



From Field to Fork

CSA Member Newsletter

July 17, 2013: Week 4

This week's box:

- Carrots
- Flashy Trout Back Lettuce
- Arugula
- Mizuna & Tatsoi
- Radishes
- Broccoli
- Romanesco cauliflower
- Basil
- Summer squash

Large box also includes:

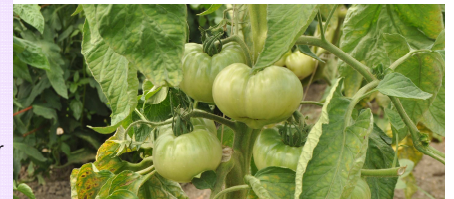
- Bilko (napa) cabbage
- Green onions
- Eggplant or green tomatoes
- Snow & snap peas
- Hungarian Hot Wax peppers
- Purple Sprouting broccoli



We are now selling boxes of **juicing vegetables** on a week-to-week basis. These boxes contain items that don't quite meet our standards for the premium-quality produce that we include in our CSA boxes but are still great for juicing. For example, this week's juicing box contains carrots and beets. Boxes cost \$12 for CSA members and \$15 for non-members. You can order directly from our website.

www.skylightfarms.com

The weather has been great and the vegetables are thriving. Here's what you can look forward to in the coming weeks: green beans, kale, atomic red carrots, onions, more beets, orach, and...tomatoes!



Veggies of the Week

Radishes *Raphanus sativus*

Radishes are an edible root vegetable of the Brassicaceae family that are enjoyed by people all over the globe. They have been eaten in Japan, China and parts of Europe since prehistoric times and were domesticated in Europe in the sixteenth century. Radishes are rich in ascorbic acid, folic acid, and potassium. They are a good source of vitamin B6, riboflavin, magnesium, copper, and calcium. They are most commonly eaten raw but cooking them can mellow out their flavor. The leaves, too, are edible and taste similar to arugula.

Flashy Trout back Lettuce *Lactuca sativa*

This Austrian heirloom dates to 1793 and is a dark green leaved romaine splashed with wine-red speckles. The large heads have endive-like hearts. Use it as you would any lettuce. It makes for a colorful Caesar salad.



Storage and Cleaning Tips

Eggplant—Wash it only before using, doesn't like extra moisture around its leaves. It also does not like to be cold so store in a cool room. For longer storage: wrap in a dry paper towel or paper bag in the crisper drawer.

Hungarian Hot Wax Peppers – Store in a paper bag in the refrigerator 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.

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.

Carrots and Radishes – Remove the greens (store separately) so they don't draw out excess moisture from the roots and wrap them in a damp paper towel in a loose plastic bag in the fridge.

Tomatoes - Never refrigerate. Depending on ripeness, tomatoes can stay for up to two weeks on the counter. Green tomatoes will not ripen into red tomatoes.

Ginger-Garlic Veggie Bowl

You can use almost any combination of vegetables for this recipe. Add your choice of cooked meat, shrimp, or tofu to make it a complete meal.

2 tbsp finely chopped fresh ginger
2 tbsp chopped garlic
oil
10 shiitake mushrooms, stems removed and sliced
3 cups chopped veggies (broccoli, carrots, snow peas, arugula, tatsoi, mizuna)
1 zucchini, very thinly sliced
salt
tamari or soy sauce, to taste
toasted sesame oil, to taste

1. In a large pan over med heat, sauté 1 tbsp of oil with a tablespoon each of the chopped ginger and garlic for 10 seconds. Add the mushrooms to the pan with a pinch of salt. Stir constantly to avoid sticking, until the mushrooms begin to soften, only about 4-5 minutes. Remove the mushrooms from the pan and set aside in a large bowl.
2. Add 1 more tablespoon of oil with the remaining ginger and garlic to the pan. Sauté another 10 seconds; add broccoli and carrots and cook for 3-4 minutes. Add the zucchini and leafy greens with another pinch of salt. Stir constantly for another 3 or 4 minutes until the greens wilt a little, but still retain their bright green color and crunchy texture. Remove from the pan and add them to the bowl of mushrooms. Toss with tamari and toasted sesame oil. Serve over rice or noodles, if desired.

Baked Zucchini Fries

3 medium zucchini, sliced into skinny sticks
1 large egg, beaten
¼ cup milk
½ cup bread crumbs
2 tbsp grated parmesan cheese
¼ tsp dried basil
Pinch of dried oregano
¼ tsp garlic powder
Salt and pepper

1. Preheat oven to 425F. Spray or brush a baking sheet with oil.
2. Whisk egg and milk together.
3. Combine breadcrumbs, herbs and cheese in a shallow dish.
4. Dip zucchini sticks in eggwash and then into the breadcrumb mixture, coating all sides. Place sticks on baking sheet.
5. Bake for 20-25 minutes, turning after 10 minutes, until golden brown and crispy.
6. Serve warm with marinara sauce.

2 Ways to use Hungarian Hot Wax Peppers

Hungarian Hot Wax Peppers are spicy. Remove the seeds before cooking and eating.

Roast on the grill, directly on the flame of a gas stove, or under the broiler. Roast until the skin is charred then place in a bowl and cover with plastic wrap to continue cooking for 15 minutes. Once cooled, remove the skin and seeds. Use it as a substitute for jalapeno peppers in salsa, burritos, or enchilada sauce.

Make a **quick pickle** with carrots, zucchini, or cauliflower. Toast 1 tbsp brown mustard seeds and 1 tsp whole peppercorns in a saucepan until fragrant. Add 1 ¼ cups cider vinegar, ¾ cup water, ¼ cup sugar, 2 tbsp salt and 1 bay leaf until sugar and salt have dissolved. Fill a jar with your vegetable of choice along with a few slices of Hungarian hot wax pepper. Pour the brine into the jar. Cool to room temperature, shake jar to distribute the brine, and then refrigerate. Can be kept in the fridge for up to 1 month.

Sautéed Radishes and Greens

1 tbsp butter
1 tbsp olive oil
1 bunch radishes, quartered – greens coarsely chopped
½ cup water
1 bunch arugula

1. Heat butter with oil in a heavy skillet over moderately high heat until foam subsides. Sauté radishes with salt and pepper, stirring occasionally about 6 minutes. Add water and cook covered, until crisp-tender, about 2 minutes. Then cook uncovered until liquid is evaporated, 1-4 minutes.
2. Add arugula and radish greens, stirring until wilted, about 1 minute.

Grilled Cabbage Slaw

You can make this with a grill outdoors or on a cast iron grill on the stovetop. Or, skip the grilling and just toss everything together in a bowl.

2 med heads or 1 large head cabbage, quartered through the core
1 bunch green onions
1 cup grated carrots
Oil
Juice from ½ a lime
2 tsp honey
Salt and pepper

1. Preheat grill to medium-high.
2. Combine lime juice, honey, and 1 tbsp olive oil. Season with salt and pepper.
3. Brush cabbages and green onion with oil. Sprinkly with salt and pepper. Grill cabbages until dark grill marks appear, 3-4 min per side. Grill green onions 2-3 min per side.
4. Remove and discard cabbage cores. Chop cabbages and green onions. Place in large bowl with grated carrots. Add dressing; toss to coat.

Try this:

- Use a variety of cabbages for different colors and textures.
- Add 1 cup of sliced snow or snap peas
- Add 1-2 minced jalapeno or Hungarian hot wax peppers (grilled or raw)

Eggplant and Green Tomato Rounds: Griddled, Grilled or Broiled

Eggplant and green tomatoes are excellent platforms for a variety of flavors and toppings.

1. Slice eggplant and tomatoes into ½ inch rounds. Salt the eggplant slices and let them stand for 30 minutes, then blot dry with paper towels. Skip this step if using fresh-picked eggplants.
2. Brush each side with olive oil.

3a. On the stove or grill: Heat a cast ridged iron pan or grill on medium-high heat. When hot, turn heat down to medium. Cook for 5 min, until grill marks appear. Remove tomato slices. Turn over eggplant slices and cook second side for 5 minutes.

3b. In the oven: turn on broiler. Broil about 5 inches from the heat until golden. Remove tomato slices. Turn over eggplant slices and cook second side until golden.

Some ideas for toppings:

- Feta cheese and olives
- Pesto, fresh mozzarella, and a drizzle of balsamic vinegar
- Hummus, arugula, and tzatziki
- Sundried tomatoes and roasted garlic
- Roasted red peppers and chèvre
- Carmelized or grilled onions
- Ricotta cheese, basil, and tomato sauce

Cream of Broccoli or Cauliflower Soup

¾ cup chopped onion
1 carrot, sliced thin
2 tsp mustard seeds (omit for cauliflower soup)
2 tbsp oil or unsalted butter
3-4 cups chopped broccoli or cauliflower
2 cups broth (chicken or veg)
1 cup water
1 1/2 tsp fresh lemon juice, or to taste
1/4 cup sour cream, cream or milk
Grated cheddar or parmesan cheese (optional)

1. In a heavy saucepan cook the onion, the carrot, the mustard seeds, and salt and pepper to taste in the oil/butter over moderate heat, stirring, until the onion is soft, add the broccoli, the broth, and the water, and simmer the mixture, covered, for 15 to 20 minutes, or until the broccoli is very tender.
2. In a blender purée the soup in batches until it is smooth, transferring it as it is puréed to another heavy saucepan. Whisk in the lemon juice and salt and pepper to taste, heat the soup over moderately low heat, and whisk in the sour cream (do not let the soup boil).
3. Serve with grated cheese, if using.