



Veggie Times

Week 9 EverGood Farm CSA Share

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Full Shares: Zucchini, Cucumbers, Parsley, Pepper, Garlic, Kale, Carrots, Head Lettuce, Poblano, Cabbage, Onion, Fennel, Apples, Tomato

Half Shares: Zucchini, Cucumbers, Scallions, Chard, Basil, Arugula, Pepper, Broccoli, Apples

On the farm: It's great to be in the full swing of harvest season! August is by far the busiest harvest time for us and it's great to see everything coming to fruition. This week we began picking our largest apple tree (over 600 apples from just one half!) and you will be getting them in your boxes this week. They are a bit tart eaten raw, but they are incredible in baked goods, so be planning how you want to use them! Now for a couple of quick notes. Although the plants themselves are looking very healthy, our tomatoes seem to be taking their sweet time producing and reddening up. As soon as we have them, they will be in your boxes! Also, due to the wet weather forecasted for this week, we are holding off on giving beans to anyone (they can't be harvested when the plants are wet). They will be back in your boxes hopefully next week!

calcium and iron. Additionally, since chard contains no oxalic acid, the minerals are much more readily available during digestion than they are from some other greens (such as spinach). Chard can be used raw in salads and green smoothies, added to soups for extra nutrients, sautéed in stir fries, or in any recipe calling for fresh spinach (quiches, lasagna, omelets). Below is my favorite salad recipe with chard, enjoy!

Garden Herb Salad This Rawsome Vegan Life

4-5 cups chard
1/4 cup cherry tomatoes
1 bell pepper
1/4 avocado
Handful basil leaves
Handful oregano leaves
2-3 dried figs/dates

Focus on Chard



Chard is a favorite among dark leafy green eaters and is an excellent source of nutrients. High in vitamins A, E, and C, chard also contains minerals such as

Dressing:
1 tbsp mustard
1 tbsp miso
1 tbsp vinegar
2 dates
2 peeled garlic cloves



Meet our Future Farmer: Emmett

Hi My name is Emmett and I am 3 years old. I've been raised on the farm, which is pretty fun most days! I get to do a lot of exploring and pretending, and while I'm not into helping Mom and Dad for very long, I do like to try to as much as I can. My favorite things to do are ride my bike, play with sticks, help Dad on the tractors, bake, make pretend houses and beds, and mow the lawn with my toy lawn mower. I love going to the park and swimming at Sugar Camp beach! I do love summer time, but I ask Mom and Dad from time to time when Winter will be here so I can go back to spending more time with them and getting all the attention!

Recipes Continued:

1 tbsp nutritional yeast

1/4 cup walnuts

Handful basil leaves

Water, as needed

Chop up the greens, tomatoes, pepper, avocado, and figs. Set aside. To make the dressing, blend all the ingredients together, adding as much water as needed.

Pour the dressing on to the greens and mix in, top it off with the remaining ingredients and enjoy! Serves 2-3.

Summer Fruit Crisp

Oh She Glows

This would be a great way to enjoy your apples!

Filling:

3 apples, peeled, cored, and diced

2 plums, peeled, pitted, and diced

1 cup cherries, pitted and halved

1 tbsp arrowroot powder (or cornstarch)

2 tbsp coconut sugar

1 tsp chia seeds

1/2 tsp cinnamon

Pinch of salt

Topping:

1/2 cup almond flour

1/2 cup oat flour

1/2 cup rolled oats

1/2 tsp cinnamon

2 tbsp coconut oil

2 tbsp maple syrup

Pinch of salt, to taste

Preheat oven to 375 and grease a 1 liter (4 cup) casserole dish. Combine the filling ingredients together in a large bowl. In another bowl, stir together all dry topping ingredients. Add in the maple syrup and coconut oil and mash with a fork until combined into a dough. Spoon fruit filling into casserole dish and level out. Crumble the topping over the filling. Bake uncovered at 375 for 30 minutes, checking on the topping at 20 minutes. Cover with foil for remaining time if topping is baking too quickly. The

crisp is ready when the fruit is fork tender and the topping is golden brown. Let cool 5 minutes and serve with vanilla ice cream or coconut whipped cream.

Fennel Quick Tips

From Asparagus to Zucchini

-Store fennel in a plastic bag in the refrigerator for up to 2 weeks

-The delicate leaves will go limp, wrap them in a moist towel and refrigerate

-Substitute it for celery in almost any recipe

-Use the feathery leaves as a fresh herb for seasoning; it is excellent on baked or broiled fish with butter and lemon

-Fennel can be baked, steamed, or sautéed with excellent results

-A yummy recipe idea: try a sauté of fennel, artichoke hearts, zucchini, tomatoes, sweet bell pepper, thyme, and a dash of salt and pepper

Roasted Carrots

The Forest Feast

6 medium carrots

1/2 tsp cinnamon

1/2 tsp paprika

1/2 tsp cayenne

1/2 tsp garlic powder

1/2 tsp coarse salt

1 tsp sesame oil

1 1/2 tbsp olive oil

Slice carrots diagonally into ovals, then shake in plastic bag with all other ingredients. Roast at 425 for 20-25 minutes until tender with crispy edges.

Spicy Feta Lettuce Wraps

The Forest Feast

A tasty way to use your head lettuce! Peel the leaves off of a head of lettuce. Fill each leaf with 1 tbsp feta, 3 cucumber spears, and 2 avocado slices. Drizzle with a dressing of 3 tbsp olive oil, 1 tsp red pepper flakes and a pinch of salt. Wrap and enjoy!

Enjoy! From all of us at EverGood Farm.

Next Week's Best Guess

Full: Potatoes, broccoli, beets, lettuce, peppers, tomatoes, onions, and more!

Half: Eggplant, potatoes, garlic, carrots, leeks, fennel and more!