

Zucchini Mania



It's amazing the difference weather can make! The first hot spell of the season is always an anxious time. It can typically force the winter veg to 'bolt' to seed or get smashed by summer pests.

But the real hero this week is the **Zucchini** patch, which started to pump out fruit as soon as the weather turned. The only challenge Zucchini's pose through summer is picking them in time! So, our crew will have their work cut out over summer making sure we get them before they turn into starchy marrows (and our pigs will have some serious eating to do if we can't keep up with the picking!).

This season, we are growing our favourite grey Lebanese Zucchini as well as the standard dark green Italian Zucchini's. Both varieties cook and eat very similar. Zucchini are typically associated with Mediterranean cuisine – but they are actually the perfect veg to thinly slice and grate into any dish.



Enjoy,

Cal Champagne
Green Connect Farm Manager

	Broad Beans	Lettuce (cos)	Zucchini	Beetroot (purple)	Leek and Parsley	Rainbow Chard	Broccoli OR Cabbage	Radish	Bay leaf	Potatoes	Onion	Apple	Peaches	Bananas	Avocado
Mini mix	*	*	*		*							*	*		
Small veg	*	*	*	*	*					*	*				
Small mix	*	*	*	*	*					*	*	*	*		
Regular veg	*	*	*	*	*	*	*	*	*	**	**				
Regular mix	*	*	*	*	*	*	*	*	*	**	**	*	*	*	
Large veg	*	*	**	*	**	*	*	*	*	***	***				
Large mix	*	*	**	*	**	*	*	*	*	***		**	**	*	
Fruit box												**	**	*	**

Christmas and New Year's Veg Boxes

Please note that there will be No Veg Boxes December 25th or 26th. We're taking a break for Christmas.

We will be doing boxes again on Thursday, January 2

(all Wednesday boxes for that week will be delivered on Thursday).

Because of our week off, please get all pauses and exclusions for this period to Kristin by Thursday the 19th of December.

Roasted Zucchini

Ingredients

- 2 zucchini's, sliced
- 1 teaspoon fresh minced garlic cloves
- 1 Tbsp extra olive oil
- Salt
- Freshly ground black pepper
- 1/2 teaspoon dried thyme or 1 teaspoon of fresh chopped thyme



Directions

Preheat oven to 200 degrees. Make sure there is a rack on the top rack spot in the oven. Place the zucchini and garlic in a bowl and toss with olive oil. Spread the zucchini out onto a foil or silicone-lined sheet pan, skin side down. Sprinkle with salt (1/4 to 1/2 a teaspoon). Roast the zucchini for 8-15 minutes, or until it begins to brown. (Start checking at about 7 minutes and keep checking every few minutes.) Once the zucchini has started to brown at the edges, remove it from the oven and place the zucchini in a bowl. Gently mix in the herbs and salt and pepper to taste

Source: <https://www.simplyrecipes.com>

Spicy Kale Pesto + Zucchini Noodles

Ingredients

- 3 large zucchini (1 per person), give or take, spiralized or julienned
- Cherry tomatoes, sliced in half
- Salt & cracked pepper

Pesto

- 1 bunch kale, stems removed and roughly chopped
- 1/2 cup almonds or pinenuts
- 3 – 4 tablespoon extra virgin olive oil, more as needed
- 2 cloves garlic
- 1 – 2 tablespoons nutritional yeast, or parmesan
- Himalayan salt, to taste
- Generous pinch red pepper flakes
- Juice of 1 small lemon



Directions

Pesto: Place ingredients in a food processor and blend until desired consistency. Add more olive oil (or water) if desired and taste for seasoning set aside.

Zucchini Noodles: I use a [spiralizer](#) or shave zucchini with a peeler then julienne (sliced thinly) Bring a large pot of salty water to the boil, blanch the zucchini pasta for 2-3minutes.

To Serve: Combine the kale, tomatoes and noodles together in a medium-size bowl and transfer to individual serving dishes. Top with parmesan or nutritional yeast.

Source: <https://simple-veganista.com/spicy-kale-pesto-with-zucchini-noodles/#tasty-recipes-9011>