



# Veggie Times

Week 7 EverGood Farm CSA Share

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**Full Shares:** Beans, pepper, fennel, watermelon radish, celery, basil, cabbage, zucchini, mini onion, head lettuce

**Half Shares:** Fresh onion, watermelon radish, spinach or salad mix, basil, broccoli or cauliflower, cucumber or zucchini **\*there is a chance we will run out of broccoli and cauliflower. Those shares will get beans instead and we will even it out in the coming boxes**

**On the Farm:** The farm is looking beautiful and bountiful these last couple weeks. Unfortunately the unseasonably cool temperatures have not been kind to our cucumbers and tomatoes. I saw the first two almost ripe slicer tomatoes today, so I really hope I'll be able to get tomatoes to some of you next week. Sorry to keep delaying it, but we can't control the weather. We also hope to put cucumbers in half shares, they are maturing at a snails pace, which is very strange for August. Half shares, you'll be getting beans soon! Thanks for your patience. We are very excited for the potluck next Sunday. If you haven't RSVP'd yet we'd love it if you could let us know if you are coming by Wednesday! Stay tuned for more information about morning yoga and brunch out at the farm in September.



## Focus on Onions

We grow a few different types on onions. Green/purple scallions you all

became very familiar with in the early days! You've also received fresh onions last week, which are bulb onions before they've gone through the curing process. I personally like these the best because you can use the bulb for cooking and the green tops like a scallion in your salad. This week full shares are receiving mini onions. These are a specialty onion

which are no bigger than a golf ball. If left to cure these might be called pearl onions in the grocery store. Half shares, you'll be receiving these next week or the week after! There are over 300 species of onion, 70 which are native to north america. Some other familiar ones are shallots, leeks, and garlic. Onions are high in vitamin C, a good source of fiber, and add a ton of flavor at only 45 C/serving.

## Recipes

### Watermelon Radish Salad with Avocado Vinaigrette

1 shallot, finely diced

1 1/2 Tbs lemon juice, plus extra to taste

1 1/2 Tbsp white wine vinegar

Salt

1 Avocado, halved lengthwise, pitted and diced

1/4 cup extra-virgin olive oil

2 head romaine/salad mix, spinach or other lettuce cut into 1/2 inch pieces

1 watermelon radish, thinly sliced

1/4 cup chopped cilantro

In a small bowl, stir together the shallot, 1 1/2 Tbs lemon juice, vinegar, and a pinch of salt. Gently stir in the avocado, season with salt, and let stand for 10 minutes, stirring occasionally. Whisk in the olive oil to make a vinaigrette.



**Meet the Future Farmer:** Hello, my name is Emmett and I am almost 18 months old! I like farm life quite a lot. My days are kept busy walking on newly planted beds, pulling out baby lettuce transplants, smelling flowers and vegetables, pushing around harvest carts, chasing the cat and dog, and trying to eat whatever berry I can get my hands on. I also love helping water the greenhouse, and will take as many tractor rides as my Dad will give me!

## Recipes Continued:

In a large bowl, combine the romaine, radish and cilantro. Stir in the vinaigrette and drizzle over the salad. Toss gently and season with salt and additional lemon juice. Transfer to individual plates and serve immediately.

### Looking for other ideas for watermelon radishes?

- They are great roasted
- With all those beautiful tops-radish top soup
- Sliced and dipped in hummus

### Fennel, Bean, and Pasta Salad

Fennel Bulb, leafy tops removed and reserved

1 small onion

olive oil

1 can (28 ounces) kidney beans

2-3 cups cooked pasta

1 tsp lemon pepper

Salt and pepper to taste

Thinly slice fennel bulb and onion; saute in olive oil.

Combine the remaining ingredients and 1 Tbs of the reserved greens chopped. Add salt and pepper to taste.

### Other ideas for fennel

- Try substituting for celery in a recipe
- Roast at 350 with olive oil
- Slice fennel and use for dipping
- Use fennel leaves as a fresh herb or substitute for dill.
- Roast beets, and slice fennel. Make a salad with goat cheese, walnuts, beets, fennel, salad greens, and balsamic dressing

### Roasted Cabbage Wedges

<http://www.marthastewart.com/315062/roasted-cabbage-wedges>

1 Tbs plus 2 more Tbs extra virgin olive oil

1 medium head green cabbage, cut into 1-inch-thick rounds

Coarse salt and ground pepper

1 tsp caraway or fennel seeds

preheat oven to 400 degrees. Brush a rimmed baking sheet with 1 Tbs olive oil. Place cabbage rounds in a single layer on sheet and brush with 2 Tbs oil.

Season with coarse salt and ground pepper and sprinkle with 1 tsp caraway or fennel seeds. Roast until cabbage is tender and edges are golden, 40-45 minutes.

\*I haven't tried this yet, but it looks great! I think it would work with red and savoy cabbage too! Let me know if you try it.

### Freezing celery

If you are not a celery fan and only use it when a recipe calls for it in soups and such go ahead and freeze it. I chop it into desired size pieces arrange in a single layer on parchment covered cookie sheets and freeze. Once frozen put into ziploc bags or jars and keep frozen until ready to use.

### One Pot Wonder Tomato Basil Pasta

<http://www.apronstringsblog.com>

I have made this with my frozen tomatoes and it actually works. Great for a quick meal.

12 ounces linguine pasta

1 can (15 ounces) diced tomatoes with liquid

1 large sweet onion, cut in julienne strips

4 cloves garlic, thinly sliced

1/2 tsp red pepper flakes

2 tsp dried oregano leaves

2 large sprigs basil, chopped

4 1/2 cups vegetable broth

2 Tbs extra virgin olive oil

Parmesan cheese for garnish

Place pasta, tomatoes, onion, garlic, basil, in a large stock pot. Pour in vegetable broth. Sprinkle on top the pepper flakes and oregano. Drizzle top with oil. Cover pot and bring to a boil. Reduce heat to a low simmer and keep covered and cook for about 10 minutes, stirring ever 2 minutes or so. Cook until almost all the liquid has evaporated. Season to taste with salt and pepper, stirring pasta several times to distribute the liquid in the bottom of the pot. Serve with grated parmesan cheese

**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!**