



This week's box:

- Cauliflower
- Broccoli
- Red oak leaf lettuce
- Potato
- Green onion
- Beet
- English Cucumber
- Tomato
- Basil & Dill

Large box also includes:

- More tomatoes or eggplant
- Strawberries
- Escarole
- Filet beans
- Snow peas



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 or (206) 769-7038.

Veggies of the Week

Potatoes *Solanum tuberosum*

Potatoes are the world's fourth largest food crop, following rice, wheat, and maize. The Inca Indians in Peru were the first to cultivate potatoes around 8,000 BC to 5,000 B.C. They used potatoes for a variety of remedies including treating facial blemishes, sunburn and frostbite, to help ease toothaches, sore throats, rheumatism, and indigestion. Spanish conquistadors introduced potatoes to Europe in the 16th century. The first permanent potato patches were established in North America in 1719. Though it gets a bad rap for its high glycemic index, potatoes are high in fiber and vitamin C, and are especially nutritious when eaten with the skin on.

Tomatoes *Lycopersicon esculentum*

Tomatoes are a member of the nightshade family and were once thought to be poisonous. The tomato originated in Mexico some time before 500 BC, and was introduced to other parts of the world by the Spanish in the 16th century. Tomatoes are rich in the anti-oxidant lycopene, as well as vitamins C and K, carotenes, and biotin. Part of the charm of heirloom varieties lies in their peculiar shapes; though they might not look pretty, they are much sweeter and more flavorful than the hybrids and conventionally grown tomatoes that can be found in stores year-round.



Storage and Cleaning Tips

Beets – 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.

Broccoli/Cauliflower – As with all organic produce that isn't sprayed for bugs, be especially careful about washing your broccoli and cauliflower to flush any out of nooks and crannies by soaking the head in cold, salted water for about half an hour. Shake of 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.

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

Peas (Snap or Snow) – Store in an open container in the refrigerator.

Potatoes - Eat new potatoes within a couple of days. 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.

Roasted Snap or Snow Peas

1-2 pints peas, snap or snow
1-2 tbsp oil
1/4 tsp salt

1. Put rack in lower third of the oven and preheat 450°F.
2. Toss peas with oil and salt in a large bowl. Spread in 1 layer in a large shallow baking pan and roast 3-5 minutes, until crisp-tender.

Try this:

- Toss peas with minced garlic.
- Use sesame oil and add a pinch of red pepper flakes.
- Sprinkle some smoked salt on top.

Beets and Goat Cheese

This dish can be eaten warm or cold, or served over mixed greens. Keep the greens, sauté them, and add them to the dish.

1 bunch of beets
A few tbsp. of chevre (to taste)
¼ cup pine nuts
Balsamic vinegar

1. Preheat oven to 400°F.
2. Wash beets and trim off the greens, leaving about 1" of the stems attached. Wrap each beet in foil. Place beets in a baking dish and roast until tender when pierced with fork, about 1 hour. Cool and peel beets.
3. Toast pine nuts in a dry pan on the stove, 3-4 minutes over med-high heat.
4. Slice beets into bite-size pieces and place into a large bowl.
5. Add a few tablespoons of chevre, to taste, and pine nuts. Drizzle a little balsamic vinegar, season with salt and pepper, and toss until well mixed.

Cucumber Potato Salad

1 1/2 lbs potatoes
1/2 cup plain low-fat Greek yogurt or sour cream
1-2 tbsp roughly chopped fresh dill, to taste
2 tbsp red wine vinegar
1 cup slivered onion, rinsed and patted dry
1 English cucumber, very thinly sliced
Salt & pepper

1. Steam or boil whole potatoes and cook until tender, 15 to 20 minutes. Cool in ice water, then pat dry.
2. Whisk together yogurt, mayonnaise, dill and vinegar in a small bowl. Season with salt and pepper
3. Quarter potatoes and put in a large bowl. Add onion, cucumber, and half the dressing; gently stir to coat. Add more dressing to taste, or save to use as a dip.

Make ahead: Up to 2 days through step 2. Chill potatoes and dressing separately and slice cucumber just before serving.

Basil syrup

Use this syrup to sweeten iced tea or summery cocktails.

1 bunch chopped basil
1 cup sugar
¾ cup water

Simmer sugar, water, and basil in a saucepan until sugar dissolves. Let steep 20 minutes; strain.

Creamy Coleslaw

1 med head or 1/2 large head cabbage, core removed and thinly sliced
1 bunch green onions, thinly sliced
1 cup grated carrots
1-2 tbsp chopped dill
2 tbsp sugar or honey
2 tbsp cider vinegar
½ cup sour cream or mayonnaise
Salt and pepper

1. Combine cabbage, onions, and carrots in a large bowl. Season with salt and pepper.
2. Whisk together dill, sugar, vinegar, and sour cream. Pour over cabbage mixture and toss to coat.

Try this:

- Use a variety of cabbages for different colors and textures.
- Add 1 cup of sliced snow or snap peas

Tips for Using Kale

Kale's hardy leaves make it a good candidate for a variety of preparations. Unlike other leafy greens, it holds up well for a day or two after it's been cooked or tossed in a salad.

Try this:

- Make a simple salad with a bunch of thinly sliced kale, red pepper, onion, dried fruit, and your favorite salad dressing.
- Season it with red pepper flakes and robust olive oils.
- Pair it with potatoes, beans, rice, or bread crumbs.
- Make it a topping for pizza.
- Toss it with some hot pasta, pine nuts, feta cheese and a little olive oil.
- Sauté it alone or with other greens, minced garlic, and a splash of vinegar or lemon juice.
- Add it to potato salad or scrambled eggs.
- Cook it with some sautéed onions and bacon.
- Top cooked kale with some chopped, fresh tomatoes.

Marinated Summer Squash and Chickpea Salad

Make this a day ahead of time so that the lemon and vinegar have time to "cook" the squash. While regular white wine or white balsamic vinegars can be used, for best flavor, use a vinegar with some sweetness to it, such as fig, raspberry, walnut or pecan.

1 pound summer squash, halved and thinly sliced
1 1/2 cups cooked chickpeas (or 1 can, rinsed and drained)
1/2 cup chopped red onion
1/2 large red bell pepper, cut into 1-inch long slices
2 cloves garlic, minced
2 tbsp lemon juice, freshly squeezed
2 tbsp white balsamic or white wine vinegar
Generous amount of freshly ground black pepper
salt, to taste
fresh herbs (such as mint, basil, or oregano) to taste

1. Combine all ingredients in a non-metal container. Cover tightly and refrigerate for at least 6 hours (24 hours is optimal), stirring occasionally. Check the seasonings and add more salt and lemon juice or vinegar if needed. Serve sprinkled with additional fresh herbs.

Try any of these additions:

- A teaspoon of sesame oil and some toasted sesame seeds.
- Spice it up: skip the herbs and add cayenne pepper or your favorite hot sauce.