



Veggie Times

Week 5 EverGood Farm CSA Share

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Full Shares: Dill, cilantro, scallions, kale, peas, carrots, head lettuce (2), cauliflower OR broccoli OR Napa cabbage, calendula

Half Shares: Summer squash, dill, scallions, broccoli, cabbage, salad mix, radish

On the farm: We were glad to have escaped the “polar vortex” of last week! With the predicted overnight temperatures being in the 30s, we decided to cover the basil to prevent frost damage, but thankfully the temperatures didn’t drop as low as anticipated and no crops were harmed. It is exciting to see the carrots, beets, and peas begin to come to fruition, and once all of the green tomatoes start to turn, we’ll be in full swing! In other news, the preparation of the perennial area alongside the house is coming along nicely and the space continues to grow. As the best time to plant perennials is in August, the next few weeks will involve selecting plants and turning the current dirt patch into a beautiful herb and flower garden!



Focus on Cabbage

Cabbage is considered to be the most globally cultivated member of the Brassica family, and is enjoyed by people in almost every country worldwide!

Although it is composed of 90% water and very low in calories, cabbage packs a nutrient punch. It is high

in vitamins A, C, B6 and K, and also in calcium, potassium, and magnesium. Additionally, cabbage has been hailed as an intestinal cleanser and digestion aid for centuries. It is a very versatile vegetable and can be steamed, boiled, braised, stuffed, stir-fried, or eaten raw.

Recipes

Thai Cabbage Salad [“epicurious.com”](http://epicurious.com)

1 head cabbage
3 carrots, grated
1 cucumber, diced small
1 large red pepper, diced small
1 bunch green onions, chopped
1 bunch cilantro, chopped

Dressing:

1/2 cup white vinegar
1/2 cup olive or avocado oil
Few dashes of sesame oil
1/4 cup soy sauce
1 tbsp garlic chili paste (Asian section in market)
2 Serrano chilies, minced
4-6 garlic cloves, minced
2 tbsp raw sugar (or brown)
1 cup peanuts, chopped



Meet our Intern: Bella

Hi there, I am Bella Weiss and this is my fourth year helping out EverGood. These four years have instilled in me a passion for all fresh, organic vegetables, as well as the essential knowledge for me to one day sustain my own family with home-grown fruits and vegetables. I love getting up early and ending the day dirty, and I now believe that a day without time spent working in the earth is a day that is fundamentally lacking. Other than farming and gardening, I enjoy all aerobic and silent sports, am involved with multiple bird watching clubs, and readily study literature, philosophy, write and read. I study studio art at Reed College in Portland, Oregon, and hope to develop these skills in order that I might partake in endangered species conservation efforts.

Recipes continued:

Toss all salad ingredients together. Make dressing in a jar and store in refrigerator for up to 1 week. When ready to serve, toss salad and dress, add the peanuts last. This salad will wilt once dressed, so do not dress ahead of time. You can also add seared Ahi or grilled sliced chicken.

Cucumber Dill Greek Yogurt Salad

4 large cucumbers (about 2 pounds)
4 tbsp plain Greek yogurt
1 tbsp dill (adjust depending on taste)
1 tbsp rice vinegar (red or white also work)
1/2 tsp sugar
1/2 tsp salt
1/4 tsp black pepper
1/4 tsp garlic powder

Peel, half, seed, and slice cucumbers. Combine yogurt, dill, vinegar, sugar, salt, pepper, and garlic powder in a medium bowl. Add cucumber to bowl and toss with the mixture until combined will. Add additional salt and pepper to taste. Refrigerate and serve. From www.shewearsmanyhats.com.

Zucchini Muffins

The Gluten-Free Almond Flour Cookbook

2 cups blanched almond flour
1/2 tsp sea salt
1/2 tsp baking soda
1 tsp ground cinnamon
1/4 cup grapeseed oil (or avocado oil)
1/2 cup agave nectar, honey, or maple syrup
2 large eggs
1 cup grated zucchini
1/2 cup pecans, coarsely chopped
1/4 cup dried currants (optional)
1/4 cup chocolate chips (optional)

Preheat oven to 350. Grease muffin tins with grapeseed oil and dust with almond flour. In a large bowl, combine the almond flour, salt, baking soda, and cinnamon. In a medium bowl, whisk together the grapeseed oil, agave nectar, and eggs. Blend the

almond flour mixture into the wet ingredients until thoroughly combined, then fold in the zucchini, pecans, and currants. Scoop the batter into muffin tins. Bake for 15-25 minutes depending on oven. Makes approximately 12 muffins.

Ideas for Peas

Add them to salads (<http://www.thekitchn.com/recipe-barley-salad-with-green-144061>)

Pickle them (<http://whitneyinchicago.wordpress.com/2009/06/21/pickling/>)

Stir-fry them with other veggies

Roast them (<http://www.thekitchn.com/recipe-sesame-roasted-snap-pea-117556>)

Dip them raw into your favorite hummus

Carrot Slaw

Adapted from The Forest Feast

6 carrots, grated
2/3 cup roasted cashew bits
2/3 cup raisins
2 stalks celery, finely chopped
1/4 cup white onion, finely chopped
1/2 of a medium apple, finely chopped

Dressing:

3 tbsp olive oil
1.5 tbsp lemon juice
Pinch of sea salt

Combine all slaw ingredients and dress. You may find that you do not need all of the dressing.

Calendula ideas: add petals to...

Color rice dishes
Add to salads
Add to soups
Make calendula vinegar

In addition to adding beautiful color to dishes, calendula also has many medicinal properties, including being antiviral and anti-inflammatory.

Enjoy! From all of us at EverGood Farm.

Next Week's Best Guess

Full: Peppers, cucumber, eggplant, beans (?), beets, and more
Half: Basil, carrots, peas, head lettuce, kale, and more