduce heat to medium low, cover, and simmer 10 minutes, or until liquid is absorbed and bulgar is tender. Remove from heat and serve.

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.

Kale Chips

If you have a dehydrator lying around now is the time to dust it off! Kale chips are so much better in a

dehydrator. My favorite way to make them is to de-stem the kale and tear into large pieces. Toss with olive oil to coat and salt to taste. Then add 2-3 Tbsp of nutritional yeast/bunch of kale. I also add this to taste. From here either toss onto dehydrator trays and dry for 4-5 hours, or put into your oven on the lowest setting, tossing often to avoid burning.

Kohlrabi Ideas

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

Lemon Fusilli with Arugula

- 1 Tbs olive oil
- 1 Tbs minced garlic (2 cloves)
- 2 cups heavy cream
- 3 lemons
- 1 bunch broccoli
- 1 pound fusilli pasta
- 1/2 pound baby arugula, roughly chopped
- 1/2 cup grated parmesan
- 1 pint cherry tomatoes, halved

Heat the olive oil in a medium saucepan over medium heat, add the garlic and cook for 60 seconds. Add the cream, zest from 2 lemons, juice of 2 lemons, 2 tsp salt, and 1 tsp pepper. Bring to a boil, then lower the heat and simmer for 15-20 minutes until it starts to thicken. Meanwhile, cut the broccoli in florets and discard the stem. Cook the florets in a pot of boiling salted water for 3-5 minutes, until tender but firm. Drain the broccoli and run until cold water. Set aside. Bring a large pot of water to boil, add 1 Tbs salt and the pasta, and cook according to directions about 12 minutes. Drain the pasta and place it back in the pot. Add the cream mixture and cook over medium-low for 3 minutes until most has been absorbed by the pasta. Pour the hot pasta into a large bowl, add the arugula, parmesan, tomatoes, and cooked broccoli. Toss with lemon slices and season to taste. Serve hot.

Enjoy! From all of us at EverGood Farm.

Next Week's Best Guess

Full: carrots, zucchini, broccoli, salad mix, cilantro and more

Half: basil, cabbage, kohlrabi, kale, peas, head lettuce, and more