



This week's box:

- Beets
- Baby carrots
- Baby Brussels sprouts
- Acorn squash
- Red onion
- Potatoes
- Peppers
- Bonus item!

Large box also includes:

- Artichoke
- Turnips
- Broccoli
- Extra Brussels sprouts

Find newsletters online:

<http://skylightfarms.com/csa/newsletters/>

Thank you for supporting our first season!

As we wrap up our first season, we want take a moment to thank you for trusting us to grow your food. It's been quite the adventure. From broken wells to trees crashing down on our power lines, there certainly hasn't been a dull moment. If nothing else, our respect for fellow farmers has grown a thousand times over.

We hope you enjoyed the surprises and trying new things this season. We aimed to give you the "best of the best" and to showcase unusual varieties and vegetables that you simply would never find in the grocery store. That's part of the fun and challenge of the CSA – you put your faith in us to grow your food, and we figure out how and what to feed 70 households. It's still a little mind-boggling that we pulled it off.

Though you may not have been ecstatic about every single item in your box, you can take pride in knowing that it's your willingness to support a local farmer through the CSA model that will keep small farms alive for years to come.

Thank you again for being part of this incredible first year!

Sincerely,
Petrina and Jonathan Fisher



Here's a preview of changes for next year.

- Our 20-week season will start earlier (mid-June) and end in mid-October.
- We will add a five-week fall subscription for those who want to continue eating local and seasonal through November.
- A half-share option will be available for those who wish to receive a box every other week.
- We will increase the variety of late summer and fall veggies, as well as increase the quantity of more popular items so they will appear in both small and large boxes.
- Pastured eggs will be available by subscription or as a weekly add-on.
- Recipes will be online on our website.



Vegetable Soup. Finally! A recipe that uses almost every item in your box.

- 2 tbsp olive oil
- 1 cup onion, diced
- 1 cup carrots, diced
- 2 medium garlic cloves, finely chopped
- 1 celery stalk, diced
- 2 cups additional vegetables of your choice (such as red pepper, cabbage, broccoli, turnips, or Brussels sprouts), chopped or diced
- 2 cups potatoes, diced
- 1 bay leaf
- 1 pinch dried thyme
- 1/4 cup white wine or dry vermouth (optional)
- 1 quart low-sodium chicken or vegetable broth
- Salt & pepper
- Pesto, for garnish (optional)

1. Heat the olive oil in a large saucepan or Dutch oven over medium-high heat. Add the onion, season with salt and pepper, and cook, stirring occasionally, until translucent, about 5 minutes.
2. Add the carrots and garlic, season with salt and pepper, and cook, stirring occasionally, until the garlic is fragrant, about 2 minutes.
3. Add the celery and, if using, any hearty/dense vegetables and the bay leaf and thyme. Season again with salt and pepper and cook an additional 5 minutes. If using, add the wine or vermouth and cook, stirring occasionally, until the alcohol has reduced by about half, about 2 minutes.
4. Add the broth, potatoes, and any quicker-cooking vegetables. Let the soup come to a boil, then reduce the heat to low and gently simmer, uncovered, until the potatoes can be easily pierced with a fork, about 15 to 25 minutes. Taste and season with salt and pepper as needed. Serve with a dollop of pesto if desired.

Harvest Slaw

1 cup turnip, shredded or cut into matchsticks
1 cup carrots, shredded or cut into matchsticks
1 cup brussels sprouts, thinly sliced
1 bunch green onions, thinly sliced
1 red or sweet pepper, thinly sliced
1/2 cup currants
1/2 cup Italian parsley, roughly chopped
1/4 cup sunflower seeds, lightly toasted
1/4 cup white balsamic or apple cider vinegar
1 tbsp lemon juice
2 tbsp white sugar, honey, or maple syrup
1/2 cup extra virgin olive oil
Salt & pepper

1. Cut any roots or rough ends off of the turnips and carrots. Grate by hand or in a food processor, or cut into matchsticks. Transfer into a large serving bowl. Add the brussels sprouts, green onions, pepper, currants, and parsley and gently toss.
2. In a small bowl or glass measuring cup, whisk the vinegar, lemon juice, and sugar. Slowly drizzle in the olive oil and whisk until incorporated. Season with 1 tsp salt and 1/2 tsp pepper or to taste.
3. Pour half of the dressing over the slaw and gently toss. Refrigerate the slaw for at least an hour before serving to let the flavors mix. Taste and add more dressing, if desired. Sprinkle sunflower seeds over slaw just before serving.

Try this:

- Add 1 cup grated apple
- Add 3-4 cups shredded cabbage

Kale and Brussels Sprout Salad

The dressing, kale mixture, and toasted almonds can be prepared 8 hours ahead. Cover dressing and kale mixture separately and chill. Cover almonds and let stand at room temperature.

2 tbsp fresh lemon juice
1 tbsp Dijon mustard
1/2 tbsp minced shallot
1 small garlic clove, finely grated
1 large bunch of kale, center stem discarded, leaves thinly sliced
6 ounces brussels sprouts, trimmed, finely grated or shredded with a knife
1/4 cup extra-virgin olive oil, divided
3 tbsp almonds with skins, coarsely chopped
1/2 cup finely grated Pecorino
Salt & pepper

1. Combine lemon juice, Dijon mustard, shallot, garlic, and a pinch of salt and pepper in a small bowl. Stir to blend; set aside to let flavors meld. Mix thinly sliced kale and shredded brussels sprouts in a large bowl.
2. Measure 1/4 cup oil into a cup. Spoon 1 tablespoon oil from cup into a small skillet; heat oil over medium-high heat. Add almonds to skillet and stir frequently until golden brown in spots, about 2 minutes. Transfer nuts to a paper towel-lined plate. Sprinkle almonds lightly with salt.
3. Slowly whisk remaining olive oil in cup into lemon-juice mixture. Season dressing to taste with salt and pepper.
4. Add dressing and cheese to kale mixture; toss to coat. Season lightly with salt and pepper. Garnish with almonds.

We hope you found our recipes helpful. Feel free to share your favorite recipes so that we can include them in future newsletters. Send them to: petrina@skylightfarms.com

Roasted Winter Vegetables

1 bunch beets, peeled and cut into wedges
1 bunch baby carrots, peeled and cut in half lengthwise
1 cup baby Brussels sprouts
1 cup red onion, peeled and cut into wedges
1 acorn squash, unpeeled, seeds removed and cut into 1/2 inch wedges
1 turnip, ends cut off and cut into 1 inch pieces
2 cups potatoes, cut into 1 inch cubes
3 tbsp extra virgin olive oil
2 tbsp balsamic vinegar
1/2 cup pine nuts, lightly toasted
2 oz. feta cheese, shaved or crumbled (optional)
Salt & pepper

1. Preheat oven to 375°F. Place all root vegetables in a large bowl, drizzle with oil and toss together. Season with salt and pepper.
2. Divide mixture between two sheet pans and spread evenly.
3. Roast vegetables for 20 minutes, gently toss with balsamic vinegar and then return to oven for additional 15-20 minutes.
4. Remove from oven and allow vegetables to cool, 4 to 5 minutes (if serving cold, allow vegetables to cool completely before refrigerating until ready to serve).
5. Top with pine nuts and feta and serve.

Try this:

- Substitute hazelnuts, pecans, or walnuts for pine nuts
- Season with herbs such as thyme, rosemary, sage, and/or parsley

Baked Acorn Squash with Caramelized Apples, Pecans, and Onions

1 acorn squash
1 tbsp + 1 tsp butter or oil
1/4 cup onion, chopped
1 cup apples, peeled, cored, and diced
2 tbsp packed brown sugar
2 tbsp pecans, chopped
2 tbsp golden raisins
1 tsp lemon juice

1. Preheat oven to 350 degrees. Scrub the squash, half lengthwise, and scoop out and discard seeds.
2. In large skillet, melt 1 tbsp of the butter over medium high heat. Add the onions, apples, and brown sugar and sauté until the onions and apples are slightly caramelized. Add the walnuts and raisins and sauté another 2-3 minutes. Remove from heat and stir in the lemon juice.
3. Spoon the mixture into the squash halves and dot with remaining butter. Place in a baking dish with about 1/2-inch of hot water in the bottom of dish. Cover with foil, and bake for 30 minutes. Remove foil, and bake an additional 30 minutes. Let squash rest for about 10 minutes before serving.

Easy Artichokes

Steaming artichokes in the microwave is quick and easy.

1. Clean and trim the artichokes. Put the trimmed artichokes in a microwave-proof dish. Add about 1/4-inch of water to the dish and cover with a tight fitting microwave-proof lid. The tight-fitting part is very important because the steam from the hot water keeps the artichokes from drying out and turning tough.
2. Microwave the artichoke(s) on High for 4 minutes. Let the chokes sit for another 4 minutes still covered. Check for done-ness by pulling a leaf from close to the center of the leaves. If the leaf comes out easily, the artichokes are done; if there is resistance, continue cooking. If the artichokes aren't done, continue microwaving them for a minute at a time (letting them sit for an equal amount of time after each session) until a leaf removes easily and the flesh is tender.