



This week's box:

- Kale
- Sugar pumpkin
- Tomatoes, globe or sauce
- Potatoes
- Red onion
- Peppers, sweet and bell
- Italian parsley

Large box also includes:

- Sweet corn
- Red carrots
- Purple sprouting broccoli
- Spaghetti squash
- Extra tomato



Join us on October 13th to pick a pumpkin at Sky-light 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.

Herb and Veggie of the Week

Pumpkin *Cucurbita pepo*

Pumpkins are believed to have originated in North America. Seeds from related plants have been found in Mexico dating back to 7000 to 5500 B.C. The word pumpkin originated from the Greek word *Pepōn* which means large melon. The word gradually morphed by the French, English and then Americans into the word "pumpkin." They were once touted as a cure for freckles and used as a remedy for snakebites. Pumpkins are equally delicious in savory and sweet preparations. They are rich in potassium, vitamins A and C, and are high in fiber. 1.5 billion pounds of pumpkin are produced in the United States each year. The heaviest pumpkin on record weighed 1,810 lb 8 oz.

Parsley *Petroselinum crispum*

A hardy biennial herb, parsley is native to the Mediterranean region. It is the world's most popular herb, and derives its name from the Greek word meaning "rock celery". The use of this herb as a garnish arises from the centuries old belief that at the end of the meal, chewing a few of the fresh leaves freshens the breath. It was even believed that chewing the leaves would make the odor of garlic disappear. In ancient Greece, it was once planted on graves, and the phrase "to be in need of parsley" meant death was imminent. Parsley is high in vitamin A and C, fiber, potassium, magnesium, calcium, niacin, riboflavin and iron. Surprisingly the leaves also contain a significant amount of protein.



Storage and Cleaning Tips

Carrots - 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.

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.

Herbs (parsley) - Snip off the bottoms of the stems and place in a jar or glass that is partially filled with water. Store at room temperature. If storing in the fridge, cover loosely with a plastic bag. Rinse the leaves just before using.

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.

Pumpkin and spaghetti squash - Store at room temperature in a dark, dry place. Will keep for up to a couple of weeks.

Purple sprouting 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 off excess moisture and store in a loose perforated plastic bag in the fridge.

Spiced Spaghetti Squash

1 (3 1/2- to 4-pound) spaghetti squash
1/2 stick (4 tablespoons) unsalted butter, cut into pieces
2 garlic cloves, minced
1 tsp ground cumin
1/2 tsp ground coriander
1/8 tsp cayenne
1/2 tsp salt
2 tbsp chopped fresh cilantro or parsley

1. Pierce squash (about an inch deep) all over with a small sharp knife to prevent bursting. Cook in an 800-watt microwave oven on high power (100 percent) for 6 to 7 minutes. Turn squash over and microwave until squash feels slightly soft when pressed, 8 to 10 minutes more. Cool squash for 5 minutes.
2. Meanwhile, melt butter in a small heavy saucepan over moderately high heat. Add garlic and cook, stirring, until golden, about 1 minute. Stir in spices and salt and remove from heat.
3. Carefully halve squash lengthwise (it will give off steam) and remove and discard seeds. Working over a bowl, scrape squash flesh with a fork, loosening and separating strands as you remove it from skin. Toss with spiced butter and cilantro or parsley.

Kale with Tomato

Enjoy this as a side, toss with pasta for a main course, or serve on crostini.

1 pound boiled, chopped kale leaves
2 cups chopped tomatoes
2 cloves garlic, thinly sliced
Olive oil
1 1/2 teaspoons fresh thyme leaves
Salt & pepper

In a large skillet, heat 1 tablespoon olive oil over medium heat. Add garlic and cook, stirring, until fragrant, 30 seconds. Add tomatoes and fresh thyme leaves. Cook until tomatoes begin to break down, 2 minutes. Add kale and cook until heated through, 2 minutes. Season with salt and pepper. Drizzle with 2 teaspoons oil.

Parsley Pesto

If parsley's flavor is too assertive for you, add in some other greens or basil to mellow it out.

1 bunch parsley and/or 1 bunch of kale or basil
2 cloves of garlic
1 tbsp lemon zest (optional)
Juice of 1/2 lemon
1/4 cup oil (Your choice: olive or vegetable)
1/4 cup toasted nuts (pine nuts, pecans, walnuts, or hazelnuts)
1/4 - 1/2 cup shredded cheese (parmesan, asiago, pecorino romano, or feta)
Salt & pepper

1. Pull the leaves off the parsley and basil stems. Tear the leaves of your greens into big pieces. Put all the leaves, garlic, lemon juice and zest in a food processor. Discard the stems.
2. In a dry skillet, lightly toast the nuts. This should only take about 2 minutes. Add toasted nuts to the food processor.
3. While the food processor is running, drizzle in the oil. If it's too thick, add more oil. If it's too runny, add more leaves.
4. Add cheese and pulse until everything is combined. Season with salt and pepper.

Some ideas for using pesto:

- Toss it with cooked spaghetti squash or pasta
- Put a dollop on grilled shrimp, fish, chicken or veggies

Corn Chowder

1/4 cup (1/2 stick) butter
2 cups of fresh corn kernels
1 cup chopped onion
1/2 cup diced red bell pepper
1/2 cup diced green bell pepper
1/2 teaspoon ground cumin
1/4 teaspoon cayenne pepper
1/4 cup all purpose flour
1 cup broth (vegetable or chicken)
1 cup milk (do not use low-fat or nonfat)
Minced fresh parsley (optional)

1. Melt butter in heavy large saucepan over medium heat. Add onion, red and green bell peppers, cumin and cayenne and sauté until vegetables are tender, about 8 minutes. Add flour and stir 1 minute. Gradually mix in broth and milk. Add more liquid if necessary.
2. Bring mixture to boil, whisking until smooth. Mix in corn and stir until corn is just heated through. Ladle soup into bowls. Garnish with parsley if desired and serve.

Tips for Cooking Pumpkin

Bake: Preheat oven to 350F degrees. Place halved pumpkin (seeds removed), cut sides down, with one cup of water in a baking dish. Bake for 1 hour or until tender.

Boil: Cut the pumpkin into uniform cubes and then peel using a sharp knife. Boil in lightly salted water until tender, 15 to 30 minutes, depending on size of cubes.

Microwave: Cut the pumpkin into uniform pieces, seeds removed and unpeeled, and place in a glass bowl. Cover and cook on HIGH until tender, about 15 minutes. Move the pieces around twice during cooking.

Crockpot: Cut the pumpkin into uniform pieces, seeds removed and unpeeled, and place in a crockpot. Cover and cook on HIGH until tender, 3-4 hours.

Roast Whole: Preheat oven to 350F degrees. Pierce the pumpkin with a sharp knife several times. Place in a baking dish and roast for 1 hour, or until the skin can be easily pierced by a fork. Allow pumpkin to cool 20-30 minutes before slicing in half to remove seeds.

Potato Gratin

3 pounds russet potatoes, peeled, cut into 1/8-inch-thick rounds
1 1/2 cups crème fraîche, stirred to loosen
1 1/2 cups (packed) grated Gruyère cheese (about 6 ounces)
2 tbsp chopped fresh Italian parsley
Salt & pepper

1. Preheat oven to 400°F. Generously butter 13x9x2-inch glass baking dish. Arrange half of potato slices in bottom of prepared dish, overlapping slightly. Sprinkle generously with salt and pepper. Spread half of crème fraîche over potatoes and sprinkle with half of cheese. Top with remaining potatoes, overlapping slightly; sprinkle generously with salt and pepper. Spread with remaining crème fraîche; sprinkle with remaining cheese.
2. Bake gratin uncovered 30 minutes. Reduce oven temperature to 350°F. Continue to bake gratin until potatoes are tender and top is golden brown, about 45 minutes. Remove from oven; let stand 10 minutes. Sprinkle with parsley and serve.

If you can't find crème fraîche, heat 1 1/2 cups whipping cream to lukewarm (85°F). Remove from heat and mix in 3 tablespoons buttermilk. Cover and let stand in warm draft-free area until slightly thickened, 24 to 48 hours, depending on temperature of room. Chill until ready to use.