



This week's box:

- Rainbow chard
- Mizuna
- Red Beets
- Pac choi or tatsoi
- Lettuce
- New potatoes
- Bilko cabbage
- Sweet basil

Large box also includes:

- Snap peas
- Purple peacock sprouting broccoli
- Fordhook Chard



Greetings! As our CSA member, you probably want to know the people who grow your food. So let us introduce ourselves. We – Jonathan and Petrina Fisher – worked in conventional office jobs until the birth of our son, Griffin, in 2010. Then, Petrina became a stay-at-home mom; a year later Jonathan decided he needed a change of pace. After our daughter, Caia, was born in July 2012 we took the plunge and purchased 20 acres in Snohomish the following December.

We started Skylight Farms to grow delicious food, plain and simple. We farm using sustainable and ethical practices while supporting the ecosystem. You have our promise that we'll never use synthetic chemicals or GMO seeds.

So far it's been an exciting adventure and we're glad that you've joined us. If you haven't had a chance to stop by yet, we hope you'll come by for a visit. We'd love to show you around!

Veggies of the Week: Red Beets and Pac Choi

Red Beets — What do beets, spinach, chard, and quinoa have in common? Oddly enough, they are related. They are all “goosefoots” – plants with leaves that resemble the tracks left in the dust by a goose. If you put the leaves of beet greens next to chard, you will see a distinct resemblance. In fact, don't throw away the beet greens; they are edible! Beet greens are an excellent source of potassium, folic acid, and magnesium. You can cook them as you would any leafy green.

Pac Choi — Sometimes called Chinese cabbage or Bok Choy, it's related to the common turnip. The whole plant is edible and has a mild flavor. It's a good source of vitamin A, vitamin C, and folate. Pac Choi has a high water content and becomes limp very quickly upon cooking so it should be cooked very quickly over a high temperature so that the leaves become tender and the stalks stay crisp. If cooking with other things, add it toward the end of the cooking process so that it doesn't become mushy.



Did you know? New potatoes are not a separate variety of potato, but are any variety of potato that has been harvested early. Many “new” potatoes found in the store are actually small, mature potatoes. The skin of true new potatoes is delicate and thin, so they are rarely if ever peeled before cooking.

Small in size, new potatoes are classically served simply boiled and buttered. Their high moisture content helps keep their shape when they're cooked, making them ideal for potato salads. They are poor candidates for either baking or frying and don't make great mashed potatoes. You can, however, use them to make Smashed Potatoes (see recipe).

Because they have such thin skins and high moisture levels, use new potatoes within a day or two. Resist the temptation to wash them before storing. There's a reason why we've given you slightly dirty potatoes. That bit of dirt clinging to their skins will actually help keep them fresh and any water on the outside will hasten bruising and softening.

Sautéed Greens: Chard, Mizuna, Pac Choi, Tatsoi, Cabbage, Beet greens

The simplest and easiest way to use greens (other than eating them raw) is to sauté them. All you need is a large pan, some oil, salt and pepper.

Try any of these ideas to liven up your dish:

- Make it spicy: add a ½ tsp of red pepper flakes to the oil while it's heating up.
- Give it a splash: add the juice of ½ a lemon or add a couple splashes of white wine or some balsamic vinegar right after you add the leaves to the pan.
- Add some aromatics: Mince some ginger or garlic and add it to the oil right before you add the leaves. Don't leave it in too long or it will burn!
- Make it Asian: Add a splash of soy sauce and/or sesame oil after the leaves are in the pan.
- Make it hearty: Add some cannellini beans or chickpeas to the hot oil, before adding the leaves.

Smashed Potatoes

1 lb. new potatoes
2 Tbsp. olive oil
2-3 cloves of garlic, minced (optional)
Salt and pepper

1. Wash the potatoes but do not peel. Put them in a large pot with a tight-fitting lid and cover with cold water. Bring to a boil. Add enough salt to make the water taste salty (at least 1 Tbsp.) and cook potatoes until they are tender when pierced with a fork.
2. Drain potatoes thoroughly. Let cool slightly. One at a time, smash them with a small frying pan, or the bottom of a large, heavy glass.
3. Return the pot to the stove and heat over medium-high heat. Add oil and garlic, and cook until fragrant, about 30 seconds. Add smashed potatoes, stir to combine and cover.
4. Hold lid on pot closely and shake pot vigorously to further smash up the potatoes and combine them with the oil and garlic. Season with salt & pepper.

Try this: 1) Stir in fresh herbs such as parsley, thyme or basil. 2) Use butter instead of olive oil. 3) Add a drizzle of truffle oil or a pinch of truffle salt.

With a peppery, mustardy flavor **Mizuna** has lovely fringed leaves that look as good as they taste. It is a common stir fry and soup ingredient and it can be adapted to most recipes calling for mustard greens or even cabbage.

Try it as a topping on pizza, tossed into pasta, blending into a pesto and adding to a sandwich or burger. It pairs well with apples, pears, peaches, figs, citrus, nuts, light bodied vinegars, garlic, bacon, tomatoes, and hard cheeses.

Roasted Beets with Wilted Beet Greens

3-4 medium beets with beet greens attached
½ lemon
extra-virgin olive oil
Salt and pepper

1. Preheat oven to 400°F.
2. Trim greens from beets, leaving 1-2" of the stems attached. Cut off and discard stems. Coarsely chop leaves and reserve.
3. Wrap each beet in foil. Place beets in a baking dish and roast until tender when pierced with fork, about 1 hour 15 minutes. Cool. Peel beets, then cut each into 8 wedges. Place beets in medium bowl.
4. Heat a large saute pan over med-high heat. Add some olive oil and then the beet greens. Stir until the greens are wilted, just a few minutes. Squeeze lemon over the greens. Season with salt & pepper
5. Serve beet greens with slices of roasted beet on top.

Try this: 1) Add orange segments, goat cheese or feta, pistachios, or toasted pine nuts. 2) Cook the beet greens with some bacon or pancetta. 3) Saute an onion and/or garlic along with the beet greens

Mixed Greens Pesto

You can make pesto with just about any leafy green vegetable, a variety of nuts and cheese. You can also omit the nuts or cheese if you have food sensitivities.

1 bunch basil and/or 1 bunch of leafy greens (kale, chard, spinach, arugula, mizuna, beet greens)
¼ cup oil (Your choice: olive or vegetable)
¼ cup toasted nuts (pine nuts, pecans, walnuts, or hazelnuts)
¼ - ½ cup shredded cheese (parmesan, asiago, pecorino romano, or feta)
Salt & pepper

1. Pull the leaves off the basil stems. Tear the leaves of your greens into big pieces. Put all the leaves in a food processor. Discard the stems.
2. In a dry skillet, lightly toast the nuts, about 2 minutes. Add toasted nuts to the food processor.
3. While the food processor is running, drizzle in the oil. If it's too thick, add more oil. If it's too runny, add more leaves.
4. Add cheese and pulse until everything is combined. Season with salt and pepper.

Some ideas for using pesto:

- Put a dollop on grilled fish or chicken
- Toss with grilled veggies
- Freeze in ice cube trays and use a few cubes when making tomato sauce or soups
- Add to scrambled eggs
- Use as a spread on sandwiches