



# Veggie Times

Week 7 EverGood Farm CSA Share

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**Full Shares:** Cucumber, peas, zucchini, onions, carrots, chard, beans, head lettuce, parsley, kohlrabi, broccoli/cauliflower (hopefully!)

**Half Shares:** Cucumber, peas, zucchini, cilantro, scallions, spinach OR salad mix, beets

**On the farm:** Greetings! With summer weather finally here it looks like the bounty season is starting. We have a lot going on the next few weeks and we hope to see some of you at our upcoming events. Crops seem to be growing well in the heat and we are keeping our fingers crossed for tomatoes next week. Those of you who didn't get blueberries last week should be getting them this week. Enjoy! Full shares, it's looking pretty positive we will have broccoli OR cauliflower in boxes this week if the warm weather continues. We are having a lot of green caterpillars this year, they are doing some damage to the crops, which you may see on future cabbage. We do soak the cabbage/broccoli/cauliflower to draw out the worms, but we'd recommend soaking broccoli and cauliflower after you cut it up in a mild salt water solution before cooking to avoid any unwanted surprises!



## Focus on Kohlrabi

Kohlrabi is sometimes described as having a radish/apple/turnip flavor. It is crisp, juicy, and somewhat sweet. The main bulb is peeled and

eaten raw. It makes a great dip! Otherwise it can be stewed, or roasted with other vegetables. Kohlrabi is a good source of thiamin, folate, magnesium and phosphorus and a great source of dietary fiber. It has a surprising amount of vitamin C coming in at 140% of the daily value.

## Recipes

### Sautéed Kohlrabi

2 kohlrabi or 1 large  
4 Tbsp butter or olive oil  
1 Tbsp fresh herbs (thyme, dill, parsley, basil 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, reduce heat to low, cover and cook 10 minutes. Remove from heat and stir in fresh herbs. Makes 2-4 servings.

### Swiss Chard, Onion, and Cheese Frittata "cooking from the farmers market"

1 bunch swiss card  
4Tbsp olive oil  
1 small onion, thinly sliced  
salt and freshly ground black pepper

## Meet our Market Volunteer: Colleen



I am a retired teacher/school counselor and live north of Rhinelander. I have been an on-air volunteer for WXPB for 27 years. I have been interested in gardens and growing food for as long as I can remember. I have had my own garden for 40 years and even though my children are out of the house it hasn't gotten any smaller. I am a master gardener, and have worked with the Rhinelander Community Garden for several years. When I heard about the volunteer opportunities at EverGood I jumped at the chance to help out at the Wednesday Farmers Market. I am proud to be associated with the most beautiful and delicious produce you will ever consume!

## Recipes Continued:

6 large eggs  
4 cloves garlic, finely chopped  
1/4 cup grated hard cheese, such as parmesan  
Pinch of cayenne pepper

Position rack in the upper third of your oven and preheat to 350F. Cut the chard stems crosswise into slices 1/4" thick. Coarsely chop the leaves. In large oven proof frying pan over medium heat, warm 2 Tbsp olive oil. Add the onion and sauté until tender, about 6 minutes. Add the chard stems, season with salt, and sauté about 4 minutes. Add the chopped leaves and sauté until tender 2-3 minutes. Transfer to a plate and set aside. In a large bowl, lightly beat the eggs with garlic and cheese. Season with cayenne, salt and black pepper. Gently squeeze the liquid from the chard and stir into the egg mixture. Pour into your pan and cook on medium until the eggs are set around the edges, about 5 minutes. Transfer to the oven and cook until set, 7-9 minutes longer. Cool briefly. Cut into wedges and serve immediately.

### Freezing/drying Herbs

A quick way to freeze most herbs (except basil) is to put sprigs in a freezer safe bag arranged in a single layer so you can remove what you need. You can also use a food processor to make a thick herb paste (you'll need to add a little oil). The freeze tablespoon size dollops onto a cookie sheet lined with parchment. Once frozen, remove and put into storage containers.

I've had good luck drying some herbs by simply hanging them upside down by their rubber band in my kitchen. I've tried this with parsley, oregano, sage, and thyme. Once they are dry I transfer them whole into mason jars.

### Onion Tops!

-Since we are beginning bulb onion season, you may

be wondering if you can eat those beautiful green tops...the answer is yes! Treat them just like the green part on scallions. As long as they look nice eat them!

### Zucchini Fries

<http://www.health.com/health/recipe/0,,10000001831902,00.html>

2 zucchini  
1 egg white  
1/4 cup milk  
1/2 cup shredded parmesan cheese  
1/2 cup seasoned breadcrumbs  
vegetable cooking spray

Preheat oven to 425F. Cut zucchini into 3" sticks. Whisk an egg white in a small bowl, and add milk. Combine parmesan and seasoned breadcrumbs in a separate bowl. Dip zucchini sticks into egg mixture, and then roll in breadcrumbs mixture. Coat a baking sheet with cooking spray, and place zucchini on sheet. Bake for 25-30 minutes or until golden brown. Would be great served with pesto, or other dip.

We had a request for some salad dressing ideas.

### My go-to salad dressing:

In a jar add equal parts good balsamic vinegar, and olive oil. I usually add a bit more balsamic than olive oil. Add in 1-2 tsp dijon mustard to taste, salt, and pepper to taste, a bit of garlic and desired herbs (fresh or dried). I love any italian herbs like thyme, basil, or oregano. Put your lid on and shake until mixed. Salad dressings like this will keep for a long time in your fridge, but you'll need to shake to mix before using

### This one I haven't tried but it looks great:

#### Garlic and Herb Dressing

Combine 3/4 cup raw apple cider vinegar, 1-2 Tbsp mayonnaise, 3 cloves minced garlic, salt and pepper to taste, 1 tsp basil and 1 tsp thyme. Add 1 1/2 cups extra virgin olive oil and blend or shake to mix. Refrigerate when not using.

**Enjoy! From all of us at EverGood Farm.**

**Next Week's Best Guess**

**Full: Tomatoes, celery, cabbage, salad mix, zucchini, cucumber and more**  
**Half: Cabbage, Broc/cauli, head lettuce, chard, carrots, kohlrabi, and more**