



This week's box:

- Broccoli
- Purple cabbage
- Lettuce
- Pac Choi
- Potato
- Scallion or purplette onion
- Beet
- English Cucumber
- Tomato

Large box also includes:

- Cauliflower
- Eggplant
- Strawberries
- Summer squash
- Purple dragon carrots



You can now **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. Go to www.skylightfarms.com/fresh-sheet

We are taking pre-orders for 10lb boxes of heirloom, salad, and canning **tomatoes**. 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.

To order, call or email Petrina at Petrina@skylightfarms.com or (206) 769-7038.

Veggies of the Week

Broccoli and Cabbage *Brassica oleracea*

Broccoli and cabbage belong to the Brassicaceae or Cruciferae family which also includes arugula, cauliflower, horseradish, kale, mizuna, tatsoi, rutabaga, and wasabi.

Broccoli is a man-made plant, derived from careful breeding of cultivated leafy cole crops in the Northern Mediterranean in about the 6th century BC. Although it has been commercially cultivated since the 1500's, broccoli did not become popular in the United States until the 1920s. The most common broccoli is available as a single head; sprouting broccoli produces offshoots of thin stems and leaves, mixed in with a few small, solid heads. Broccoli is high in vitamin C, calcium, dietary fiber, and carotenoids.

Cabbage has been cultivated for over 4,000 years. The crinkly-leafed savoy cabbage was developed in the 16th century by German gardeners. Cabbage is high in vitamin C and contains iron, calcium, and potassium. Red cabbage is higher in fiber than green. To prevent discoloration of red cabbage, cut it with a stainless steel knife and add a little vinegar or lemon to the red cabbage before tossing it into a salad or cooking.



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, Cabbage, 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.

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.

Strawberries - They don't like moisture. Store in a paper bag in the fridge for up to a week.

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>Easy Eastern Russian Borscht</p> <p>Olive Oil 1 large onion, diced 4 large beets, peeled and cubed 4 medium carrots, cubed 4 medium potatoes, cubed 1/2 small cabbage, diced or sliced 4 cups chicken or vegetable stock (optional) 1 large dill pickle (chopped) and a few tablespoons brine Sour cream 1-2 tbsp chopped dill, to garnish</p> <ol style="list-style-type: none"> In a large thick bottomed pot, lightly brown onion in olive oil. Add beets, carrots and potatoes and continue to brown for a few minutes. Add enough stock and/or water to cover all with 1 inch of liquid. Bring to a boil and add the cabbage and pickle ingredients. Reduce to low for another 10-15 minutes. Serve with a dollop of sour cream in the soup spoon and garnish with some dill. 	<p>Warm Cabbage Salad</p> <p>3 bacon slices 1 tablespoon peeled chopped shallot (about 1 small) 2 cups apple cider 1/4 teaspoon salt 1/4 teaspoon black pepper 1 1/2 ounces Roquefort or other blue cheese, crumbled (about 1/3 cup) 8 cups shredded cabbage 1/2 cup diced red bell pepper</p> <ol style="list-style-type: none"> Cook bacon until crisp. Remove bacon from pan, reserving 1 teaspoon drippings in pan. Crumble bacon; set aside. Heat bacon drippings over medium-high heat. Add shallot, and sauté 1 minute. Remove from heat. Bring apple cider to a boil in a small saucepan over medium heat; cook until reduced to 1/4 cup (about 15 minutes). Remove from heat. Add shallot mixture, salt, and pepper. Place cider mixture and cheese in a blender or small food processor; process until smooth.
<p>Cauliflower Purée</p> <p>1/2 lb cauliflower florets, chopped (2 2/3 cups) 1 garlic clove, smashed 1/3 cup chicken or vegetable broth 1/2 tsp salt 2 tbsp milk, sour cream, or heavy cream 1 tsp unsalted butter</p> <ol style="list-style-type: none"> Simmer cauliflower, garlic, broth, and salt in a small saucepan, covered, until cauliflower is very tender, about 10 minutes. Purée mixture with milk/cream and butter in a food processor until smooth, or mash with a potato masher or a fork. <p><u>Try any of these variations:</u></p> <ul style="list-style-type: none"> Mash with a cooked potato. Add some purée to homemade macaroni and cheese. Sprinkle some parmesan cheese on top or stir in some goat cheese. Mix in some fresh herbs: dill, chives, or scallions. Add a squeeze of lemon. Season with 1-2 tsp curry powder. 	<p>Broccoli and Potato Curry</p> <p>1 tbsp oil 2 medium onions, chopped 1 tbsp fresh ginger 1-2 tsp curry powder 2 lbs potatoes, peeled & cut into 1-inch pieces 1 cup broccoli or cauliflower (florets) 1 cup green beans, cut into 1-inch pieces 1 1/4 cups chicken or vegetable stock 1/2 lemon (juice)</p> <ol style="list-style-type: none"> Heat oil on medium. Sauté the onions, fresh ginger and curry powder for 5 minutes. Add the potatoes and cook for 2 minutes. Add the stock. Cover and steam for 8-10 minutes, until potatoes are almost cooked through. Add the broccoli (or cauliflower) and green beans, and continue cooking for another 5 minutes. Add the lemon juice and continue cooking until most of the stock has evaporated.
<p>Cheesy Squash Casserole</p> <p>For a lighter version, use vegetable broth in place of sour cream.</p> <p>1 tbsp vegetable oil 6 medium summer squash, thinly sliced 1 large Vidalia onion, thinly sliced 1 tbsp butter 1/2 cup grated Parmesan 1 cup shredded sharp Cheddar 1/2 cup sour cream 1 egg, beaten ½ cup breadcrumbs (panko or regular) or finely crushed crackers Salt & pepper</p> <ol style="list-style-type: none"> Preheat the oven to 350 degrees F. Grease a 2-quart casserole dish. Heat the oil in a large skillet over medium heat. Sauté the squash, onion, and butter until soft. Transfer to a bowl and stir in the parmesan, cheddar, egg, and sour cream. Add salt and pepper, to taste. Place in the prepared casserole dish and sprinkle the breadcrumbs evenly over the top. Bake for 20 minutes or until the top is golden and bubbly. 	<p>Broccoli Parmesan Fritters</p> <p>3 cups fresh broccoli, chopped 1 large egg 1/2 cup all-purpose flour 1/3 cup finely grated parmesan cheese 1 small clove garlic, minced Salt & pepper Pinch of red pepper flakes Olive or vegetable oil for frying</p> <ol style="list-style-type: none"> Prepare your broccoli: Separate the florets from the biggest stem(s). Cut into 1-inch chunks. Optional: peel the stems and then slice into 1/2-inch lengths. Steam broccoli until tender but not mushy, 5 to 6 minutes. Drain the broccoli, then set it aside to cool slightly. In the bottom of a large bowl, lightly beat the egg. Add the flour, cheese, garlic, salt and pepper. Then, add the somewhat cooled broccoli and, using a potato masher, mash the broccoli just a bit. The bits should be recognizable, but small enough (1/4- to 1/2-inch chunks) to press a mound of the batter into a fritter in the pan. Once mashed a bit, stir or fold the ingredients together the rest of the way with a spoon. Season with salt, pepper, and red pepper flakes to taste. Heat a large, heavy skillet over moderate heat. Once hot, add about 2 to 3 tbsp oil. Scoop a two tablespoon-size mound of the batter and drop it into the pan, then flatten it slightly. Repeat with additional batter, leaving a couple inches between each. Cook 2 to 3 minutes until brown then flip each fritter and cook on the other side until equally golden, another 1 to 2 minutes. Transfer briefly to paper towels to drain, then eat immediately. Or keep warm on a baking sheet in a 200F degree oven.
<p>Recipe websites</p> <p>Need a new recipe? Here are a few websites to try:</p> <p>www.epicurious.com smittenkitchen.com/recipes/ www.foodnetwork.com/recipes-and-cooking/index.html allrecipes.com simplyrecipes.com yummys.com www.thekitchn.com/categories/recipe foodgawker.com</p>	<p><u>Try these toppings:</u></p> <ul style="list-style-type: none"> Sour cream or plain yogurt Feta cheese Fried egg