



**This week's box:**

- Acorn squash
- Lettuce
- Romanesco, broccoli, or kohlrabi
- Leeks
- Cabbage (purple, green or napa)
- Bell or Sweet peppers
- Kale (lacinato or leafy green)
- Sweet corn

**Large box also includes:**

- Red carrots
- Eggplant
- Watermelon
- Green kohlrabi



**Field update:** Fall is in full swing. We'll soon be preparing the greenhouse for our planting of winter greens. In the coming weeks, you can look forward to cauliflower, Brussels sprouts, beets, and chard. Goodbye beans, strawberries and melon. We'll see you next year!

**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.

Order information:

<http://skylightfarms.com/order-online>

Call (206) 769-7038

Email [Petrina@skylightfarms.com](mailto:Petrina@skylightfarms.com)

## Veggies of the Week

**Kale** *Brassica oleracea*

Also known as borecole, kale is available in curly, ornamental, or lacinato (aka "dinosaur") varieties. Kale freezes well and actually tastes sweeter and more flavorful after being exposed to a frost. It is very high in beta carotene, vitamin K, vitamin C, and rich in calcium. It is a source of two carotenoids, lutein and zeaxanthin. Until the end of the Middle Ages, kale was one of the most common green vegetables in all of Europe. Curly leafed varieties already existed along with flat leafed varieties in Greece in the 4th century BC. Russian kale was introduced into Canada (and then into the U.S.) by Russian traders in the 19th century.

**Acorn Squash** *Curcubita pepo*

Indigenous to North and Central America, the acorn squash was cultivated by Native Americans for thousands of years before it was introduced to early European settlers. Though it is generally considered to be a winter squash, it is in the same family as summer squashes and zucchini. It is high in dietary fiber and contains a significant amount of vitamin C. It also has vitamins E and B6 as well as potassium and magnesium. Good companions to acorn squash include butter, brown sugar, cream, sage, rosemary, garlic, cumin, coconut milk, feta, fontina, gruyere, onions, apples, and pears.



## Storage and Cleaning Tips

**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—the sugars rapidly turn to starch—but can be stored unhusked in the refrigerator for 2-3 days.

**Kale** – Give it a quick rinse under running water. Shake excess water from the leaves then wrap in paper or kitchen towels and store in a plastic bag in the crisper drawer.

**Kohlrabi** – Remove leaf stems and refrigerate in a plastic bag for 4-5 days.

**Leeks** – Trim off the dark green leaves and store unwashed with roots intact, in the refrigerator, for 1-2 weeks. Wrapping loosely in a plastic bag will help them to retain moisture. They can harbor sand and dirt within their many layers so slice them in half length-wise, open up the layers, and use plenty of water to clean them.

**Peppers** – Store in the crisper drawer in a plastic bag. Whole uncut peppers will last longer if kept dry.

**Romanesco/Broccoli** – 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 off excess moisture and store in a loose perforated plastic bag in the fridge for about a week.

**Squash** Store at room temperature in a dark, dry place. Will keep for up to a month.

### Roasted Winter Squash (Acorn, Spaghetti, Butternut, Pumpkin)

You'll need one 2-3 lb squash (or two small ones), a rimmed baking sheet, vegetable or olive oil, salt and pepper, a spoon, and a big, sharp knife. Parchment paper is optional.

1. Preheat oven to 400 F.
2. Wash the squash and cut lengthwise. Remove seeds with the spoon. A melon baller or ice cream scoop work great for this purpose.
3. Brush oil on all sides of the squash. Season the inside with salt and pepper. Line the baking sheet with parchment paper. The squash can be placed either cut side up or down on the baking sheet. Bake for 1 hour or until you can easily pierce the flesh with a fork.

#### Try this:

- Mid-way through baking, turn squash flesh-side up and add 1 tsp butter to each half and sprinkle 2 tsp of brown sugar or maple syrup and a light dusting of cinnamon. Place back in oven and continue baking 30 minutes.
- Instead of baking the squash in halves, cut into 1/4 inch slices, brush both sides with oil and bake for 25-30 minutes.
- Rub the flesh with curry and chili powders before baking.
- Purée the roasted squash and use it in soups or quick breads.

### Braised Leeks

2 large [leeks](#), tough outer leaves and dark green tops discarded  
1 1/2 tbsp [butter](#)  
1/2 cup chicken stock  
1 tsp [dried thyme](#)  
Salt and pepper

1. Using a sharp knife, trim off the roots ensuring that the leek remains attached at the bottom. Cut each leek lengthwise into halves and then cut each half into inch long pieces. Wash the leeks in plenty of water to remove any dirt.
2. In a sauté pan, melt the butter over medium heat. Add the leeks to the skillet. Cook the leeks, stirring occasionally, for 5 minutes.
3. Sprinkle with thyme and cook one minute more.
4. Add stock, reduce heat to medium low. Braise the leeks, covered, for about 10 minutes, or until the leeks are very tender. Season with salt and pepper and serve.

### Pepper Cabbage

1 1/2 cups finely chopped cabbage  
1 1/4 cups finely chopped [green bell peppers](#)  
1 1/4 cups finely chopped [red bell peppers](#)  
1/2 cup finely chopped green onions  
2/3 cup [apple cider vinegar](#)  
1/3 cup honey  
1 tsp celery seed  
1 tsp mustard seed  
1/2 tsp red pepper flakes  
1/2 tsp salt  
1/4 tsp ground black pepper

1. In a large non-reactive bowl, combine the cabbage, peppers, and onions.
2. In a small saucepan, combine the vinegar, honey, celery seed, mustard seed, and [red pepper flakes](#), and bring to a boil. Reduce the heat and simmer for 5 minutes. Pour over the vegetables and stir to combine. Season with the salt and black pepper.
3. Let cool, then cover and refrigerate, stirring occasionally, for at least 12 hours and up to 2 days.

### Kale Chips

The key to making kale chips is to making sure the leaves are dry. Even a few drops of water on the leaves will make the chips chewy instead of crispy. Use a salad spinner or towels to dry the leaves thoroughly.

1 bunch of kale, washed and dried with the leaves separated from the stems  
1 tsp Oil (Your choice: olive, vegetable, sesame, peanut, etc.)  
Salt & pepper

1. Preheat oven to 300F.
2. Tear the kale into big pieces. Put all the pieces in a large bowl. Discard the stems.
3. Drizzle the oil over the kale and lightly sprinkle with salt and pepper. Using your hands, toss the kale to ensure all the leaves are coated.
4. Spread the leaves out in a single layer (no overlaps!) on a baking sheet.
5. Bake for 20-25 minutes until leaves are crispy.

#### Try mixing in one or more of these options while tossing the kale

- ½ tsp of red pepper flakes
- A few dashes of granulated garlic
- Truffle salt

### Skillet Corn and Peppers

2 cups fresh corn kernels  
1 tbsp oil or butter  
1/2 cup diced sweet or bell pepper  
1/2 cup chopped onion  
1 tbsp chopped fresh parsley  
Salt & pepper

1. In a large skillet melt butter/heat oil over moderately high heat. Add diced pepper and onion; sauté for 3 minutes.
2. Add corn kernels and season with salt and pepper. Cook, stirring, for 3 minutes until tender but still crunchy; stir in parsley.

### Tortellini with Eggplant and Peppers

2 tbsp olive oil  
1 leek, cut into 1/2-inch pieces  
1 medium eggplant, cut into 1/2-inch pieces  
2 bell peppers, cut into 1/2-inch pieces  
4 cloves garlic, finely chopped  
1/4 tsp crushed red pepper  
3 cups low-sodium vegetable broth  
1 pound cheese tortellini (fresh or frozen)  
1/2 cup fresh flat-leaf parsley, chopped  
Salt and black pepper  
1/2 cup grated Parmesan (2 ounces)

1. Heat the oil in a large skillet over medium-high heat.
2. Add leek and cook for 2-3 minutes. Add the eggplant, bell peppers, ½ tsp salt, and ¼ tsp pepper. Cook, stirring occasionally, until the vegetables begin to soften, 6 to 8 minutes.
3. Add the garlic and crushed red pepper and cook, stirring, for 1 minute.
4. Add the broth and tortellini. Simmer, covered, stirring occasionally, until the tortellini are cooked through and most of the broth is absorbed, 12 to 15 minutes.
5. Stir in the parsley and ¼ cup of the parmesan. Spoon into bowls and sprinkle with the remaining ¼ cup of parmesan.

#### Try this:

- Substitute 6 cups chopped kale in place of either eggplant or peppers.