



# From Field to Fork

CSA Member Newsletter

June 24 & 25, 2014: Week 2



### This week's box:

- Red Beets
- Pac Choi
- Broccoli Raab
- Turnips
- Carrots
- Strawberries (1/2 pint)

### Large box also includes:

- Chioggia Beets
- Cauliflower or purple broccoli
- Snow peas
- Strawberries (full pint)

### Broccoli Raab *Brassica Rapa*

Also known rapini, the leaves, buds, stems, and flowers are all edible. Though it resembles broccoli, it is actually more closely related to the turnip. Its origins can be traced back to China as well as the Mediterranean. While the variety in this weeks' box was planted this spring ("spring raab"), raab is commonly planted late fall to over-winter and be harvested in early spring. The flavor of raab is often described as nutty and slightly bitter. The easiest preparation for raab is to steam or lightly sauté it in olive oil. Raab is a source of vitamins A, C, and K, as well as potassium, calcium, and iron.



**Beets *Beta vulgaris*.** What do beets, spinach, chard, and quinoa have in common? Oddly enough, they are related. They are all "goosefoots" – plants with leaves that resemble the tracks left in the dust by a goose. If you put the leaves of beet greens next to chard, you will see a distinct resemblance. In fact, don't throw away the beet greens; they are edible! Beet greens are an excellent source of potassium, folic acid, and magnesium. You can cook them as you would any leafy green.

The pink Chioggia beets are an Italian heirloom variety that has a mild, sweet flavor. They reveal pink and white stripes when cut open but sadly, these stripes disappear when the beet is cooked.

## Frequently Asked Questions

### Can I return my box and other packaging materials?

Boxes = yes\*! Other packaging materials (egg cartons, pint boxes, plastic bags) = no. \*Note: Fremont Abbey Arts cannot accept returned boxes on our behalf. Please remove old produce prior to returning the boxes.

### What does it mean to put my box "on hold"?

When you put your box on hold, it means that it won't be delivered for that week. Our policy is to refund each member for one "vacation week" at the end of our season. In lieu of taking the refund, you could come to the Queen Anne Farmers Market and pick out a few items to replace your missed box (so long as you either emailed us or entered the hold dates into your account prior to the date). The final delivery days are October 28th and 29th, regardless of how many holds you put on your account.

### What's your favorite way to eat beets?

Each week we'll ask our members "What's your favorite way to eat \_\_\_\_?" Send Petrina an email, or post on our Facebook page. We'll share some of the responses in the newsletter and post all the feedback on our blog. [petrina@skylightfarms.com](mailto:petrina@skylightfarms.com)

### Upcoming member days:

**July 26 & Aug 16, 10am—noon.**

Come tour the farm, pick some herbs, meet the chickens, and take home some flowers. RSVP appreciated but not required.

### Cleaning and Storage Tips

**Beets, carrots and turnips** – Cut the tops off to keep the roots firm. Leaving the tops on will draw moisture from the root, making them lose flavor and firmness. Beet and turnip greens are edible so hang onto them. Store the roots in an open container with a wet towel on top or wrapped loosely in a plastic bag.

**Greens** – Dunk them in a sink filled with cold water. Dry greens very well with paper or kitchen towels or a salad spinner and store them in a plastic bag or airtight container with a couple paper towels.

### Stir Fried Pac Choi, Carrots, & Snow or Snap Peas

1/2 tbsp vegetable or peanut oil  
1 cup carrots, cut into matchsticks  
1 cup snow or snap peas, trimmed  
1/2 inch ginger, peeled and grated  
2 tbsp vegetable broth  
1 pac choi, chopped  
3 scallions, ends removed and julienned

#### Stir Fry Sauce:

1/2 tbsp low sodium soy sauce  
1 tbsp rice wine  
2 tbsp vegetable broth mixed with 1 tbsp corn starch  
1/2 tbsp brown sugar  
2 garlic cloves, sliced  
1/2 tsp red pepper flakes  
1/4 tsp cracked black pepper

1. Mix all stir fry sauce ingredients together and set aside.
2. Using a large frying pan or wok, heat to medium-high. Add oil. When oil is ready add carrots and snow peas. Shake pan. Immediately add, ginger and vegetable broth. Sauté for 1 minute. Cover with lid and sauté for 1 minute.
3. Add pac choi and stir fry sauce. Sauté until pac choi is crisp-tender, about 2 minutes.

### Roasted Cauliflower or Broccoli

1 head cauliflower or broccoli, cut into bite-size florets  
3 tbsp extra-virgin olive oil  
5 cloves garlic, roughly chopped  
2 teaspoons kosher salt

1. Preheat the oven to 450 degrees F.
2. Toss the broccoli/cauliflower with the olive oil and garlic on a baking sheet; sprinkle with the salt and toss again. Roast until golden and tender, about 20 minutes. Transfer to a serving bowl and serve.

#### Try tossing the veggies with any of these seasonings:

1/4 teaspoon crushed red pepper list  
2 tsp roughly chopped fresh thyme leaves  
A splash of balsamic vinegar or lemon juice  
A splash of soy sauce

### Glazed Turnips and/or Carrots

1 1/2 pounds turnips and/or carrots  
1 1/2 tbsp unsalted butter  
1/2 tsp sugar  
Salt & pepper

1. Trim turnips and carrots, and peel if desired. Cut into 1-inch pieces.
2. In a steamer set over boiling water steam turnips and carrots separately, covered, until just tender, 6 to 8 minutes. Vegetables may be prepared up to this point 1 day in advance and kept covered and chilled.
3. In a large heavy skillet cook vegetables in butter with sugar and salt and pepper to taste over moderately low heat, stirring, until heated through and glazed, about 4 minutes.

### Tips for Cooking and Using Beets

Wash beets and trim off the greens, leaving about 1" of the stems attached. Leaving some of the stems attached will prevent the beets from "bleeding". Keep the greens to eat them later. Always cool and peel beets before eating.

Roasting beets brings out the sweetness. You'll need: foil and a baking dish

1. Preheat oven to 400°F.
2. Wrap each beet in foil. Place beets in a baking dish and roast until tender when pierced with fork, about 1 hr.

Steaming beets is good alternative to boiling because it preserves more nutrients and isn't too messy. You'll need a deep sided pot with a tight-fitting lid.

1. Fill a large pot with about an inch of water.
2. Place beets in simmering water. Cover and cook until tender, 25-30 minutes.

#### Try this:

- Slice the beets and serve them over mixed greens with goat or feta cheese and a light vinaigrette.
- Cut steamed beets into wedges and sear them in a little olive oil for a few minutes on each side. Serve over sautéed greens such as chard or broccoli raab.

### Pac Choi – 4 Ways

Just like kale or chard, pac choi (also known as bok choy) can be prepared a number of ways — simmered until soft and tender, roasted to brown the edges or raw and dressed with vinaigrette.

In soup: Add it to a rich, flavorful broth along with noodles, ginger, garlic and other aromatics.

Seared and stir-fried: Season it with chili oil, red pepper flakes, and toasted sesame seeds.

Roasted with salmon or other fish: Toss it in the same marinade as the fish then arrange everything in a single roasting pan and cook it under the broiler for 6-8 minutes.

Sliced in a salad: Baby pac choi is delicate enough to eat raw in a salad. Slice it thinly, mix it with other greens, and toss it with a light, bright dressing.

### How to Prepare Broccoli Raab

Blanching broccoli raab first helps to remove some of the bitterness.

Bring a large pot of well salted water to a boil. Set up a bowl of well salted ice water. Drop the broccoli raab into the boiling water and cook for 1 minute. Remove from the boiling water and plunge immediately into the ice water. Once cool remove from the ice water and let dry. It can be used right away or held for future use.

After blanching the raab, try sautéing it with olive oil, garlic, and other seasonings such as crushed red pepper.