



Veggie Times

Week 6 EverGood Farm CSA Share

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Full Shares: Zucchini, Kohlrabi, Cabbage, Lettuce (2), Peas, Kale, Beets, Dill, Scallions, Garlic

Half Shares: Zucchini, Celery, Basil, Carrots, Chard, Lettuce, Peas, Broccoli

On the farm: It's been another hot week here at EverGood! We received an inch of rain on Friday night, and between that and the warm temps, we are expecting things to shoot up this week! Our potatoes have begun to flower, and we're hoping to dig fresh ones in the not-too-distant future. The first bean planting is also getting very close to being ready and we're hoping that full-shares can get them next week. One other exciting note is that the blueberries from Camp Four Farm in Sugar Camp are ready! Everyone will receive a pint of them over the next two weeks, enjoy! If anyone is interested in U-pick please give them a call at 715-272-1781

Focus on Zucchini



It's back with a bang! We are growing green, green striped, yellow, and yellow striped zucchini this year and it's already proving to be prolific. Zucchini is approximately 94% water, meaning that it is very low in calories and great for replacing lost fluids in the summer heat. However, despite being mostly water, zucchini is a great source of vitamins A and C,

potassium, and calcium. Zucchini is one of the most versatile vegetables around and can be eaten raw, broiled, steamed, fried, grilled, sautéed, or stir-fried. It is also great to grate-up and use in muffins or cakes. If you start to feel overwhelmed by the amount of zucchini coming your way, simply grate and freeze for use at a later time!

15-Minute Creamy Avocado Pasta ohsheglows.com

1-2 medium zucchini, spiralized into noodles
1-2 garlic cloves
1/4 cup fresh basil leaves, plus more for serving
1-2 tbsp fresh lemon juice
1 tbsp olive oil
1 ripe medium avocado, pitted
1/4-1/2 tsp salt
Black pepper, to taste
Lemon zest, for serving

In a food processor, combine the garlic and basil and pulse to mince. Add the lemon juice, oil, avocado, and 1 tbsp water and process until smooth. If the sauce is too thick, add a bit more oil. Season with salt



Meet the farmer: Hello! My name is Brendan Tuckey and I own EverGood Farm with Jenny. Originally from New Zealand, I started out working as a software developer. After growing tired of office work I tried working at a summer camp in southern, WI which is where Jenny and I met. We did a lot of traveling and working on Organic farms and decided to start our own up here in Northern, WI! When I get some downtime I enjoy reading, cross country skiing, snowshoeing, making kombucha, and spending time with my family.

Recipes Continued:

in a hot pan for 2-3 minutes, until the zucchini starts to sweat. Remove noodles from the pan and place in a large bowl. Toss with sauce. Serve and top with lemon zest, pepper, and fresh basil leaves. Serves 3.

Sautéed Swiss Chard

food.com

3/4 tbsp butter

3/4 tbsp olive oil

1 garlic clove, minced

1 pinch dry crushed red pepper

1 bunch swiss chard, stems trimmed, leaves cut into 1/2-inch wide pieces

Juice of 1/2 a lemon

Melt butter and oil in heavy large pan over medium-low heat. Add garlic and crushed red pepper. Sauté until fragrant, about 1 minute. Add swiss chard, stir to coat. Cover and cook until tender (stirring occasionally) about 8 minutes. Squeeze juice from 1/2 lemon onto chard. Season to taste with salt. Serves 4.

Beet, Cheddar, and Apple Tarts

marthastewart.com

1 sheet frozen puff pastry, thawed and cut into six 4 1/2 inch rounds

3/4 cup shredded white cheddar (3 oz)

1 small apple, cored and very thinly sliced

1 beet, scrubbed, peeled, and very thinly sliced

Coarse salt and ground pepper

1/2 tsp fresh thyme leaves

Preheat oven to 400 degrees. Place pastry rounds on a parchment-lined baking sheet and prick all over with a fork. Divide half the cheese among pastry rounds. Top each with 2-3 apple slices. Tuck 2-3 beet slices among apple slices and top with remaining cheese. Season with salt and pepper and sprinkle with thyme. Bake until

pastry is golden brown and slightly puffed, 13-15 minutes. Serve warm or at room temperature.

Basil Vinaigrette Dressing

allrecipes.com

This dressing would be great to use on your head lettuce this week!

1 cup olive oil

1/3 cup apple cider vinegar

1/4 cup honey

3 tbsp chopped fresh basil

2 cloves garlic, minced

In a bowl, whisk together all ingredients. Pour over or toss with your favorite salad to serve.

Peanut, Carrot, and Cabbage Slaw

thekitchn.com

Dressing:

3 tbsp peanut butter

3 tbsp rice wine vinegar

1 tbsp soy sauce

1 tbsp sesame oil

1 tbsp olive oil

2 tbsp lemon juice

Salad:

3 cups cabbage, shredded

4 large carrots, grated

4 green onions, sliced thinly

4 large radishes, sliced thinly

1 tsp sesame seeds, to top

1/4 chopped peanuts, to top

To make dressing, combine all ingredients in a small bowl and whisk vigorously. In a large bowl, combine cabbage, carrot, green onions, and radishes. Toss with dressing. Top with sesame seeds and peanuts. Serve immediately or chill before serving. This salad is best the day that it is prepared.

Enjoy! From all of us at EverGood Farm.

Next Week's Best Guess

Full: Beans, cucumber, carrots, cilantro, basil, lettuce, and more!

Half: Garlic, zucchini, cilantro, lettuce, kale, beets, and more!