



Veggie Times

Week 5 EverGood Farm CSA Share

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Full Shares: spinach OR chard, peas, head lettuce, carrots, boc choy, red/white bulb onion (2), lemon basil, cucumber, zucchini, cabbage (red or green),

Half Shares: Beets, head lettuce, basil, purple or green scallions, zucchini, arugula

Over the next few weeks everyone will be getting 1 pint of blueberries from Camp Four Farm in Sugar Camp-enjoy!

On the farm: Just today I picked the first few cherry tomatoes. They always start out a little slow but hopefully we will be putting them in full shares next week. The potatoes are flowering which means they are forming potatoes (see picture). We most likely won't dig them for another



month though until they are full sized! This past week we finally got caught up on all our weeding and the fields are looking great. We often get recipes from members and customers. If you have a favorite recipe feel free to email it to me and I will most likely include it in a newsletter!



Focus on Basil

Basil is an annual herb in northern gardens and adds a delicate flavor and aroma to many cultural dishes of Greece, Italy, and the Near East. Basil is believed to have originated in India. It was viewed as a holy plant and grown around shrines and temples. Basil is common in tomato sauces, pesto, and salad dressings. Basil thrives in the heat of the summer and temperatures of 38 and below will kill it (this is also

true for basil in your fridge!) Pesto freezes great without the parmesan cheese and when we have a bounty of basil we will be selling it in bulk!

Recipes

Charlemagne Salad with Hot Brie Dressing

“From Asparagus to Zucchini”

2-3 medium heads romaine or leaf lettuce, or fresh spinach

garlic croutons

1/2 cup olive oil

4 tsp minced green onions

2 tsp minced garlic

1/2 cup white wine vinegar

2 Tbs lemon juice

4 tsp Dijon mustard

8-10 ounces ripe brie, rind removed, cheese cut into small pieces and brought to room temperature

freshly ground pepper

Clean the greens, and dry them in a salad spinner or kitchen towels. Tear greens into bite-sized pieces and toss with garlic croutons in a large bowl. Warm oil in a heavy skillet. Add onions and garlic and cook until golden, 3-5 minutes. Blend in vinegar, lemon juice, and mustard. Add the cheese a little at a



Meet our Volunteer: Hi my name is Laurie Endel and I was born a southern Wisconsin farm girl. In 1995 my husband and I moved up to the northwoods and in 2003 we had our daughter Sierra. I love nature and being out in the woods and our daughter enjoys it as much as we do! I saw an article about EverGood Farm in the paper this spring and thought it would be a good experience for Sierra and I to volunteer. There is something very rewarding about getting your hands in the earth, watching things grow and being there from the seeding to harvest stage.

Recipes Continued:

time, stirring constantly. Toss the hot dressing with the greens and croutons. Serve immediately with freshly ground black pepper. Serves 6

Ramen Noodle Salad

I came up with this recipe last week after doing the newsletter, but if you still have bok choy or napa cabbage to use up this is a great recipe for it. I love ramen noodle salad but I don't like using their seasoning packet or the noodles so I found some organic ramen noodles at Wildberry Market in Minocqua and used my own spices! Enjoy

-Small head napa cabbage, bok choy, or savoy cabbage (stems sliced thin (napa and bok choy) and greens sliced very thin and halved

-1 grated carrot

-1/4 green/purple scallions chopped

-1 zucchini grated or sliced very thin

-package of ramen noodles (I used one section) broken up into small pieces

-1/4 cup almonds or sesame seeds (or both) toasted and cooled

Dressing

1/4 cup neutral oil

1/4 cup apple cider vinegar

honey/sugar to taste about 1/4 cup

a bit of soy sauce

Salt free seasoning to taste (I used penzy's mural of flavor)

A bit of powdered veggie broth

Add more of the above to taste

Mix all ingredients together except nuts and then add the dressing and let sit 1-4 hours in the fridge. Before serving add nuts and stir. This salad does not keep very well as everything gets soggy.

Salsa Verde

www.80breakfasts.blogspot.com

This recipe was given to us by a one of our wonderful members Debbie. She adapts this for whatever herbs

she has a bounty of. She said she usually doesn't put in the anchovies, and used the garlic scapes in place of garlic. This would be great as a dip, sandwich spread, on pasta, rice, deviled eggs, or potatoes!

1/2 cup dill leaves

1 cup flat parsley leaves

1/2 cup mint leaves

1 Tbs capers in brine, drained

1-2 anchovy fillets

1 garlic clove

cracked black pepper

2 Tbs lemon juice

1/4 cup olive oil

Place the dill, parsley, mint, capers, anchovies, garlic and pepper in the bowl of a food processor and process in short bursts until roughly chopped. Add lemon juice and olive oil and pulse a few times until just combined.

Potato Salad with Yogurt Arugula, and Herbs

www.thekitchn.com/recipe-8-118127

1 1/2 pounds new potatoes, cleaned

Salt and freshly ground black pepper

1/2 cup whole milk yogurt

1/4 cup mayonnaise

2 large shallots, peeled and thinly sliced

1 large bunch arugula leaves, roughly chopped

1 small bunch fresh dill, finely chopped

Fill a four quart (or larger) pot 3/4 full of water. Salt generously with at least 1 Tbs salt. Bring to a boil over high heat and add the potatoes. Bring back to a simmer then turn the heat down to medium. Cook for 15-20 minutes, or until the potatoes can be easily pierced with a fork. Drain the potatoes and return them to the pot. Use a fork to pull a hot potato out of the pot, and slice it into quarters. Repeat with the rest of the potatoes, add them to a large bowl as you cut them up. Whisk together the yogurt and mayonnaise. Toss the potatoes with this dressing, then toss with the shallots, arugula, and dill. Season to taste with salt and pepper. Refrigerate for at least an hour before serving.

Enjoy! From all of us at EverGood Farm.

Next Week's Best Guess: cilantro, cherry tomatoes (full shares) zucchini, cucumber, carrots, salad mix, kale, and more!

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