



# Veggie Times

Week 8 EverGood Farm CSA Share

[www.EverGoodfarm.com](http://www.EverGoodfarm.com)

[office@evergoodfarm.com](mailto:office@evergoodfarm.com)

**Full Shares:** Zucchini, cucumber, cabbage, tomatoes (cherry or slicer), scallions, eggplant, cilantro, cauliflower, salad mix, hakurei turnips, kale, peas

**Half Shares:** Zucchini, cucumber, cabbage, peppers, parsley, fresh onion, head lettuce, broccoli, hakurei turnips

**On the farm:** Greetings! We are getting a great hot dry stretch, which we don't mind. We have a great irrigation system and it's nice to be able to control the amount of water our vegetables get. Brendan might like a break from the early mornings though! This week, it was hard to decide what was going into boxes since I had so many choices. There were a few things that needed to be put in like cabbage, and salad turnips so that put a few things I had planned on into next week's boxes. We are starting to get slightly more tomatoes now so we will start putting them in boxes. Last week we spent a good part of our non-harvesting time on tomato maintenance. We are seeing some early blight, which shouldn't be a problem as long as we keep pruning off the bad leaves. It's time consuming though! Don't forget about the farm party this coming Sunday the 17th. Details in the email.

are great dipped in hummus, on a salad, roasted or braised, or just eaten alone. We haven't had much luck growing turnips due to insect damage, but I think we may have found the right time to plant them. Enjoy! To store turnips, remove the greens (you can eat them) and place in a plastic bag in your produce drawer.

## Recipes

**Honey Glazed Baby Hakurei Turnips with Apples**  
<http://www.threebeansonastring.com/honey-glazed-baby-hakurei-turnips-with-apples/>

1 bunch of hakurei turnips, trimmed and greens reserved

1 large apple, peel left on, cored & sliced into chunks about the size of baby turnips

1 Tbsp olive oil

1.5 Tbsp honey

1/2 tsp salt

Place turnips and apple chunks in a large skillet; add water to cover turnips and apples halfway. Add olive oil, honey, and salt; bring to a boil. Cook 3-4 minutes until apples are soft-remove apples.

Continue cooking baby turnips until liquid is syrupy and turnips and tender, about 10 minutes. Add apples back to skillet and toss apples and turnips in liquid.

Add turnip greens to the skillet and cook over medium heat until just wilted, about 2 minutes.

Serve Warm.



## **Focus on Turnips**

Like Radishes, turnips are in the brassica family. This Japanese turnip is sometimes called a salad turnip due to its crisp delicious raw flavor. Sort of sweet, with a little spice. These turnips do not need to be cooked and



**Meet our Market Volunteer:** Hi, my name is Marj Steiner and I grew up in Orchard Lake, MI. At an early age I loved to garden. My family had an acre of land, and we grew all our vegetables and fruits, which we ate for the year. We canned and froze to preserve for the winter months. After college I married my husband Jim and we moved to the Chicago area. I stayed home with the kids while they were young and then taught pre-k through 2nd grade. I've also led high school groups on environmental and service trips to Peru, Kenya, and Tanzania. We are now retired and live five months of the year in Eagle River. I love gardening, reading, biking, hiking, and my time volunteering at EverGood's Market Stand in Eagle River selling delicious veggies.

## Recipes Continued:

### Asian Slaw

<http://thrivinghomeblog.com/2012/07/asian-slaw-recipe/>

#### **Dressing:**

1/3 cup olive oil  
1 Tbsp balsamic vinegar  
1 Tbsp rice vinegar  
4 Tsp red wine vinegar  
1 Tbsp soy sauce or Tamari  
juice of 1 lemon  
3 Tbsp sugar  
1/4 tsp black pepper  
1/2 tsp garlic powder  
1 tsp minced onion  
1/2 tsp salt

#### **Slaw Ingredients:**

1 pound of shredded cabbage  
2 Tbsp finely chopped green onion  
1/2 cup almond slivers or slices  
1/2 cup dried cranberries  
1/4 cup toasted sunflower seeds  
1 crisp pear or apple, diced in small chunks  
1 1/2 lbs grilled chicken, diced (optional)

Combine the dressing ingredients in a sealed jar and shake until combined. Chill in the fridge while making the rest of the salad. Toast the almonds at 350F for about 5-10 minutes until lightly browned. Approximately 30 minutes before serving, combine the slaw ingredients and then toss with part of the dressing. taste and add dressing or seasoning as needed.

\*This dressing is a great marinade for the chicken. simply double the above recipe and marinate your chicken making sure to discard leftover marinade.

### Simple Roasted Broccoli or Cauliflower

This is one of my favorite things to do with broccoli or cauliflower. It makes a great side-dish and you don't need a specific amount of either to make it!

Cut broccoli or cauliflower or combination into 1" size florets. Toss with olive oil to coat and a good amount of salt to flavor. Preheat oven to 375F. Arrange broccoli/cauliflower on a single layer on a cookie sheet. Roast, tossing every 10 minutes until just tender and beginning to crisp and brown. Serve warm.

### Zucchini-Crusted Pizza-a old favorite in our home "Moosewood Cookbook"

[http://www.molliekatzen.com/recipes/recipe.php?recipe=zucchini\\_pizza](http://www.molliekatzen.com/recipes/recipe.php?recipe=zucchini_pizza)

You can make the crust several days in advance...

olive oil and flour for the pan (I use parchment)

2 cups packed grated zucchini (about 2-7-inch)

2 eggs, beaten (ok to delete yolks)

1/4 cup flour (I use rice flour)

1/2 grated mozzarella

1/2 cup grated parmesan

1 tsp italian seasoning

2 Tbs. olive oil

Topping suggestions: spaghetti sauce, sliced tomato, extra grated cheese, sliced garlic, sautéed mushrooms, spinach, olives.

Preheat oven to 400F. Generously oil a 10-inch pie pan and coat lightly with flour (I double the recipe and use a baking sheet). Combine zucchini, eggs, flour, mozzarella, parmesan, herbs, and 1 Tbs olive oil in a bowl and mix well. Spread onto prepared pan and bake for 35 to 40 minutes or until golden brown. About halfway through the baking, brush with the remaining olive oil (optional). Remove from oven. When it has cooled for about 10 minutes, use a spatula to loosen the crust so it won't break later. Top with your favorite pizza items and bake at 400F until heated through.

**Roasted Eggplant:** Cut eggplant into 1" long wedges or rounds (asian eggplant) Toss with olive oil, salt, and italian seasonings. Roast at 375" until tender and beginning to brown. Makes a great addition to salads and pizza and can also be frozen like this once cooled.

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

**Next Week's Best Guess**

**Full: Broccoli, head lettuce, dill, beets, celery, fresh onions, beets and more**

**Half: leeks, carrots, beans, kohlrabi, celery, head lettuce and more**