



# From Field to Fork

## CSA Member Newsletter

### July 24, 2013: Week 5

#### This week's box:

- Carrots (Atomic Red or Nantes)
- Arugula
- Purple cabbage
- Chard
- Beans (green, gold, or romano)
- Green onions
- English cucumber
- Broccoli
- Potatoes

#### Large box also includes:

- Traviata Eggplant
- Hungarian Hot Wax peppers
- Baby spinach
- Summer squash



Looking for some information in a prior newsletter? **All newsletters are now online.** Visit our website: <http://skylightfarms.com/csa/newsletters>

**We want your feedback.** In a week or two, we will be sending out a survey to gather your thoughts and comments about our CSA to date. Please look for an email with a link to an online survey. We really enjoy hearing from you. So far we've gotten some great, constructive feedback from our members. You can always drop us a line: [info@skylightfarms.com](mailto:info@skylightfarms.com) or (360) 668-7668.

## Veggies of the Week

### **Cucumber** *Cucumis sativus*

Originally from the Indian subcontinent, cucumber has been cultivated for at least 3,000 years. From India, it spread to Greece and Italy, then later into China. It is a widely cultivated plant in the gourd family Cucurbitaceae and is related to melons (including watermelon and cantaloupe) and squashes (including summer squash, winter squash, zucchini and pumpkin). Cucumbers are usually more than 90% water. Cucumber skin can be used to reduce skin irritations and sunburns; its anti-inflammatory properties help reduce puffiness. The sugar, B vitamins and electrolytes can help reduce the intensity of both hangovers and headaches.

### **Arugula** *Eruca sativa*

Also known as "salad rocket," "roquette," or "rucola," arugula belongs to the Brassicaceae family. Its relatives are broccoli, watercress, cabbage, and radish. It is rich in vitamin C and potassium. The leaves, the flowers, young seed pods, and mature seeds are all edible. Cultivated as an edible herb in the Mediterranean area since Roman times, salad rocket was thought to be an aphrodisiac. In West Asia and Northern India, arugula seeds are pressed to make taramira oil.



## Storage and Cleaning Tips

**Eggplant** – Wash it only before using, it doesn't like extra moisture. 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.

**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** – 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.

**Cucumber and 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.

**Green/Romano Beans** – They like humidity, but not wetness. Drape a damp cloth over an open or loosely closed container in the refrigerator.

<p><b>How to Freeze Vegetables</b></p> <p>Let's face it, sometimes we aren't able to eat all of our vegetables. Freezing them is a great option. Blanching is a necessary step that destroys enzymes and bacteria that damage color, flavor, and nutrients.</p> <p>You'll need: 1 large pot, 2 large bowls (1 filled with ice water), zip closure freezer bags.</p> <ol style="list-style-type: none"> <li>1. Prepare a sink of cold water. Wash vegetables thoroughly. For greens, remove and discard the stems.</li> <li>2. Bring 4 quarts of water to a rolling boil. Drop about one pound of vegetables in boiling water, cover and blanch*.</li> <li>3. Remove vegetables from water and immerse in an ice water bath**. Drain.</li> <li>4. Pack in zip-closure freezer bags or freezer containers; try to remove all the air. Label, date and freeze at zero degrees for up to one year. Freezing veggies as quickly as possible will prevent them from becoming mushy when thawed.</li> </ol> <p>* Blanch time: 2 minutes for leafy greens. 3 minutes for green beans, carrots, broccoli, cauliflower, and summer squash. Just be sure to cut them into bite-size pieces before blanching.</p> <p>** Ice bath time: is equal to the amount of blanching time.</p>	<p><b>Chard-wrapped Halibut</b></p> <p>1/2 cup (1 stick) butter, room temperature  1 tbsp lemon juice  1 tbsp chopped fresh thyme  1 tbsp chopped fresh chives, shallot or green onion  2 tsp grated lemon peel  4 very large Swiss chard leaves, halved lengthwise, stems removed  4 1-inch-thick halibut fillets (6–8 oz. each)  4 lemon slices</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 450°F. Blend butter, fresh lemon juice, chopped fresh thyme, chopped fresh chives, and grated lemon peel in small bowl; season butter to taste with salt and pepper.</li> <li>2. Place four 12-inch squares of foil or parchment on work surface. Overlap center edge of 2 chard halves on each square. Sprinkle fillets on each side with salt and pepper, then spread with some lemon-thyme butter. Top each with lemon slice. Place 1 fillet crosswise on widest part of chard. Fold bottom of leaf over fillet, then continue to roll up (sides will be open). Enclose each wrapped fillet in foil.</li> <li>3. Arrange packets on rimmed baking sheet. Bake until fish is just opaque in center, 12 to 14 minutes. Transfer packets to plates, open foil, and serve.</li> </ol>
<p><b>Green Beans 101</b></p> <p>Green beans pair well with a variety of flavors. Romano or yellow beans can be substituted for green beans in any recipe.</p> <ol style="list-style-type: none"> <li>1. Steam or boil 1 lb of green beans for about 5 minutes (still somewhat crisp) Toss in a heated pan with your flavors of choice for about 2 minutes.</li> </ol> <p><u>Try this:</u></p> <ul style="list-style-type: none"> <li>● Garlic, shallots, leeks, or onions</li> <li>● Sauteéd mushrooms and onions</li> <li>● Butter and herbs (tarragon, chives, thyme, parsley)</li> <li>● Basil, balsamic vinegar, red onion, and parmesan</li> <li>● Toasted nuts (almonds, pecans, hazelnuts)</li> <li>● Bacon or pancetta</li> <li>● Chilies, peppercorns, sesame oil, and soy sauce</li> <li>● A squeeze of lemon</li> </ul>	<p><b>Baba Ghanouj</b></p> <p>1 eggplant  Olive oil  ¼ cup tahini  ¼ cup lemon juice  2-3 cloves minced garlic  1 tsp cumin</p> <ol style="list-style-type: none"> <li>1. <b>a. Oven method:</b> Preheat oven to 400°F. Poke the eggplants in several places with a fork. Cut the eggplants in half lengthwise and brush the cut sides lightly with olive oil (about 1 Tbsp). Place on a baking sheet, cut side down, and roast until very tender, about 35-40 minutes. Remove from oven and cool for 15 minutes.  <b>b. Grilling method</b> Preheat grill. Poke the eggplants in a few places with a fork, then rub the eggplants with 1 tablespoon of the olive oil. Grill over high heat, turning as each side blackens. Put the charred eggplants in a paper bag, close the bag and let the eggplants steam in their skins for 15-20 minutes.</li> <li>2. Scoop the eggplant flesh into a large bowl and mash well with a fork. Combine the eggplant, minced garlic, 2 tbsp olive oil, tahini, , cumin, 2 Tbsp of lemon juice, and a pinch of salt. Mash well. The mixture should be somewhat smooth but still retain some of the eggplant's texture.</li> </ol>
<p><b>Cucumber Salad</b></p> <p>1-2 cucumbers, thinly sliced (about 1 ½ pounds)  2-3 tsp granulated sugar  ¼ cup cider vinegar or distilled white vinegar  2 tsp Dijon-style mustard (optional)  2-3 green onions, thinly sliced  1 Hungarian hot wax pepper, seeds removed and thinly sliced  2 tsp chopped dill (optional)</p> <ol style="list-style-type: none"> <li>1. Toss cucumber slices with 2 tsp salt in a colander. Drain for 20 minutes. Rinse cucumbers and squeeze out excess water.</li> <li>2. In a large bowl, whisk together 2 tsp sugar, vinegar, dill and mustard. Toss together with cucumbers and red onion.</li> <li>3. Refrigerate for at least 1 hour and up to 1 day before serving.</li> </ol>	<p><b>Broccoli Parmesan Gratin</b></p> <p>1 bunch broccoli (about 1 1/2 pounds)  1 cup whole milk  1/2 cup heavy cream  1 cup grated Parmigiano-Reggiano  2 large eggs  1 cup coarse fresh bread crumbs  1 tbsp olive oil</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 350°F with rack in upper third.</li> <li>2. Cut broccoli florets into 1-inch pieces, then peel large stems with a knife and cut into 1/2-inch-thick rounds. Cook broccoli in boiling salted water (2 table-spoon salt for 6 qt water) 5 minutes, then drain.</li> <li>3. Whisk together milk, cream, cheese, eggs, and 1/2 teaspoon each of salt and pepper.</li> <li>4. Put broccoli in a 2-quart shallow baking dish, then pour milk mixture over top. Toss bread crumbs with oil and a pinch each of salt and pepper, then sprinkle evenly over gratin.</li> <li>5. Bake until custard is set, about 30 minutes. Turn on broiler, then broil until bread crumbs are golden brown, 2 to 3 minutes. Let stand 5 minutes.</li> </ol>
<p><b>Simmered Cabbage</b></p> <p>1/2 head cabbage, chopped  1 tbsp olive oil  1 tbsp butter  1 cup chicken or vegetable broth  3 tbsp dry sherry (optional)  Salt and pepper</p> <ol style="list-style-type: none"> <li>1. Heat oil and butter in large heavy and wide saucepan or sauté pan; add cabbage and stir over low heat for 5 minutes. Season with salt and pepper.</li> <li>2. Add broth and a bit of sherry (if using) and bring to boil, cover and simmer over medium-low heat, stirring often, for about 15 minutes or until cabbage is tender.</li> <li>3. Raise heat to medium, uncover and let juices reduce to about half (be careful not to let burn). Taste and adjust seasoning, serve hot.</li> </ol>	<p><b>Do you have a recipe to share?</b> We're always looking for new ideas. Send us your tips, tricks, and favorite ways to eat your vegetables. Feel free to email or text a photo of what you're making to <a href="mailto:Petrina@skylightfarms.com">Petrina@skylightfarms.com</a> or (206) 769-7038.</p>