



This week's box:

- Broccoli
- Onion
- Potatoes
- Watermelon
- Sweet Anaheim peppers
- Vertus marteau turnip or Daikon radish
- Artichoke
- Chard

Large box also includes:

- Sweet corn
- Butternut squash
- Extra Chard
- Red carrots



Join us on October 13th to pick a pumpkin at Skylight Farms! As a member of our CSA, we want to thank you for supporting us during our first year. Come and see where your food is grown and pick a pumpkin...on us. Join us for some pumpkin-themed treats and apple cider.

Date: Sunday, October 13th

Time: 1-4pm

Address: 17319 Elliott Road, Snohomish

RSVP: Petrina@skylightfarms.com

Be sure to wear rainboots or other weather-proof footwear as the fields can be muddy. Feel free to bring the whole family but please leave your furry four-legged friends at home.

Veggies of the Week

Turnip *Brassica rapa*

The exact origin of the turnip is unknown but there is evidence that it was cultivated before the 15th century BC. Pliny the Elder considered the turnip one of the most important vegetables of his day, rating it "directly after cereals or at all events after the bean, since its utility surpasses that of any other plant". The Vertus Marteau turnip is a French heirloom variety that has been cultivated since the mid 1800's. Turnip greens, which are often pungent, can be cooked and eaten along with the roots. Turnips are rich in vitamin C; the greens contain vitamins A, K, and C, folate, and calcium.

Daikon Radish *Raphanus sativus*

Also known as mooli or white radish, the daikon is a long root that resembles a carrot. It is essential to Japanese, Chinese, and Korean cuisines. In Japanese, "daikon" means large root. Today, more land in Japan is devoted to the cultivation of the daikon than any other vegetable. It is milder than red radishes, with a sweet, peppery bite. The leaves, while edible, have an aggressively strong flavor. The root can be pickled, shaved, and served as a condiment, or cooked.



Storage and Cleaning Tips

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

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

Carrots, radishes (daikon) and turnips - Remove and rinse 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.

Chard - Rinse the leaves then dry and store them in a plastic bag or airtight container with a couple paper towels. Chard does well in a cup of water on the counter or in the fridge.

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.

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

Winter squash – Store at room temperature in a dark, dry place. Will keep for up to a month.

Baked Artichokes and Potatoes

Use a clay pot if you have one. If not, then an enameled cast-iron or covered ceramic baking dish will work too.

1/2 ounce dried wild mushrooms (such as trumpet or porcini)
2 large artichokes
Juice of 1 large lemon
1 1/2 lbs potatoes, cut into 3/4 inch slices
1 head of garlic, cloves separated but not peeled
2 bay leaves
2 tsp minced rosemary
2-3 tbsp olive oil
Salt & pepper

1. Preheat oven to 350F. Mix lemon juice with water in a medium sized bowl.
2. Cover the mushrooms with 1/2 cup boiling water and set aside to soak. Trim artichokes, cut them lengthwise into sixths, remove the chokes, and drop the wedges into the lemon water.
3. Remove the mushrooms from the water, rinse off any grit, then squeeze them dry. Cut into bite-size pieces. Strain the soaking water.
4. Put the artichokes, potatoes, garlic cloves, and mushrooms into a baking dish. Season with salt and pepper, add bay leaves and rosemary. Drizzle with oil and toss to coat. Add mushroom water.
5. Cover and bake for 1 hour, turning once or twice while cooking. When eating, squeeze out the roasted garlic and spread it on the potatoes.

Watermelon Rum Cooler

This recipe makes one cocktail. For a non-alcoholic version, simply omit the rum.

2 1/2 cups seeded watermelon chunks
Juice of 1/2 a lime
2 ounces rum
1/2 cup ginger ale
Mint leaves (optional)
1/2 cup ice

1. Place watermelon, lime juice, and ice in a blender and blend until smooth. If you don't have a blender, use a wooden spoon to crush the watermelon and then pour it over the ice.
2. Pour purée into a glass. Add rum, ginger ale, and mint, and stir.

Root Vegetables with White Miso Butter

1 bunch of turnips, daikon, or carrots
2 tbsp butter, at room temperature
2 tbsp mirin
3 tbsp white miso
1 tsp black sesame seeds, lightly toasted in a dry skillet
1 leek, thinly sliced
Salt

1. Trim the vegetables and peel with a paring knife or vegetable peeler. Cut lengthwise into quarters or sixths.
2. Melt a tablespoon of butter in a skillet over medium heat. Add leeks and cook for 2-3 minutes. Add the mirin and then the vegetables, and cook for several minutes, allowing to brown slightly.
3. While vegetables are cooking, stir together the miso and remaining butter. When the vegetables are tender, add this mixture and allow it to bubble up, coat the veggies, and just heat through.
4. Transfer to a serving dish and finish with sesame seeds. Season with salt, if needed.

Quick Pickles: Chard stems, Daikon, Carrot, Turnip

Chard stems, Daikon, Carrot, Turnip (cut into matchsticks)
1 cup vinegar (white or rice)
1 cup water
1/2 cup white sugar
4 tbsp chopped cilantro
2 Thai chili peppers, seeded and chopped
Pinch of salt

1. Cut all vegetables into matchsticks.
2. Heat vinegar, water, and sugar in a saucepan over low heat until sugar is dissolved. Taste; if you prefer a sweeter pickle, add more sugar. Remove from heat, and refrigerate to cool.
3. Place vegetables into glass jars with the cilantro and chili peppers. Pour the cooled vinegar mixture over, submerging the vegetables. Cover and refrigerate at least 4 hours or overnight. Pickles will keep for about 2 weeks in the refrigerator.

Use quick pickles to accompany:

- Lettuce wraps filled with grilled meat, shrimp or tofu.
- Rice noodles.
- Halibut braised in coconut milk, lemongrass, and lime juice.

Roasted Daikon (or Turnip), Carrot, and Peppers

1 bunch of three daikon radishes or turnips, scrubbed and sliced into 1/4-inch rounds
4 carrots, peeled and cut into 1/4-inch rounds
1 bell or sweet pepper, thinly sliced
1 leek, thinly sliced
2 tbsp extra virgin olive oil
Salt & pepper
1/4 cup balsamic vinegar

1. Preheat oven to 400F. Combine the daikon, carrots, peppers, leek and olive oil on a nonstick baking sheet. Season well with salt and pepper. Roast for 25-30 minutes, stirring once or twice until tender.
2. Drizzle the veggies with balsamic vinegar and return to the oven. Roast for an additional 5 minutes.
3. Toss well and then transfer to a serving bowl.

Chard Soup

8 cups packed coarsely chopped chard leaves
2-3 tbsp oil
1 cup onion, sliced
1/2 cup potato, sliced
1 carrot, sliced
2 tbsp tomato paste
1 1/2 tsp ground cumin
1 tsp ground coriander
1 cup finely chopped cilantro (leaves and stems)
1/2 cup sour cream or yogurt
Grated zest and juice of 1 lime
Salt & pepper

1. Heat oil in a soup pot over medium heat. Add the onion, potato, and carrot and cook, stirring occasionally, for about 5 minutes to soften. Stir in the tomato paste, smashing it into the vegetables, and then add the cumin, coriander, cilantro, and chard leaves. Sprinkle over 1 1/2 teaspoons of salt, cover the pan and allow the leaves to cook down substantially before adding 5 cups of water. Bring to a boil, then lower the heat to a simmer until potato has softened.
2. Cool slightly, then add the sour cream. For a smooth texture, purée in a blender. Return the soup to the pot over gentle heat. Season with salt and pepper, then stir in lime zest and juice.