



Veggie

Week 6 EverGood Farm CSA Share

www.EverGoodfarm.com

office@evergoodfarm.com

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

Full Shares: Zucchini, pepper OR eggplant, cucumber, leeks (2) Komatsuna, lemon basil, cilantro, beets, head lettuce, cabbage, peas

Half Shares: Zucchini, head lettuce, arugula, basil, carrots, kale, peas

On the farm: We had a very wet weekend on the farm. A big storm on Friday night and a beautiful hot day on Sunday. I think the plants did a lot of growing yesterday! We are starting to see a few red cherry tomatoes, and a couple slicers are ripening. So weather depending I'm going to say 1-2 weeks on getting them into boxes. I had hoped for beans this week in full share boxes, but they are full of flowers and a few very tiny beans. We are excited to be moving out of radishes and into some new vegetables. I sure you are too! All of our crops are growing nicely and I love seeing the fields filling up this time of year. When we aren't harvesting we are spending out time weeding, pruning tomatoes, scouting for cabbage worms, and keeping the farm happy and healthy!

Focus on Zucchini/summer squash



From this week on we should have zucchini until frost. This may leave people wondering what to do with the bounty! I will give you ideas every week. We grow four types of zucchini. A yellow and green

variety, and then a yellow and green striped variety. All taste about the same and can be used interchangeably. Summer squash loves heat and usually produces like crazy until a frost wipes it out. Summer squash is approximately 94% water, very low in calories, and a great source of vitamins A and C, potassium, and calcium.

Recipes

Preserving Summer Squash

I have the best luck freezing summer squash and zucchini by grating it, squeezing out the excess water, and then putting it into ziploc bags or desired container in two cup portions and freezing it. I then use it in soups, vegetable fritters, breads, cakes, burgers, spaghetti sauces, and much more. I made zucchini pickles once and they were good. I also always dehydrate a few jars of 1/4" zucchini rounds into chips, which I rehydrate for soups and grain dishes in the winter. I find the green variety works best for dehydrating.

Komatsuna ideas-Japanese Spinach Mustard

- treat like baby bok choy and stir-fry the stem and greens.
- eat just the greens in a salad
- put in miso soup
- try in lightly cooked in an omelet or quiche



Meet our Farm Stand Volunteer: Janice

Hi, My name is Janice Kanyusik. I want to do everything i can to support EverGood Farm! My husband, Bob and I are retired educators. We raised our two sons in the Rhinelander area and have lived here for over thirty years. I love cooking with fresh ingredients and thanks to people like Brendan and Jenny, we are moving to all organic/ locally raised food in our kitchen. It feels important to help the Tuckey Family with their efforts in providing sustainably grown fruits and vegetables to our Northwoods Community and I'm having a great time meeting our on farm pickup members every other week!

Recipes continued:

Blackberry Arugula Salad with Citrus Vinaigrette

http://www.gimmesomeoven.com/blackberry-arugula-salad-with-citrus-vinaigrette/#_a5y_p=1149813

Salad Ingredients:

arugula leaves
fresh blackberries
crumbled gorgonzola, blue cheese, or feta
citrus vinaigrette

Citrus Vinaigrette Ingredients:

1/3 cup good-quality olive oil
1/4 cup freshly-squeezed orange, lemon, or lime juice
1 tsp. kosher salt
1/2 tsp. freshly ground black pepper

Whisk together all vinaigrette ingredients until well-blended. Toss with arugula and blackberries, and serve topped with crumbled cheese. Serves 2-3

*This would also be good with strawberries, blueberries or raspberries.

Kale Chips

We make kale chips all the time at the farm. It's a great way to get your greens in. I'd highly recommend the nutritional yeast although it's not necessary. Nutritional yeast can be found at well stocked natural food stores like Golden Harvest, Tree Huggers, and Wildberry Market.

1 bunch kale de-stemmed and torn into pieces
1-2 Tbsp olive oil
1/2-2 tsp salt depending on your salt tolerance
2-3 Tbsp nutritional yeast

Preheat oven to your lowest setting. Usually 170F. In a large bowl toss together your kale and olive oil making sure all leaves are coated. Toss in the salt and nutritional yeast and toss until all the leaves are coated. Spread out on cookie sheet and bake until crispy checking every 15 minutes. This will take 40-60 minutes.

If you have a dehydrator follow the directions above but spread out kale on dehydrator trays and dehydrate for about 5 hours on your vegetable setting (if you have one). Store in airtight containers.

Grilled Vegetables

Here is a great idea from members Pamela and Tom Dunphy. They reported that these veggies were gobbled up with no leftovers! Yum.

Use a grill pan with holes in the bottom. Toss sliced carrots, broccoli, zucchini, roughly chopped cabbage leaves, and onions. Spread the dill on top. Drizzle with olive oil and sprinkle with salt and pepper. Grill for 15 minutes until the veggies begin to caramelize on the bottom.

Cilantro Pesto

<http://www.everydaydelightful.com/2011/03/cilantrocoriander-pesto.html>

1 big bunch cilantro, chopped (2 packed cups)
1/2 cup parmesan cheese (omit for dairy free)
1/2 cup pine nuts or walnuts
3 cloves garlic, smashed
1/2 cup extra virgin olive oil
Salt and black pepper to taste

1 Tbsp lemon juice

Add everything into a food processor with half the olive oil. Give it a couple of quick turns. Keep it turned on while adding the rest of the oil in a thin stream until you make a smooth paste. Will keep in the fridge for 2-3 weeks. To freeze simply make the pesto without the cheese.

Lemon Basil Simple Syrup

<http://www.beardandbonnet.com/meyer-lemon-and-basil-simple-syrup/>

makes approximately 1.5-2 cups of syrup
2 cups of water

1 cup of sugar

7-8 lemons halved, zest and juice reserved for another purpose

1 cup of lemon basil, or italian basil packed

In a medium saucepan bring sugar and water to a boil until sugar is dissolved (1-2 minutes). Place lemon halves and basil leaves into hot syrup and use the back of a spoon to gently muddle the lemons and basil. Allow mixture to steep 15-20 minutes then strain out the solids. Cool to room temperature and store in an airtight container in the fridge for up to 6 months. Would be great in cocktails and or add water and ice for lemonade. Would also be a nice sauce cooked down some more.

Enjoy! From all of us at EverGood Farm.

Next Week's Best Guess

**Full: onion, giant kohlrabi, salad mix, beans, zucchini, carrots, kale
Half: Cilantro, head lettuce, scallions, beets, and more**