



# Veggie Times

Week 9 EverGood Farm CSA Share

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**Full Shares:** Zucchini, cucumber, fresh onion, pepper, fennel, spinach OR arugula, dill, head lettuce, celery, carrots, chard

**Half Shares:** Zucchini, cucumber, leek, carrots, tomatoes OR beans, kale, dill, giant kohlrabi, head lettuce

**On the farm:** The big accomplishment of this week was getting our garlic harvested and drying! The process involves harvesting the garlic, grading it by size into appropriate bunches, and then hanging the bunches from the ceiling in the shed. The job took us most of Monday to complete, but it was a great to have a “rainy day” project to do. Thanks to the nice weather the rest of the week, we were also able to get lots of farm chores (weeding, transplanting, etc.) accomplished as well. It’s nice to feel caught up on our to-do list! Finally, full shares will be getting celery this week and half shares will be getting it next week! Our celery has a stronger taste and is slightly stringier than celery you would buy in the store, but it is great in soups and can definitely be eaten raw by those who love that celery taste! The tops of the celery can also be frozen and are great for making vegetable broth or juicing. We were excited to see many of you at the farm party tonight!



## Focus on Fennel

Fennel has been used as a food, herb, medicine, and even insect

repellant throughout it’s long history. It is in the same family as carrots, celery, parsley, dill, and anise, hence it’s long green tops and rich flavor. Fennel is low in calories but rich in vitamin A, calcium, potassium, and iron, and also acts as a digestive aid. Use the bulb as a vegetable, the stalks in place of celery, and the tops as either a fresh or dried herb.

## Recipes

### **Carrot Fennel Orange Soup,** “From Asparagus to Zucchini”

- 2 tbsp butter
- 1 medium fennel bulb (reserve a few of the fronds)
- 4 cups sliced carrots
- 1 garlic clove, sliced thin
- 4 cups water, vegetable broth, or chicken broth
- 1/2 tsp salt, or more to taste
- 1/3 cup orange juice
- 1/4 cup sour cream

Heat butter in a large saucepan over medium heat. Add sliced fennel and cook, stirring often, until soft and beginning to turn golden. Add carrots and garlic; cook and stir for a minute or two. Add water or broth and salt; bring to simmer, cover, and cook until

## Meet our Future Farmer: Emmett.

Hi my name is Emmett and I am 2.5 years old. I like hanging out at the farm quite a lot. Some of my favorite things to do are pulling carts around and taking bites out of peas while they are still on the vine. I love the feel of a freshly tilled bed on my bare feet and I love to pull out plants after people plant them. I love swimming, the park, and anything that I can drive or push. Sometimes I even get to help Dad drive the tractors!



## Recipes Continued:

Puree mixture in a food processor or blender, or with an immersion blender. Stir in orange juice and sour cream until smooth and creamy. Serve each bowl garnished with fennel fronds. Makes 4 servings.

### Swiss Chard with Raisins and Almonds

[epicurious.com](http://epicurious.com)

- 1 cup sliced onion
- 2 1/2 tbsp olive oil, divided
- 1/4 tsp Spanish smoked paprika
- 1 bunch Swiss chard, center ribs discarded and leaves coarsely chopped
- 1/2 cup golden raisins
- 1/2 cup water
- 1/4 cup coarsely chopped almonds with skins

Cook onion with 1/4 tsp salt in 2 tbsp oil in a 5-6 quart heavy pot over medium heat, stirring, until softened. Sprinkle with paprika and cook, stirring, 1 minute. Add chard in batches, stirring frequently, until wilted, then add raisins and water. Cook, covered, stirring occasionally, until chard is tender, about 7 minutes. Season with salt. Cook almonds in remaining 1/2 tbsp oil in a small heavy skillet over media,-low heat, stirring frequently, until golden, 3-5 minutes. Sprinkle almonds over chard. Serves 4.

### Shaved Kohlrabi with Apple and Hazelnuts

[epicurious.com](http://epicurious.com)

- 1/2 cup blanched hazelnuts
- 1 giant kohlrabi
- 1 tart apple (such as Pink Lady), peeled, cored, and thinly sliced
- 1/2 tsp finely grated lemon zest
- 1 tbsp fresh lemon juice
- 1 tbsp white wine vinegar
- Kosher salt
- 1/2 cup torn fresh mint leaves, plus more for serving
- 1 tbsp olive oil

2 ounces Pecorino di Fossa or Parmesan, shaved (about 1/4 cup)

Preheat oven to 350. Toast hazelnuts on a rimmed baking sheet, tossing occasionally, until golden brown, 10-12 minutes. Let cool, then coarsely chop. Toss kohlrabi, apple, lemon zest, lemon juice, and vinegar in a medium bowl; season with salt. Add 1/2 cup mint and gently toss to combine. Toss toasted hazelnuts and oil in a small bowl to coat; season with salt. Divide kohlrabi salad among plates and top with seasoned hazelnuts, Pecorino, and more mint. Serves 4.

### Grilled Fingerlings with Dill

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

- 6 lbs. fingerling potatoes, halved lengthwise
- 1/4 cup olive oil
- 1 1/2 tsp kosher salt
- 1 tsp freshly ground black pepper
- 4 tbsp butter, softened
- 1/4 cup roughly chopped fresh dill

Prepare a grill for medium heat (350-450). In a large bowl, toss potatoes with oil, kosher salt, and pepper. Set out 4 sheets of foil (each about 12 by 26 in.). Oil foil, divide potatoes among sheets, arranging them cut side down in a single layer on the short half of each sheet. Fold other half of each sheet over potatoes and crimp edges to seal. Grill packets, crimped sides up, covered, rotating halfway through, until potatoes are tender when pierced through foil, about 20 minutes. Transfer potatoes to a large bowl and toss with butter and dill. Sprinkle with coarse sea salt if you like.

### Carrot Apple Orange Juice

- 4 carrots (or many more!)
- 1-2 apples
- 2 oranges

Run all ingredients through a juicer and enjoy!

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

**Next Week's Best Guess**

**Full: Basil, leeks, salad mix, beets, zucchini, cucumbers, tomatoes, and more!**

**Half: Cilantro, fresh onions, fennel, celery, eggplant, and more!**