



**This week's box:**

- Purple cabbage
- Lacinato kale
- Beans (green, gold, purple dragon or romano)
- Green onions
- Beets, heirloom mix
- Bok choy, tatsoi or mizuna
- Summer squash
- Basil

**Large box also includes:**

- Traviata Eggplant
- Carrots (Atomic Red)
- English Cucumbers
- Tomatoes
- Dill



The first tomatoes are starting to ripen. You can pre-order 10lb boxes of these luscious, vine-ripened beauties. We have heirloom, salad, and canning varieties. Our CSA member prices start at \$25 – that's just \$2.50/lb. \$30 for non-members. Boxes will be delivered on Wednesdays, along with CSA boxes.

And if you make your own juice, grab one of our juicing boxes for just \$12. What a deal!

Call or email Petrina at [Petrina@skylightfarms.com](mailto:Petrina@skylightfarms.com) or (206) 769-7038.

## Veggies of the Week

**Beans** *Phaseolus vulgaris*

Also known as Italian green beans, Italian string beans, Italian flat beans, **Romano beans** are a flat snap bean which originated in – you guessed it – Italy. Like other snap beans, Romano beans should be eaten whole. They have a very mild flavor and a tender texture. These beans are often braised with other summer vegetables, and they can also be added to soups, stews, and stir fries. To use Romano beans, simply trim off the ends and rinse the pods. They can substitute green beans in any recipe. Cook them lightly to retain their crunch, or a little longer and they will become extremely tender.

Originally cultivated in the 18th Century in the Netherlands, a **Dragon tongue bean** is a flavorful, juicy bean which can be picked and used like a snap bean or allowed to mature into a shell bean. When harvested fresh, the entire bean, shell and "seeds" are edible. They are stringless and only need a quick wash and a trim before use. The dragon tongue bean can be used as a green bean, usually lightly blanched or sautéed to preserve the fresh, crisp flavor. However, when cooked the purple spots will disappear. To preserve their interesting color, eat them raw in a salad or with your favorite dip.



## 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.

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

**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.

### Romano Beans and Chard

Substitute any leafy green for chard.

2 cups Romano beans, trimmed and cut into ½ inch pieces  
1 bunch of chard  
2-3 green onions, sliced  
1 garlic clove, minced  
4 tsp capers  
Juice from 1/2 lemon  
Olive oil  
Salt & pepper

1. Bring 2 quarts of water to a boil in a large saucepan. Add beans and cook 5 minutes. Drain and plunge beans into ice water; drain.
2. Heat 1 tbsp olive oil in a pan, add green onion and capers and cook 2 minutes. Add beans and garlic and cook another 2-3 minutes until beans are tender but still crisp. Add chard and stir until wilted.
3. Toss in a bowl with lemon juice. Season with salt and pepper.

### Braised Cabbage, Bok Choy or other Greens

This method works for a variety of greens.

2 bunches of greens (bok choy, kale, chard, beet greens) or 1 head of cabbage  
2 tsp soy sauce  
2 tsp brown sugar  
2 tsp oil  
½ cup water  
(For cabbage: double amounts of soy sauce, sugar, oil, and water)  
Salt

1. Veggies should still have water clinging to their leaves. Halve bok choy; trim stems of leafy greens and coarsely chop; cut cabbage into eighths.
2. Mix water, soy sauce, sugar and oil in a large pot. Bring to a boil over medium heat.
3. Put greens in boiling sauce and cover. Turn heat down to low and simmer 5-7 minutes. (For cabbage, simmer 30 minutes.) Add salt to taste.

#### Try these additions or substitutions:

To the sauce: crushed red pepper, minced ginger, garlic, or roasted garlic, sherry or rice wine.

A splash of sesame oil to the finished dish.

Use broth instead of water.

Substitute lemon juice for soy sauce and add prosciutto or cooked bacon.

### Green Beans and Tomatoes

1 ½ cup beans (green, yellow, romano, purple dragon)  
1 clove garlic  
1 small onion or shallot  
1 cup chopped tomatoes  
4 tsp cider vinegar  
1-2 tbsp olive oil  
10 kalamata olives

1. Bring a large pot of salted water to a boil. Cook green beans 5 minutes. Remove and drain, then plunge into a bowl of ice water. Remove and drain after 5 minutes.
2. While waiting for water to boil, toss onion in cider vinegar. Chop olives with garlic. Chop tomatoes.
3. Toss olives and garlic with cooled beans. Add tomatoes.
4. Remove onion from vinegar and sprinkle on top of bean mixture. Whisk vinegar with olive oil. Pour dressing over and toss. Season with salt and pepper.

#### Try these additions or substitutions:

Add 1 tsp of dried oregano or basil, or a handful of fresh basil.

Top with grated parmesan cheese, crumbled feta, or fresh mozzarella.

Add some lemon zest.

Substitute balsamic or red wine vinegar.

Serve over a bed of greens.

Toss with some cooked pasta or potatoes.

### Roasted Carrots or Green Beans

Place the carrots and/or green beans on a baking sheet, drizzle with olive oil and sprinkle with sea salt. Bake at 375 F until tender (about 30 minutes, depending on carrot thickness).

### Roasted Root Vegetables

1 cup diced, raw beet  
4 carrots, diced  
1 onion, diced  
2 cups diced potatoes  
4 cloves garlic, minced  
1/4 cup canned garbanzo beans (chickpeas), drained  
2 tbsp olive oil  
1 tbsp dried thyme leaves  
1/3 cup dry white wine  
1 cup torn beet greens  
Salt & pepper

1. Preheat oven to 400 F.
2. Place the beet, carrot, onion, potatoes, garlic, and garbanzo beans into a 9x13 inch baking dish. Drizzle with the olive oil, then season with thyme, salt, and pepper. Mix well.
3. Bake uncovered for 30 minutes, stirring once midway through baking. Remove the baking dish from the oven, and stir in the wine. Return to the oven, and bake until the wine has mostly evaporated and the vegetables are tender, about 15 minutes more. Stir in the beet greens, allowing them to wilt from the heat of the vegetables. Season with salt & pepper.

### Kale Chips

The key to making kale chips is to making sure the leaves are dry. Even a few drops of water on the leaves will make the chips chewy instead of crispy. Use a salad spinner or towels to dry the leaves thoroughly.

1 bunch of kale, leaves washed and dried  
1 tsp Oil (Your choice: olive, vegetable, sesame, peanut, etc.)  
Salt & pepper

1. Preheat oven to 300F.
2. Tear the kale leaves into big pieces. Put all the pieces in a large bowl. Discard the stems.
3. Drizzle the oil over the kale and lightly sprinkle with salt and pepper. Using your hands, toss the kale to ensure all the leaves are coated.
4. Spread the leaves in a single layer (no overlaps!) on a baking sheet.
5. Bake for 20-25 minutes until leaves are crispy.

#### Try mixing in one or more of these while you are tossing the kale:

½ tsp of red pepper flakes

A few dashes of granulated garlic

Truffle salt

### Niçoise Salad

2 tbsp lemon juice  
1/2 cup extra-virgin olive oil  
1 medium shallot, minced  
1 teaspoon Dijon mustard  
2 grilled or otherwise cooked tuna steaks (6 oz each) or 2-3 cans of tuna  
4 hard boiled eggs, peeled and either halved or quartered  
1 lb potatoes, scrubbed and quartered  
3 cups of salad greens  
1 cup of sliced tomatoes  
1 small red onion, sliced very thin  
1 cup green beans, stem ends trimmed and each bean halved crosswise  
1/4 cup niçoise olives  
2 Tbsp capers, rinsed and/or several anchovies (optional)  
Salt and freshly ground black pepper

1. Whisk lemon juice, oil, shallot, and mustard in medium bowl; season to taste with salt & pepper and set aside.
2. Cover potatoes with cold water and bring to boil in a large pot. Add 1 tbsp of salt and cook until potatoes are tender, 10 minutes. Transfer potatoes to a medium bowl with a slotted spoon (do not discard boiling water). Toss warm potatoes with 1/4 cup vinaigrette; set aside.
3. Return the water to a boil and add the green beans. Cook until bright green and crisp-tender, 3 to 4 minutes. Remove beans with a slotted spoon (or drain through a colander) and set aside.
4. Spread lettuce onto a serving platter. Arrange potatoes, green beans, eggs, tomatoes, onion, tuna, and olives, capers, and anchovies (if using) over lettuce. Drizzle 1-2 tbsp of dressing on tuna; serve remaining dressing on the side. Season entire salad with salt & pepper.