



# Veggie Times

Week 8 EverGood Farm CSA Share

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

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

**Full Shares: Giant Kohlrabi, Parsley, Zucchini, cucumber, broccoli, salad mix, carrot bunch, eggplant, bulb onion, kale, hopefully cherry tomatoes but I cannot say for sure!**

**Half Shares: Celery, zucchini, fennel, cabbage, parsley, head lettuce, cucumber**

**On the Farm:** Last night we had our farm potluck and it was a blast. Everyone bought some amazing food and we enjoyed meeting some of our new members. It's looking like temperatures are staying in the 70's for the next 10 days so that means that our heat loving crops will continue to ripen slowly. Our zucchini have finally started producing and we are hoping to get more cucumbers this week too.



The tomatoes are so slow, however they have a lot of fruit and I've picked a couple of slicers so more should be on the way! On the plus side we have been getting some amazing spinach, broccoli, and cauliflower which is not normal for August.

## Focus on Zucchini/Summer Squash

From this week on we should have zucchini until frost.

This may leave some people wondering what to do with the bounty. I will give you some ideas this week. We grow three types of summer squash, green zucchini,

yellow summer squash, and patty pans. They all pretty much taste the same and can be used interchangeably. Patty pans are particularly good



sliced (1/4" thick) and grilled. Summer Squash do not tolerate temperatures below freezing so after the first frost (which is usually around Sept 15th) only the ones we are able to cover with plastic will survive. Summer squash is approximately 94% water, very low in calories, and a great source of vitamins A and C, potassium, and calcium.

## Preserving Summer Squash

I have best luck freezing summer squash and zucchini by grating it, squeezing out the excess water, and then putting it into ziploc bags or canning jars in two-cup portions. I then use it in soups, vegetable fritters, breads, cakes, burgers and more. I have made pickles before and they were really good. I also know a lot of people who like to dehydrate them into chips. I find the green variety works best for dehydrating.

## Recipes

### Mock Apple Cobbler

Filling Ingredients:

3 pounds peeled, seeded and chopped zucchini (about 8 cups)

2/3 cup lemon juice

1 cup sugar

1 tsp ground cinnamon

1/2 tsp ground nutmeg

Crust ingredients:

4 cups flour

2 cups sugar

1 1/2 cups (3 sticks) cold butter, cut into small pieces

1 tsp ground cinnamon



**Meet the Brendan's parents:** We are happily visiting Evergood farm once more and escaping the end of the New Zealand winter. This visit we have the added interest of seeing little Emmett run about the farm and when he disappears for a second we can usually find him in the raspberry patch! We know we are in for a healthy diet of fresher than fresher veg, plus plenty of fresh air whilst visiting - an extra bonus of our trip.

## Recipes Continued:

Combine zucchini and lemon juice in a large saucepan over medium-low heat. Bring to simmer and cook until tender, about 20 minutes. Stir in sugar, cinnamon, and nutmeg; simmer 1 minute longer. Remove from heat. Heat oven to 375F. Oil a 9X13 inch baking pan. Combine flour and sugar in a bowl; cut in butter with pastry cutter until mixture resembles coarse crumbs. Stir 1/2 cup of the crust mixture into zucchini mixture. Press half the remaining crust mixture into the pan. Spread zucchini mixture over it, then crumble remaining crust mixture over zucchini. Sprinkle with cinnamon. Bake until golden and bubbly, 35-40 minutes. Makes 12 or more servings.

### Fennel Orange Muffins

1 medium seedless orange, peeled  
1/2 cup vegetable oil  
3/4 cup brown sugar  
1 tsp vanilla  
2 cups grated fennel bulbs  
2 1/4 cups flour  
1 1/2 tsp baking powder  
1/2 tsp salt

Heat oven to 350F. Oil muffin cups. Puree orange in blender then combine with eggs, oil, sugar, vanilla, and fennel in a bowl. Sift flour, baking powder, and salt. Gently fold into wet ingredients. Do not over mix. Spoon into the muffin cups; bake 20-25 minutes until golden brown. Makes 8-12 muffins

### Chimichurri Sauce for Grilled Steak, Chicken, Fish, or Vegetables

MACSAC

1/3 cup olive oil  
3 Tbsp white wine vinegar  
1/2 tsp red pepper flakes  
1 cup chopped parsley  
3 Tbs chopped cilantro  
2 tsp minced garlic  
1 tsp chopped fresh oregano

Combine all ingredients with 1/3 cup water and let stand at least 1 hour. The flavors really bloom as they sit. Serve over grilled steak, chicken, fish, or vegetables. Makes about 1 cup.

## Kohlrabi Ideas

-Grate kohlrabi raw into salads, or make a non-traditional coleslaw with grated kohlrabi and radish, chopped parsley, green onion, and dressing of your choice.

-Try raw kohlrabi peeled and thinly sliced in a dip

-Sauté kohlrabi in butter; add herbs or curry for enhanced flavor

-Make kohlrabi "chips" peel and slice thin. Toss with olive oil, salt, and desired herbs and spices. Spread on a cookie sheet and roast at 400F until cooked and crispy.

-Kohlrabi leaves can be used like other greens, you may want to remove the center rib.

### Eggplant Bail Sandwiches

I have done a version of this without breading and frying the eggplant. We grilled first and then make sandwiches with the herbed cheese.

1 medium eggplant peeled and cut crosswise into 1/4-inch slices (20-24 slices)

kosher salt

1 package cream cheese softened

1/2 cup minced fresh basil

3/4 cup soft bread crumbs

3/4 tsp salt

1/4 tsp cayenne pepper

2 large eggs

vegetable oil for cooking

Lightly salt the eggplant slices with salt; place in a colander and weight with a heavy pot. Let stand in sink at least 30 minutes. Rinse with cold water and pat dry with paper towels. Mix cream cheese and basil in small bowl until smooth. Combine bread crumbs, 3/4 tsp salt, and cayenne pepper on a sheet of waxed paper. Crack eggs into a pie plate or shallow dish; froth with a fork. Spread eggplant sliced with herbed cheese. Make sandwiches with the sliced. Dip sandwiches first in beaten eggs, then in crumbs until well coated. Heat oil to 1/8 depth in large, nonstick skillet over medium heat. When very hot, fry in batches without crowding until crisp and golden on both sides, about 3 minutes per side. Serve warm (not hot) These are tasty with tomato/spaghetti sauce

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

**Next Week's Best Guess: cilantro, zucchini, cucumber, carrots (half shares), potatoes, kale (half shares), hopefully tomatoes for everyone and more!**