



Veggie Times

Week 5 EverGood Farm CSA Share

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Full Shares: Peas, Zucchini, Cilantro, Head Lettuce (2), Celery, Carrots, Pepper, Scallions, Baby Bok Choy, Braising Mix

Half Shares: Peas, Cilantro, Head Lettuce, Parsley, Cabbage or Broccoli, Kohlrabi, Kale, Radish

On the farm: We hope you've all been able to stay cool this last week! Even if we're a bit warm, the plants have been loving the heat and the farm seems to be bursting with new growth. The beans have started to flower, tomatoes are starting to red up, baby cucumbers are on the vine, and we just harvested our first round of zucchini! We also harvested our garlic this week and currently have 2000 heads curing in the garage! A couple quick notes on the boxes this week. Full shares that didn't receive broccoli last week (Rhineland, Three Lakes, and Farm Pick-up) will be getting it this week. Additionally, we are hoping to give all half shares either cabbage or broccoli this week, but if it doesn't grow enough by the end of the week, you will receive it in your week 6 box. We're excited to moving out of the "greens boxes" and hope you all enjoy the bounty!



Focus on Cilantro

Everyone will be receiving a large bunch of cilantro this week as it is doing incredibly well at the moment! Cilantro is an old-world herb that is used today in

many ethnic cooking traditions. It is an excellent source of Vitamin K and is also rich in Vitamins A and C. The leaves are also full of anti-oxidant flavonoids and essential volatile oils. Cilantro is a great addition to salads, salsas, soups, and stir-fries. You can store cilantro in a jar with water (like flowers) in your refrigerator, wrapped up in a towel, or freeze the leaves for use at a later time. If freezing, you do not need to thaw the leaves before using, they're fine straight out of the freezer bag!

Recipes

Cilantro Lime Vinaigrette

From Asparagus to Zucchini

2/3 cup (6 oz) lime juice
3 tbsp minced garlic
1/4 cup apple cider vinegar
Pinch of salt
2/3 cup packed cilantro leaves
2-4 dashes hot pepper sauce
1 tbsp cumin
1/4 cup avocado oil

Place all ingredients except the oil in a blender. Turn on blender and add oil very slowly through the



Meet our Volunteer: Debbie

Hi, I'm Debbie Jercik and I live just outside Eagle River with my husband Greg and our Cat Olive. It is one of my summer highlights to help out at EverGood and this is my second year doing so. I love doing anything related to growing food and sustainable living and also enjoy cooking, biking, seed saving and creating. I enjoy teaching paper making and seed saving and also work for Many Ways of Peace in Eagle River, where I help to put together their programming. I find my community around good food, sharing meals with others or helping people to grow it. I believe that everyone should have access to food. This summer I am excited to be growing Japanese Indigo to dye handmade paper, and also make some paper out of sunflower stalks, which I harvested 2 years ago at EverGood Farm. We are also raising bees for the first time!

Recipes Continued:

“hole” in the middle. Use a little water if you lose the hole, but just enough to keep the little hole so the oil will get blended. Makes about 1 1/4 cups.

Celery Tips

This year we will be giving out celery bunches as opposed to whole plants so that we can spread out the harvest. Celery is best stored either upright in a jar of water or wrapped in a damp towel and placed in the crisper drawer. In addition to using the stalks in soups, salads, or just eating them raw, the celery leaves can be used as well! Just chop them off the stalks, freeze, and then add them to soups and stews for added nutrition and a great celery flavor. Here’s a quick salad idea:

Celery, chopped into half inch pieces
Feta cheese
Black olives
Tuna chunks
Fresh mint or basil

Toss all ingredients in a lemon vinaigrette and enjoy!

Kale, Chickpeas, and Sausage with Oven-Baked

Egg
thekitchn.com

1 onion, chopped
2 tbsp EVOO
Salt
1 spicy fresh sausage, about 8 oz, sliced
1 bunch kale, about 4 oz, stripped from stalks
3 cups cooked chickpeas (2 15 oz cans)
Hot sauce, optional
4 eggs

Preheat oven to 375. Sauté the onion in olive oil until it softens and becomes translucent. Add the sausage and continue cooking until the sausage begins to brown, breaking it up to distribute evenly. Add the kale and cook until wilted. Add the chickpeas and

heat through, being careful not to mash them. Add salt if desired. Scoop the mixture into an oven-proof dish, add the hot sauce if desired, and gently crack and slide eggs over chickpea mixture. Bake for about 7 minutes, or until the white is set but the yolk is still runny. Serve with fresh, crusty bread. Serves 4.

Sautéed Kohlrabi From Asparagus to Zucchini

1 Kohlrabi
2 carrots, grated
4 tbsp butter
1 medium onion, diced
1 tbsp fresh herbs (thyme, chives, sage, etc.)
1 tsp salt

Grate kohlrabi, place in colander, and sprinkle with salt. Let stand 30 minutes to drain. Heat butter over medium heat, add onions, and sauté a few minutes. Stir in kohlrabi and carrots, reduce heat to low, cover, and cook 10 minutes. Increase heat to medium and cook 2 more minutes. Remove from heat and stir in fresh herbs. Serves 2-4.

Stir-fried Bok Choy with Ginger and Garlic foodnetwork.com

1 tbsp olive oil
2 cloves garlic, minced
1 tbsp minced fresh ginger
1 bunch baby bok choy, chopped
2 tbsp soy sauce
Salt and pepper

Heat oil in a large skillet over medium heat. Add garlic and ginger and cook 1 minute. Add bok choy and soy sauce and cook 3-5 minutes, until greens are wilted and stalks are crisp-tender. Season, to taste, with salt and black pepper. Serves 3-4.

Enjoy! From all of us at EverGood Farm.

Next Week’s Best Guess

Full: Zucchini, Kohlrabi, Cabbage, and more, lettuce, peas, kale, beets

Half: Zucchini (hopefully), Celery, Basil, Carrots, Chard, lettuce, peas