



# From Field to Fork

## CSA Member Newsletter

### August 28, 2013: Week 10

#### This week's box:

- Carrots (Nantes)
- Lettuce
- Melon
- Tomatoes
- Onions (White, yellow, or yellow cipollini)
- Potatoes
- Cabbage (Green or napa)
- Peppers
- Strawberries

#### Large box also includes:

- Extra: Melon, strawberries, and tomato
- Eggplant
- Purple dragon beans



#### Want to add something to your box?

Order a la carte from our Fresh Sheet, which is updated each Friday on our website. There is a \$15 minimum for CSA members and \$40 minimum for non-members.

**Tomatoes are in full swing!** Order 10lb boxes of heirloom, salad, and canning tomatoes today. CSA member prices start at \$25 – that's just \$2.50/lb. Boxes will be delivered on Wednesdays, along with CSA boxes.

#### Order information:

<http://skylightfarms.com/order-online>  
Call (206) 769-7038  
Email [Petrina@skylightfarms.com](mailto:Petrina@skylightfarms.com)

## Veggie and Fruit of the Week

#### Melon *Cucumis Melo*

Melons originated in Africa and southwest Asia. They gradually began to appear in Europe toward the end of the Roman Empire. They come in many shapes and sizes; the most commonly known is the muskmelon which includes cantaloupe, honeydew, and casaba. Though it is not in the genus *cucumis*, watermelon (*Citrullus lanatus*) is also considered a melon. Cantaloupes are particularly beneficial to people with heart disease, as they have large amounts of an anticoagulant known as adenosine. They also have high levels of potassium. Due to their high water content, all melons are considered diuretics.

#### Onion *Allium Cepa*

The onion has been cultivated for 5000 years or more. It was worshipped by Egyptians who believed its spherical shape and concentric rings symbolized eternal life. The pungent juice of onions has been used as a moth repellent and can be rubbed on the skin to prevent insect bites. The tearing that results from cutting onions is caused by sulphenic acids, which also protect against certain bacteria. It is high in vitamin C, is a good source of fiber and also contains vitamin B6 and folate. To prevent tearing while slicing onions, refrigerate them for a few hours before using, and cut into the root end last.



## Storage and Cleaning Tips

**Beans** - they like humidity, but not wetness. A damp cloth draped over an open or loosely closed container.

**Cabbage** - Can be left out on a cool counter for up to a week, or in the crisper drawer. Peel off the outer leaves as they begin to wilt.

**Carrots** - Remove the greens (store separately) so they don't draw out excess moisture from the roots. Wrap roots in a damp paper towel in a loose plastic bag in the fridge.

**Lettuce & 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.

**Melon** - Our melons are vine-ripe so their shelf life is shorter than store-bought. Store uncut in a cool dry place, out of the sun for a few days. Cut melons should be refrigerated.

**Peppers** - Store in a paper bag in the refrigerator for about a week.

**Onions/Potatoes** - Store in a loose bag unrefrigerated in cool, dark and dry place such as a pantry; a paper bag also works well.

**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.

<p><b>Peppers—Hot or Sweet?</b> Our green sweet peppers are a flavorful replacement for bell peppers. The gold peppers are sweet and delicious fresh. <u>The smallest orange/red peppers are hot</u> and can add a bit of spice to any dish.</p> <p><b>Gazpacho</b></p> <p>3 large heirloom tomatoes  ½ medium onion  ½ cucumber  1 bell pepper  2 tbsp cilantro  1 tbsp red wine vinegar  Juice of ½ lemon  2 tbsp extra virgin olive oil  4 tbsp aged balsamic vinegar  Salt &amp; pepper</p> <ol style="list-style-type: none"> <li>Coarsely chop all veggies. Purée all ingredients in a food processor or blender until smooth, in batches, if necessary.</li> <li>Optional: strain out the solids from ½ of the purée. Discard solids and combine the strained liquid with the other ½ of the purée.</li> <li>Chill for at least an hour before serving.</li> </ol> <p><b>Moo Shu Vegetables</b></p> <p>1 small cabbage , shredded  1 carrot , shredded  1 medium onion, sliced (about 1 cup)  2 scallions , cut diagonally into 1-2 inch pieces  1 cup mushrooms, sliced  1 tsp garlic, chopped  1 tsp ginger, minced  3 eggs, beaten  Oil (peanut or vegetable)  1 tsp sesame oil  1/4 cup vegetable stock or water  2 -4 tbsp low sodium soy sauce  1/2 cup hoisin sauce  12 moo shu pancakes</p> <ol style="list-style-type: none"> <li>Warm pancakes as directed on package.</li> <li>Heat wok or large, deep sauté pan over high heat until almost smoking. Add 1 teaspoon of oil and add eggs; cook, stirring gently, until set, 2 to 3 minutes. Remove to a plate.</li> <li>Add 1 teaspoon of oil and stir fry mushrooms until softened. Remove mushrooms.</li> <li>Add 2 teaspoons of oil to the wok along with the garlic and ginger. Stir-fry for 30 seconds then add cabbage and carrots. Continue cooking 2 minutes then add 2 tablespoons of soy sauce and sesame oil. Add additional soy sauce if desired.</li> <li>When cabbage is close to crisp-tender, return mushrooms and eggs to the wok and add scallions. If the vegetables begin to stick, drizzle sparingly a little water or vegetable broth.</li> <li>To serve, let each diner spoon a bit of Hoisin sauce onto a warmed pancake. Top with several tablespoons of the vegetables on top. Roll pancake as you would a burrito or crepe.</li> </ol> <p><b>Bell Pepper Egg-in-a-Hole</b></p> <p>2 tsp olive oil  1 bell pepper (any color), cut into four 1/2-inch-thick rings  4 large eggs  Salt &amp; pepper  2 tsp grated Parmesan  4 slices bread, toasted</p> <ol style="list-style-type: none"> <li>In a large cast-iron or nonstick skillet, heat 1 teaspoon oil over medium-high. Add bell pepper, then crack 1 egg into the middle of each pepper ring. Season with salt and pepper and cook until egg whites are mostly set but yolks are still runny, 2 to 3 minutes. Gently flip and cook 1 minute more for over easy.</li> <li>Sprinkle with parmesan and place each egg on a slice of toast.</li> </ol>	<p><b>Carrot Salad</b></p> <p>Use what's in your pantry to make this simple salad.</p> <p>Shredded/Grated carrots, 1 cup per serving  Dried fruit (cranberries, raisins, or chopped dates)  Toasted nuts (Sunflower seeds, pumpkin seeds, pecans, pine nuts, or walnuts)  1 tbsp vinegar or lemon juice (Rice wine, red wine, cider, or champagne)  3 tbsp oil (Olive or vegetable)  1 tsp prepared Dijon or brown mustard (optional)  Pinch of sugar or 1 tsp honey  A dash of hot sauce (optional)  Salt &amp; Pepper</p> <ol style="list-style-type: none"> <li>Grate carrots into a large bowl. Add dried fruit and nuts of choice. For every cup of carrots, add ¼ cup of fruit and nuts.</li> <li>Whisk together vinegar, oil, sugar/honey, and mustard. Season with salt and pepper.</li> <li>Toss carrot mixture with vinaigrette.</li> </ol> <p><b>Melon Sorbet</b></p> <p>You don't need an ice cream maker to make sorbet. You could also skip the last few steps and simply make popsicles.</p> <p>1 large very ripe melon (about 4 pounds melon)  2 tbsp lemon or lime juice  1 cup sugar  2-3 tbsp vodka (optional)</p> <ol style="list-style-type: none"> <li>In a small saucepan, bring sugar and 1 cup water to a boil. Reduce heat to maintain a simmer and cook until it thickens slightly, about 10 minutes. Let cool to room temperature.</li> <li>While sugar syrup cools, peel, seed, and cut melon into cubes.</li> <li>Purée melon, lemon juice, and vodka in a blender or food processor in batches until smooth. Transfer each batch to a large bowl.</li> <li>Add about half the sugar syrup to the puréed melon. Taste. It should be a bit sweeter than the final sorbet because frozen things taste <i>less</i> sweet than at room temperature. Add more sugar syrup, about a tablespoon at a time, to taste.</li> <li>Cover and chill mixture at least an hour and up to overnight.</li> <li>If you have one, process in an ice cream machine according to manufacturer's instructions. Otherwise, pour into a metal baking pan, cover with plastic wrap and freeze 3-4 hours. Remove from pan and purée again in food processor. For a very smooth sorbet, pour into pan again, re-freeze, and then purée again before serving.</li> </ol> <p><b>Eggplant Croquettes</b></p> <p>Patties can be frozen before frying and cooked later.</p> <p>1 eggplant, peeled and cubed  1/2 cup shredded cheese (Parmesan or sharp cheddar)  1/2 cup bread crumbs  2 tsp Italian herbs (oregano, basil, and/or marjoram)  1 egg, beaten  1 tbsp dried or fresh parsley  1 tbsp chopped onion  1 clove garlic, minced  Vegetable oil for frying  Salt &amp; pepper</p> <ol style="list-style-type: none"> <li>Place eggplant in a microwave-safe bowl. Cover and microwave on medium-high 3 minutes. Turn eggplant over and microwave another 2 minutes. The eggplant should be tender; cook another 2 minutes if needed. Drain excess liquid and mash.</li> <li>Combine cheese, bread crumbs, eggs, parsley, onion, and garlic with the mashed eggplant. Season with salt and pepper. Mix well.</li> <li>Shape the eggplant mixture into patties. Heat a few tablespoons of oil in a large skillet. Drop eggplant patties one at a time into skillet. Fry each side of the patties until golden brown, approximately 5 minutes on each side. Serve with marinara sauce, plain yogurt or sour cream.</li> </ol>
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