



This week's box:

- Romanesco cauliflower
- Onion
- Tomatoes (includes Belstar, a sauce variety)
- Carrots
- Romaine
- Melon
- Bilko (napa) cabbage

Large box also includes:

- Extra melon and onion
- Cucumber
- Artichoke
- Bell pepper
- Strawberries



Field update: It looks like our tomatoes and melons are slowing down but our winter squashes will be ready soon. We are seeing the first of our artichokes and pumpkin season is right around the corner!

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.

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Veggies of the Week

Artichoke *Cynara scolymus*

The artichoke is an edible flower bud from a thistle-like plant in the sunflower family and is native to the Mediterranean region. It's also related to lettuce, chamomile, echinacea, endive, and chrysanthemums. It is high in fiber, rich in inulin, antioxidants, and vitamins C, K, and B6. Though it has been consumed for over 3,000 years, it was brought out of obscurity in the 15th century in Italy and France. Although they are usually harvested with very little stem attached, the stem is edible and tastes much like the "heart".

Types of Tomatoes *Lycopersicon esculentum*

This week's box contains Belstar tomatoes, a **sauce** variety which are the least juicy of all tomatoes. Because they are thick and contain fewer seeds than other tomato variants, they are a favorite for pasta sauces, canning, and for cooking. An **heirloom** tomato's seeds are saved year after year. They come in a large variety of shapes and colors and have adapted to survive well for hundreds of years. All heirloom varieties are open-pollinated but not all open-pollinated varieties are heirloom varieties. **Globe** tomatoes are the most common, and are often referred to as slicing tomatoes. They are easily identifiable because they are large, round, and red. They are generally hybrids resulting in more uniform shape and color compared to heirlooms. **Cherry** tomatoes belong to the Cluster variant. Cherry tomatoes tend to be just about the same size as a cherry, and are much sweeter and juicier than the larger Globe varieties. Another member of the Cluster tomato variant.

Storage and Cleaning Tips



Artichokes – Wash them under cold running water just before cooking. Stores well in the refrigerator for up to one week.

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.

Corn – Is best eaten as soon as possible but can be stored unhusked in the refrigerator for 2-3 days.

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

Melon - Our melons are picked vine-ripe, or nearly so, so their shelf life is shorter than store-bought. Store uncut in a cool dry place, out of the sun for a few days. If cut or fully ripe - with a perfumy sweet, melony scent- store in the refrigerator.

Onions – Store in a cool, dark, dry place with good air circulation.

Romanesco – As with all organic produce that isn't sprayed for bugs, be especially careful about washing your romanesco 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.

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.

Artichoke Basics

(Courtesy of the California Artichoke Advisory Board)

Wash under cold, running water. Pull off lower petals and cut off stems. Alternately, trim the bottom of the stem to viable portion, peel and retain on the artichoke. Slice off top quarter and trim petal tips, if desired. Dip in acidified water to preserve color.

Boil: Plunge into boiling, salted water. Pull off lower petals and cut off stems. (Add 1 ounce lemon juice per quart, small amount of olive oil and fresh herbs, to taste.) Return to boil; reduce heat and simmer 25 to 40 minutes, depending on size, or until petals near center pulls out easily. Invert to drain

Steam: Place on rack over 1½ inches boiling water. Sprinkle generously and salt. Cover and cook 25 to 40 minutes. Test for doneness as above.

Optional: The trimmed artichoke stems are edible. Cut brown end about ½-inch. Peel fibrous outer layer to reach tender green of stem. Stem may be steamed whole with the artichoke. Cut into rounds or julienne for salads or pastas.

Simple Tomato Sauce

This simple sauce can be easily transformed by adding herbs or other seasonings.

2 – 2 1/2 fresh plum or sauce tomatoes, diced

1 cup onion, finely chopped

1 tbsp garlic, finely chopped

Pinch crushed red pepper (optional)

Olive oil

½ tbsp butter

Salt & pepper

1. Heat olive oil in a saucepan over medium-high heat. When hot, add onion and crushed red pepper. Sauté until onion is soft and translucent, about 5 minutes. Add garlic and sauté for one more minute.
2. Turn heat down to medium-low. Add chopped tomatoes and simmer for approximately 20 minutes. Add salt and pepper to taste. Finish the sauce by stirring in the butter before serving.

Try these variations:

- Add 3 tbsp chili powder, 1 tsp oregano, 1 tsp cumin powder, and 1 cup water for enchilada sauce
- Add 1 tsp oregano, ¼ cup chopped fresh basil, and pinch of sugar for a marinara sauce
- Add ½ cup vodka with the tomatoes and finish with 2/3 cup heavy cream

Russian Ratatouille *(from PCC Cooks)*

This dish can be eaten cold or warm, served with some crusty bread or with pasta.

4 tbsp oil, divided

1 large eggplant, cubed

1/2 large onion, diced

2 medium carrots, diced

2 medium to large tomatoes, coarsely chopped

5 garlic cloves, coarsely chopped

2 tablespoons tomato paste

1 cup water

Salt, sugar and vinegar to taste (can substitute lemon juice or citric acid in place of vinegar)

1. In a large, heavy-bottomed pot, heat 2 tablespoons of oil. Add the eggplant and toss to coat it in the oil. Add 1/4 cup water and cook, stirring occasionally, on medium heat until the eggplant is cooked down to about half of its original volume.
2. Meanwhile, sauté the onions in the remaining oil. Add the onions, carrots, tomatoes, garlic, tomato paste and 3/4 cup water to the eggplant and simmer on medium low, stirring occasionally, until the carrots are tender. Add a little more water if the stew becomes too thick or sticks to the bottom of the pot.
3. Season with salt, sugar and vinegar to achieve your preferred balance of salty, sweet and sour (the sweet and sour flavors should be more prominent than the saltiness). Serve hot or cold.

Napa Cabbage Salad

1/2 cup slivered almonds

3 tbsp vegetable oil

2 tbsp rice vinegar

1 tbsp soy sauce

1/2 tsp sugar

1 head of napa cabbage, chopped

2 scallions, thinly sliced

1/4 cup chopped cilantro

Freshly ground pepper

1. Preheat the oven to 350°. In a pie plate, bake the almonds for 5 minutes. Let cool.
2. In a bowl, mix the oil, vinegar, soy sauce and sugar. Add the cabbage, scallions and cilantro and toss. Add the almonds and season with pepper. Toss again and serve.

Caramelized Onions

Caramelized onions can be refrigerated for three or four days, and frozen for up to three months.

2 tbsp unsalted butter

1 tbsp canola oil

3 large onions, peeled, halved and thinly sliced

1 tsp kosher salt

1/4 tsp freshly ground black pepper

Heat butter and oil in a large sauté pan over medium heat. Add the onions, season with salt and pepper, and cook slowly until golden brown and caramelized, stirring occasionally, approximately 30 to 40 minutes.

Some ideas for using caramelized onions:

- In a grilled or cold sandwich, on a burger or hot dog
- A topping for pizza
- On a salad with blue cheese and toasted walnuts or pecans
- Added to eggs: scrambled or in a frittata or quiche
- Tossed with pasta, couscous or quinoa
- On a baked potato
- In a vinaigrette
- A topping for steak, pork chops, or chicken

Caesar Salad

If you are concerned about using raw eggs, you can use pasteurized eggs or you can coddle the eggs first by pricking a small hole in the large end of the egg then immersing it in boiling water for 1 minute, before cracking it open.

Romaine lettuce

1/4 cup high quality extra virgin olive oil

2 cloves fresh garlic, peeled, smashed, then minced

1/2 baguette or four slices of white bread, preferably a day old, thinly sliced

Juice or ½ a lemon juice (plus more to taste)

Parmesan cheese, slice with a vegetable peeler

1/2 teaspoon anchovy paste, or 1-2 anchovies, smashed and minced – or – 1 tsp worchestershire sauce

1 egg

Salt & pepper

1. In a very large bowl, whisk together the olive oil and garlic. Let sit for half an hour.
2. While the oil is sitting, make the croutons. Spread the bread slices on a lined baking sheet. Brush or spray with olive oil or melted butter. Broil for a couple of minutes until the tops are lightly browned. (Note: do not walk away, these can easily go from browned to burnt.) Remove and let cool.
3. Add anchovies and egg to the oil garlic mixture. Whisk until creamy. Add salt and pepper and 1 tablespoon of lemon juice. Add more lemon juice, salt and pepper to taste.
4. Using your hands, tear off chunks of lettuce from the heads of lettuce. Add to the dressing and toss until coated.
5. Using a vegetable peeler, thinly shave the parmesan. Coarsely chop the toasted bread and add with the crumbs from the chopping and cheese to the salad. Toss and serve immediately.