



Veggie Times

Week 7 EverGood Farm CSA Share

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Full Shares: Zucchini, cucumber, tomato, head lettuce, beans, peas, basil, onion, celery, cabbage, carrots

Half Shares: kale, zucchini, head lettuce, scallions, kohlrabi, beans OR peas, cilantro, beets, garlic

On the farm: Greetings! You may have noticed, the bounty is beginning. Expect to see larger boxes throughout August and most of September.

Cucumbers are just starting, tomatoes in the greenhouse and picking up, and the pepper and eggplant plants are getting huge! Those of you who didn't receive blueberries will get them. We expect to have enough beans for everyone, but if we don't some half shares may get peas instead and will get beans next week. It was a hot week last week, which meant a lot of growth. We are starting to catch up on our head lettuce patch, but they have been huge and beautiful. Today we've been hammered with storms all morning, but luckily no hail. It was a little too much rain, but at least Brendan will get a break from irrigating.

Focus on Garlic

This year we have an amazing garlic crop. We learned a new technique for picking and curing (we were told to handle the cloves like eggs!). The resulting garlic has hardly any rotten heads, and they are all nice and firm and fully dried. We are growing about 8 different varieties of garlic this year and are

trying to increase some of the more specialty varieties, which you may see at farmers market. CSA members will be getting varieties like Italian Red, German Red, German white, and music. These are all great, roasted, raw, and for all purpose use. I'm sure you've all heard the health benefits of garlic, and will have no problem enjoying it!



Recipes Simple Roasted Garlic

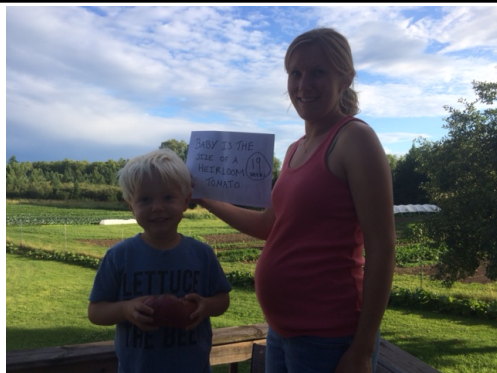
<http://www.thekitchn.com/how-to-roast-garlic-in-the-oven-cooking-lessons-from-the-kitchn-5341>

Roasted garlic is great in salad dressings, and spread on crusty bread

1 or more heads of garlic
olive oil

Aluminum foil

Heat oven to 400F. Peel off most of the paper off the garlic, but leave the head intact with all the cloves connected. Trim off the top of the head of garlic (about 1/4") Drizzle 1-2 teaspoons of olive oil over the exposed surface of garlic, letting it drip into the cloves. Wrap in foil and bake for about 40 minutes. The garlic is done when the center clove is very soft when pierced with a paring knife. Remove from oven and cool slightly before serving



Meet our farmer: Jenny

Hello! I am your farmer Jenny. We have some exciting news to share with you all. Not only are the veggies growing but I am growing a baby too! This week I am halfway through the pregnancy, which puts me due around Christmas time. We are anxious to meet this little one and Emmett is excited to be a big brother. Luckily my pregnancy has been very good and I've been able to keep up with the busy farm so far! As always we love growing veggies for our CSA customers and this has been a great year so far. When I'm not farming I enjoy knitting, sewing, creating things, cooking, and hanging out with my family.

Recipes Continued:

Roasted Beet "Chips"

Thanks to a fellow CSA member I was reminded how I love eating beets this way!

1 bunch of beets or any amount-greens removed and washed
olive oil
salt

Preheat oven to 400F. Slice the beets into very thin rounds. A mandolin would be handy here. Toss them with a good amount of olive oil and a sprinkling of salt. Arrange on a baking sheet trying to separate the beet rounds as much as possible. Roast, checking and turning often (they burn quickly) until tender and beginning to crisp up. Serve immediately or store to use throughout the week.

Cabbage Kohlrabi Slaw

<http://www.foodnetwork.com/recipes/food-network-kitchens/cabbage-kohlrabi-slaw-recipe.html?soc=sharingpinterest>

Peel 1 medium kohlrabi or turnip and cut into matchsticks. Whisk the juice of 1/2 lemon, 1/4 cup chopped dill, 1/2 clove minced garlic, 1 tsp dijon mustard, and salt and pepper in a bowl; whisk in 3 tablespoons olive oil. Toss with the kohlrabi, 1/4 head shredded cabbage and salt and pepper to taste.

Glorious Garlic Dressing

<http://www.healthstartsinthekitchen.com/2013/02/15/glorious-garlic-vinaigrette/>

4-6 cloves of garlic
1/2 cup apple cider vinegar
1 cup olive oil
1/3 cup water
1 1/2 Tbsp honey
1/4 tsp sea salt
black pepper to taste

Toss everything into a blender and blend until smooth and creamy. I recommend starting with 4 small cloves of garlic and adding more as needed. This will yield about 2 cups of dressing.

Easy Stir Fry

<http://www.tomatoboots.co/homemade-stir-fry-sauce/>

Any mix of your favorite stir fry vegetables or meats.

Celery
carrots
broccoli
mushrooms
scallions/onions
peppers
kohlrabi-cut into chunks
chicken, tofu, beef
cooked rice or noodles

Sauce (you may want to double!):

2 Tbsp sugar or honey
2 Tbsp soy sauce
dash of red pepper flakes
1 1/2 tsp sesame oil
1/8 tsp ground ginger (fresh is good too)
1 Tbsp vinegar
3/4 Tbsp flour, cornstarch or other thickener
I also like adding garlic, or garlic scapes

Stir fry your vegetables starting with the slowest cooking first. Add cooked meat if desired. Pour sauce over stir fried vegetables and let simmer a few minutes. Serve hot over rice or noodles.

Enjoy! From all of us at EverGood Farm.

Next Week's Best Guess

Full: leek, kale, salad mix OR head lettuce, zucchini, cucumber, cilantro and more

Half: zucchini, cucumber, peppers, onion (hopefully), head lettuce and more!