



This week's box:

- Carrots
- Snow and snap peas
- Zucchini
- Lettuce
- Mizuna
- Arugula
- Chard (Gold & Silverado)
- Gold Potatoes
- Broccoli or romanesco cauliflower

Large box also includes:

- Yellow squash
- Purple Viking potatoes
- Green onions



We goofed up last week and need to come clean since the person who was impacted has been too gracious to speak up.

Each week we deliver our surplus vegetables to the Ballard Food Bank after we are done dropping off CSA boxes. Last week one of the boxes intended for the Food Bank was not marked so someone received a box full of nothing but chard, instead of their CSA box. We realized the error pretty quickly and backtracked to check all the boxes. Unfortunately, some had already been picked up and the rush hour holiday traffic made it difficult for us to get back over to the eastside.

Needless to say, we feel terrible that this happened. If you received the errant box, please let us know because we want to make it up to you. We hope this never happens again.

Should anything ever seem amiss with your box, don't hesitate to contact us.

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Veggies of the Week

Carrots *Daucus Carota*

Carrots belong to a family of vegetables and herbs called umbellifers which also includes celery, dill, parsley, queen anne's lace, hemlock, and parsnips. It is native to Europe and southwestern Asia. Carrots are a good source of beta-carotene (vitamin A), potassium, calcium, phosphorus, vitamins B6 and C, magnesium, and folate. Resist the urge to peel the **Purple Dragon** carrots. The purple skin contains as much anti-oxidant lycopene as a tomato. The greens are edible too.

Romanesco Cauliflower *Brassica oleracea*

Romanesco is an edible flower that was first cultivated in Italy in the 16th century. It tastes like a cross between broccoli and cauliflower. Its shape approximates a natural fractal, meaning that each bud is composed of smaller buds which form a logarithmic spiral. Romanesco is rich in vitamin C, vitamin K, dietary fiber and carotenoids. It can be eaten raw, boiled, baked, braised or sautéed and pairs well with salty foods like olives, pancetta and capers.

Storage and Cleaning Tips

Carrots - Cut the tops off to keep them fresh longer. Leaving the tops on will draw moisture from the root, making them lose flavor and firmness. Place them in closed container, either wrapped in a damp paper towel or dunk them in cold water every couple of days for longer storage.

Romanesco Cauliflower & Broccoli – Soak the head in cold, salted water for about half an hour. Shake off excess moisture and store in a loose perforated plastic bag in the fridge for about a week.

Lettuce and other greens - Fill a large bowl or sink with cold water, break off the leaves, dunk them in the water, lift them out, change the water, and repeat until the water is clean. Dry greens very well with paper or kitchen towels or a salad spinner and store them in a plastic bag or airtight container with a couple paper towels. Chard and beet greens do well in a cup of water on the counter or in the fridge.

Summer squash – Can be left on a cool counter for a few days or refrigerate wrapped in a damp towel for up to a week.



Foil Pocket Veggies: Carrots, Zucchini, Potatoes, Cauliflower, Broccoli, Snow peas, Summer Squash

An easy way to cook veggies on the grill without burning them? Put them in a foil pocket. Just make sure the veggies are cut into the same size pieces.

1. You'll need: bite-size pieces of veggies and a large piece of aluminum foil.
2. Keep it simple by tossing the veggies with olive oil, salt and pepper. Optional: drizzle some balsamic vinegar or lemon.
3. Put them in the pocket. Poke a few holes in the top of the pocket and grill on med-high heat for about 10-15 minutes.

Try these additions:

- A pat of butter instead of olive oil.
- One slice of chopped bacon and 1 tbsp water.
- A couple cloves of smashed garlic.
- Herbs: cumin, coriander, curry powder, basil, or thyme.
- Top with grated parmesan.

Arugula Potato Soup

¾ cup chopped onion
1 tbsp oil
1 garlic clove, chopped
¾ cup potato, peeled & grated and reserved in water to cover
2 cups broth (veg or chicken)
2 cups packed arugula, washed well and dried
3 tablespoons half-and-half or heavy cream

1. In a heavy saucepan heat oil and cook the onion over moderate heat, stirring, until it is softened. Season with salt and pepper. Add the garlic, potato (drained), and broth; simmer the mixture, covered, for 8 to 10 minutes, or until the potato is very soft.
2. Stir in the arugula, simmer the mixture, covered, for 1 minute. Purée it in blender in batches for 2 minutes, until it is completely smooth.
3. Stir in the half-and-half before serving. Serve hot or cold.

Try this:

- Substitute a leek or green onions
- Serve it with garlic bread
- Top it with some parmesan cheese
- Drizzle some chive or truffle oil on top

Roasted Broccoli or Romanesco Cauliflower

1 medium head romanesco cut into 1 1/2-inch-wide florets
2 tbsp extra-virgin olive oil
1/4 tsp salt

1. Put oven rack in middle position and preheat oven to 450°F or heat a grill to med-high.
2. Toss cauliflower with oil and salt in a large bowl. Spread in 1 layer in a large shallow baking pan and roast 25 to 35 minutes. – OR – Place florets on hot grill 15 – 20 minutes.
3. Stir and turn over occasionally, until tender and golden brown.

Try this:

- Spice it up with some red pepper flakes or curry powder.
- Toss with slivered almonds and currants.
- Marinate in a purée of 1 onion, 3 garlic cloves, 1 tsp coriander, 1 tsp cumin.
- Purée the roasted romanesco with enough milk or broth to make it creamy.

Zucchini Potato Pancakes

A variation on a latke, these pancakes can be made with all zucchini or all potato. If you don't want to fry, use the broiler instead.

2 cups zucchini, grated
1 cup potatoes, peeled and grated
1/2 tablespoon lemon juice
1/2 cup grated Parmesan cheese
Pinch of salt and pepper
2 tbsp flour
1 egg, beaten
Oil for frying

1. Toss zucchini and potato in the lemon juice to prevent browning. Squeeze out all excess moisture from the zucchini and potatoes with towels or a sieve.
2. Mix with cheese, salt, pepper, flour, and egg and make sure that the ingredients are well mixed.
3. Heat a 1/2 inch of oil in a pan until hot and add thin silver dollar-size pancakes, frying over high heat until golden brown and crispy. Drain on paper towels. – OR – place under the broiler for 8-10 minutes each side.

Try these additions:

- 1 cup chopped scallions or grated onion
- 1-2 cloves minced garlic
- ¼ cup herbs such as parsley or basil

Tips for Using Arugula

Arugula's peppery and pungent flavor makes it a versatile green that can be used for more than just salad.

Try this:

- A garnish for meat or fish, or in a sandwich.
- A topping for pizza.
- Wilt it with some hot pasta, sundried tomatoes and mozzarella.
- Sauté it alone or with other greens.
- Make pesto.
- Pair it with some fruit and ricotta cheese.
- Put it in a grilled sandwich.
- Add it to potato salad or scrambled eggs.

Greens and Beans Bruschetta

4 cups chopped leafy greens (chard, spinach, orach, kale, arugula)
1 cup chopped onion
3 minced garlic cloves
1 can cannellini beans
1 teaspoon dried sage
1-2 tbsp lemon juice
1 baguette
Olive oil
Parmesan cheese shavings
Salt and pepper

1. Sauté onion and garlic in oil until soft, 3-4 minutes. Add greens and cook until wilted. Add beans, sage, and lemon juice until hot. Season with salt and pepper.
2. Cut a baguette on the diagonal into ½" thick slices. Brush with olive oil and toast in oven. Top with greens mixture. Garnish with a few parmesan cheese shavings.

Try these additions:

- Crushed red pepper
- Sundried tomatoes or olives