



Veggie Times

Week 9 EverGood Farm CSA Share

www.EverGoodfarm.com

office@evergoodfarm.com

Full Shares: Potatoes, zucchini, cucumber, bulb onion, lemon basil, arugula, shallots, head lettuce, purple cabbage, cherry tomatoes, celery

Half Shares: zucchini, cucumber, lemon basil, carrots, arugula, 1 bulb onion, head lettuce, eggplant OR beans (everyone will get eggplant or beans over the next 2 weeks)

On the Farm: After a few weeks of chilly temperatures we are finally having some warm days. I personally love the cooler days but the tomatoes are heat lovers and we are finally seeing some cherry tomatoes ripen in the heat. We are excited to start putting them in full shares this week. Soon everyone will be getting them. This past week Brendan and his dad have been replacing our greenhouse zipper doors with more permanent end-walls. This has been a project we have been wanting to do for a while and it will be good to get it finished. Otherwise we spend a good part of every day harvesting. The bounty season is beginning!

Focus on Basil



Basil is an annual herb in northern gardens and adds a delicate flavor and aroma to many dishes around the world. Basil is believed to have originated in India. It was viewed as a holy plant and grown around shrines and temples. Basil is

commonly known for its role in sauces, pest, and salad dressings. Basil thrives in the heat of the summer, a cold spell below 38 degrees will kill this delicate herb, which is why you will all probably get a big bunch of it before our first hard frost. Basil has a large array of flavonoids which help protect your cells and chromosomes from damage. There are a few different varieties of basil. We grow traditional Italian Basil, and lemon basil which you are getting this week.

Recipes

Lemon Basil and Arugula Pesto

www.freshherbs.com

1 cup lemon basil

1 cup arugula

1/4 parmesan cheese, grated

1/2 cup pine nuts

1 tsp lemon zest

1 Tbs fresh lemon juice

1/2 cup extra-virgin olive oil

1 tsp salt

Pulse lemon basil and arugula in a food processor until finely minced. Add parmesan cheese, pine nuts, lemon zest, and lemon juice. Blitz until combined. While food processor is running, slowly drizzle olive oil until a thin paste forms. Add salt to taste and process until smooth. Serve as a dip, on pasta, potatoes, rice and more!

(this would freeze well without the parmesan cheese)

Zucchini Bread

www.smittenkitchen.com

This an awesome recipe for zucchini bread and it freezes great too.

3 eggs



Meet our 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 and also had a barrel in the ground for the winter squash, etc. After college I married my husband Jim and we moved to the Chicago area. I stayed at home with the kids while they were young and then taught pre-kindergarten through 2nd grade. I also led high school groups on environmental and service trips in Peru, Kenya, and Tanzania. We now are retired and live five months of the year near Eagle River. I love gardening, reading, biking, kayaking, and hiking. I have loved my time volunteering at the Eagle River Market selling produce!

Recipes Continued:

1 cup olive or vegetable oil
1 3/4 cups sugar
2 cups grated zucchini
2 tsp vanilla extract
3 cups all-purpose flour (I usually use 1/2 whole wheat)
3 tsp cinnamon
1/8 tsp nutmeg
1 tsp baking soda
1/2 tsp baking powder
1 tsp salt
1/2 cup chopped walnuts or pecans (optional)
1 cup dried cranberries, raisins or chocolate chips, or a combination (optional)
Preheat oven to 350F. Grease and flour two 8x4" loaf pans, liberally. Or line 24 muffin cups with paper liners. In a large bowl, beat the eggs with a whisk. Mix in oil and sugar, then zucchini and vanilla. Combine flour, cinnamon, nutmeg, baking soda, and salt, as well as nuts, chocolate chips or dried fruits. Stir this into the egg mixture. Divide the batter into prepared pans. Bake loaves for 60 minutes, plus or minus 10 minutes or until a tester inserted into the center comes out clean. Muffins will take about 20-25 minutes.

How to Caramelize Onions in the slow cooker

www.thekitchn.com

makes several cups, this is a great way to use up an excess of onions. I do this and then use throughout the week to flavor sandwiches and other meals

3-5 pounds yellow/white onions (4-5 large onions)
3 Tbs olive oil or melted butter
1/2 tsp salt

Peel and thinly slice all the onions into half moons. Transfer all the onions to a slow cooker (if using a 6 quart slow cooker it should be half to 3/4 full). Drizzle the olive oil or melted butter and the salt, if using, over the top of the onions. Toss evenly to coat all the onions. Cover and cook for 10 hours on LOW. If you are arounds while the onions are cooking you can stir occasionally, but this is not

necessary. If you'd like jammier, more concentrated onions with a deeper color, continue cooking for another 3-5 hours on LOW. Leave the lid ajar so the liquid can evaporate. Check every hour and stop when the onions taste good to you. Remove the onions with a slotted spoon and transfer to refrigerator or freezer containers. If any liquid remains in the slow cooker transfer to a jar or separate container. This can be used as broth in other recipes. Onions keep in the fridge for a week or freezer for at least 3 months.

Kale Salad with Red Cabbage and Carrots

www.wholeliving.com

I imagine this slaw will be good with green or savoy cabbage too.

1 Tbs olive oil
1 Tbs Dijon mustard
1 tsp apple-cider vinegar
Coarse salt and pepper
3 cups mixed shredded kale and red cabbage
1 carrot, peeled and julienned
1/4 cup fresh parsley leaves
2 Tbs diced red onion
2 Tbs sunflower seeds
2 Tbs pumpkin seeds
2 Tbs hemp seeds

In a small bowl, whisk olive oil, mustard, and apple-cider vinegar. Season with salt and pepper. In another bowl, combine kale, cabbage, carrot, parsley, and red onion with sunflower, pumpkin, and hemp seeds. Season with salt and pepper, drizzle with dressing, and toss to coat. Serves 4

Cucumber Green Smoothie

1/2 pineapple (peeled cored chopped)
1 cucumber peeled and chopped
1/2 pear (ripe, peeled, cored and chopped)
1 lime
1 cup spinach leaves
10 mint leaves
1 tsp agave or honey
Blend all ingredients and add ice if needed.

Enjoy! From all of us at EverGood Farm.

Next Week's Best Guess: cilantro, zucchini, cucumber, carrots (full shares), potatoes(half shares, kale, kohlrabi (half shares), spinach, possibly rutabaga!