



From Field to Fork

CSA Member Newsletter

August 21, 2013: Week 9

This week's box:

- Broccoli
- Escarole
- Lettuce
- Scallions
- Beets (Heirloom Chioggia or gold)
- Tomato mix
- Carrots (Purple dragon)
- Sweet peppers, green & gold
- Fruit (Strawberry, cantaloupe or watermelon)

Large box also includes:

- Cauliflower
- Hungarian hot wax or Anaheim pepper
- Beans
- Russian banana fingerling potatoes



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

Veggies of the Week

Pepper *Capsicum annuum*

A part of the nightshade family, peppers are related to potatoes, tomatoes, and eggplant. The pepper is a new world plant. It was widely cultivated in Central and South America; prehistoric remains have been found in Peru. The Spanish introduced it to Europe in the early 16th century. Peppers come in a rainbow of colors: red, yellow, orange, green, brown or purple. The spiciness in peppers is measured in heat units on the Scoville scale with bell peppers at the bottom of the scale and Hungarian hot wax peppers about as spicy as a Serrano (though ours seem less hot). Peppers are high in vitamins A and C as well as carotenoids.

Escarole *Chicorium endivia*

Escarole belongs to the chicory genus, though it is not truly a chicory. Escarole is a variety of endive whose leaves are broader, paler and less bitter than other members of the endive family. It is also called broad-leaved endive or Bavarian endive. High in folic acid, fiber, and vitamins A and K, escarole can be eaten raw or gently cooked. The heart of an escarole head is less bitter because the leaves haven't gotten as much sunlight. Cooking or soaking the leaves in water subdues the bitterness. It pairs well with other big flavors such as pungent bleu cheeses, anchovies, nuts, and beets.



Storage and Cleaning Tips

Beets/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.

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 off excess moisture and store in a loose perforated plastic bag in the fridge for about a week.

Lettuce, escarole & 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.

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.

Tomato Soup with Indian Spices

3 Medium sized ripe tomatoes
1 tbsp olive oil
1/2 tsp fresh ginger finely diced (optional)
1/2 tsp black mustard seeds (yellow mustard seeds won't work)
3/4 tsp cumin seeds
1/4 tsp coriander seeds (optional)
1/4 tsp cayenne pepper
1/4 tsp turmeric
Salt & pepper to taste

1. Purée tomatoes in food processor or blender with skin.
2. In a pot, put in olive oil and black mustard seeds. Once you start hearing mustard seeds pop, take off heat and add cumin seeds, ginger, and coriander seeds. Stir and cook for about 30 seconds. Put the pot back on medium heat and add puréed tomatoes and stir. Add cayenne, salt and black pepper. Cook about 20 minutes.

Watermelon Cooler

This recipe makes one cocktail.

2 1/2 cups seeded watermelon chunks
2 ounces light rum or vodka
1 lime (juice)
1 tbsp honey or agave syrup
1 cup ice
Sparkling water (optional)

1. Place watermelon and ice in a blender and blend until smooth.
2. Muddle lime juice, honey, and mint in a glass.
3. Add watermelon puree. Stir. Add rum and stir.
4. Optional: add a splash of sparkling water.

Anaheim pepper salsa

4 cups tomatoes, diced
1-2 Anaheim peppers
1 Hungarian hot wax or jalapeno pepper (optional)
1 tsp garlic (minced)
1/8 tsp fresh ground cumin
1 tsp olive oil
1/2 bunch cilantro (minced)
Juice of 1 lime
Salt to taste

1. Coat peppers with olive oil and place in 400°F oven until skin has turned brown (20-30 min).
2. Remove from oven, place in a shallow dish and cover for 10–15 min, peel skin from pepper and dice.
3. Add all ingredients and combine well. Chill several hours or overnight before serving.

Pico de Gallo

2 cups tomatoes, diced
2 tbsp finely chopped onion
2 tbsp snipped fresh cilantro
1 tbsp lime juice
1 Anaheim or Hungarian hot wax (leaving seeds will add heat)
Sugar

1. In a medium bowl combine all ingredients with a dash of sugar.
2. Cover and chill several hours before serving.

About our peppers: Our green sweet peppers are a flavorful replacement for bell peppers. The gold peppers are sweet and delicious fresh. The smaller hot peppers can add a bit of spice to any recipe.

Tips for Using Escarole

Raw or cooked, escarole's slight bitterness can add a nice punch to any dish. The heart is milder than the outer leaves. Cooking escarole can tame some of the bitterness.

Try this:

- Toss a few leaves into a mild salad.
- Serve some quickly wilted with lemon juice.
- Chop it up and stir it into soup.
- Sauté it alone or with other greens, minced garlic, and a splash of vinegar or lemon juice.
- Braise it.
- Pair it with gorgonzola or bleu cheese and walnuts.

Escarole and Beet Salad

1 head escarole
2 medium-sized beets
2 tbsp goat cheese or blue cheese
Chopped, toasted walnuts or pinenuts (optional)
1-2 tbsp vinaigrette (such as red wine, balsamic, or sherry vinaigrette)
Oil (olive or vegetable)
Salt & pepper

1. Cook beets – either roast or boil. Cool, peel, and slice.
2. Quarter the escarole through the stem. Drizzle a little olive oil and season with salt and pepper. Either grill on medium heat for 5 minutes each side – or – cook in a large pan with a few tablespoons of liquid, covered, over medium heat until wilted.
3. Toast nuts in a dry pan on med-high heat for about 5 minutes – or – under the broiler in the oven for 2-3 minutes.
4. Arrange escarole on individual plates. Top with a few slices of beet, crumbled cheese, and toasted nuts. Serve with vinaigrette.

Fried Rice

Skip the frozen veggies and use fresh ones instead. You can use almost anything that you have on hand. Add some cooked meat, shrimp, or tofu during the final step to make it a quick meal.

1 - 2 scallions
2 large eggs
2 cups chopped vegetables (broccoli, carrots, green beans, peppers, etc.)
4 tbsp oil for stir-frying, or as needed
4 cups cold cooked rice
1 - 2 tbsp light soy sauce or oyster sauce, as desired
1-2 tsp sesame oil, to taste (optional)
Salt & pepper

1. Wash and finely chop the scallions. Lightly beat the eggs with salt and pepper.
2. Heat a wok or frying pan and add 1 tbsp oil. When the oil is hot, add the eggs. Cook, stirring, until they are lightly scrambled but not too dry. Remove the eggs and clean out the pan.
3. Heat 1 tbsp oil. Cook the vegetables until crisp-tender. Remove the vegetables.
4. Heat 2 tbsp oil. Add the rice. Stir-fry for a few minutes, using chopsticks or a wooden spoon to break it apart. Stir in the soy sauce or oyster sauce as desired.
5. When the rice is heated through, add the scrambled egg and vegetables back into the pan. Mix thoroughly. Stir in the scallions and sesame oil to taste. Serve hot.