



Veggie Times

Week 6 EverGood Farm CSA Share

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Full Shares: Bulb onion, carrots, head lettuce, cilantro, kohlrabi, kale, broccoli, cucumber, zucchini, beans, spinach

Half Shares: Bulb onion, carrots, head lettuce, dill, kale, zucchini, mini cabbage

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

On the farm: We've had quiet the cold snap this weekend. The good news is all of our cool weather crops like broccoli, cabbage, cauliflower, and greens are loving this weather. The bad news is the tomatoes and cucumbers have slowed way down! We expect everything to start growing like crazy with the temps rising and the sun coming out this week. So hopefully full shares will start getting cherry tomatoes next week. Due to the weather this weekend we did get a much needed day off, which we spent relaxing with our little guy Emmett! We have tons of Italian and lemon basil, which will be available until our first frost. We are offering it bulk to our CSA members for \$10/1 pound bag. Please email me to reserve yours!

rich in vitamins A, C, E, and calcium. It also has the highest protein content of all cultivated vegetables. Here at the farm we grow three types of kale; Toscano (flat) curly, and a baby variety. If anyone is ever interested in bulk kale for freezing, as it freezes well, just let us know!

Using Kale

Most recipes call for kale to be de-stemmed. To easily de-stem hold the stem end of the leaf in one hand and run your other hand up the stem removing the leaf. Place all the leaves in a bundle and roll. Chop as desired.

Recipes

Wonderfully Easy Pasta with Kale

1/3 pound penne or farfalle pasta

2-3 Tbsp olive oil

1 small onion, diced

2-3 garlic cloves, minced

1/2 pound chopped kale leaves

salt and pepper to taste

parmesan cheese to serve

Bring 6-8 cups of water to boil; add pasta and cook until tender. Meanwhile, heat olive oil in a large skillet over medium heat, add the onions and garlic, and cook until tender. Add the kale and sauté until wilted and bright green. Drain the pasta and combine it with the onions, garlic, and kale.

Focus on Kale



Kale is the oldest member of the cabbage family and among the earliest cultivated. It was a favorite vegetable in ancient

Rome and has remained a staple

in Scotland and Ireland. It has not received the same widespread use in the states as other countries.

Oddly enough, the largest consumer of kale in the U.S. is Pizza Hut as a garnish for their salad bar!

Kale is superior to most vegetables nutritionally. It is

Meet the Farmer: Hello! My name is Jenny Tuckey and I own EverGood Farm with Brendan. Originally from Ripon, WI I began farming in New Zealand with Brendan where we worked on organic farms while traveling around the country. After working on a goat dairy we decided we liked vegetables more (they don't talk back!) and have been pursuing our farm since then. In my free time (aka winter) I enjoy sewing, knitting, cooking, baking, running, and cross country skiing. We are happy to call Sugar Camp home and love growing tasty vegetables for you all!



Recipes Continued:

Season with salt and pepper and top with parmesan; serve immediately. Makes 2 servings.

Kale and Walnut Pesto

<http://www.loveandlemons.com/2013/04/02/kale-walnut-pesto/>

Small bunch kale (4-6 leaves, remove the thick stems)

1/4 cup walnuts, toasted

1/2 to 1 clove garlic

1/4 cup olive oil (or more for a smoother pesto)

juice and zest of one lemon

salt and pepper to taste

optional: grated parmesan or pecorino cheese

(you can use the kale stems in the pesto but you need to boil them longer (separately than the leaves, about 20 minutes or until tender)

Bring a large pot of salted water to a boil. Fill a large bowl with ice and water. Blanch kale for about 30 seconds, remove and place in the ice bath to stop the cooking process. Dry the kale a bit, squeeze out some of the excess water and set on a towel for a few minutes more. Blend everything together in a food processor. Pulse to create a chunky pesto, blend longer to create a smoother one. Taste and adjust seasonings to taste. This is great on pasta, rice, crostini, in eggs, in a grain salad, or as a sandwich spread.

Curried Carrot Soup

<http://www.oprah.com/food/Curried-Carrot-Soup>

This soup is awesome and a staple in our house!

1 Tbs olive oil

1 medium onion, chopped

1 rib celery, chopped

1 clove garlic, chopped

2 pounds carrots, scrubbed but unpeeled, cut into 1/2-inch thick rounds

1 Tbs of your favorite curry powder

1 tsp ground ginger (I usually use fresh)

5 cups chicken or vegetable broth

1 cup plain nonfat yogurt or coconut milk

salt and freshly ground black pepper, to taste

Heat the oil in a large saucepan over medium heat.

Add the onion, celery, and garlic and cover. Cook, stirring occasionally, until the onion is golden, about 5 minutes. Add the carrots and stir well. Stir in the curry powder and ginger and cook, stirring almost constantly, for 30 seconds. Add the broth and bring to a boil over high heat. Reduce the heat to medium-low and partially cover the pot. Simmer until the carrots are very tender, about 30 minutes. In batches, transfer the soup to a blender, process until smooth and pour the pureed soup into a large bowl. (or use an immersion blender right in the pot) Return the pureed soup to the pot. Stir in the yogurt or coconut milk and gently heat without simmering. Season the soup with salt and pepper to taste. Makes 6-8 servings.

Chickpea and Spinach Salad with Cumin

<http://leitesculinaria.com/18706/recipes-chickpea-spinach-salad-cumin.html>

Another favorite in our house, which I think would be good with lettuce too!

One 15.5 ounce can chickpeas, drained and rinsed

2 Tbs chopped fresh parsley

1/4 cup diced red onion

2 Tbs olive oil

2 Tbs fresh lemon juice

1/4 tsp finely grated lemon zest

3/4 tsp ground cumin

Pinch of cayenne pepper

Salt and Freshly ground black pepper, to taste

3 Tbs plain yogurt

1 Tbs orange juice

1/4 tsp honey

2 ounces baby spinach leaves (about 2 cups)

1 Tbs coarsely chopped mint

In a medium bowl, combine the chickpeas, parsley, and onion. In a small bowl, whisk together the oil, lemon juice and zest, cumin, cayenne, salt, and black pepper. Pour the dressing over the chickpea mixture and toss to coat evenly. In another small bowl, stir together the yogurt, orange juice and zest, and honey. Divide the spinach leaves among 4 plates. Spoon the chickpea mixture over the spinach. Top with the yogurt sauce and sprinkle with the mint

Enjoy! From all of us at EverGood Farm.

Next Week's Best Guess: cilantro, cherry tomatoes (full shares) zucchini, cucumber, beets, mini onions, broccoli and more!