



# From Field to Fork

CSA Member Newsletter

July 1 & 2, 2014: Week 3



## This week's box:

- Broccoli (purple or green)
- Carrots
- Chard
- Escarole or radicchio
- Lettuce
- Snow Peas

## Large box also includes:

- Gold Beets
- Cauliflower
- Snap Peas



## Escarole *Chicorium endivia*

Though it is leafy and looks like lettuce, this bitter green belongs to the chicory genus (but it is not truly a chicory). Escarole is a variety of endive whose leaves are broader, paler and less bitter than other members of the endive family. It is also called broad-leaved endive or Bavarian endive. High in folic acid, fiber, and vitamins A and K, escarole can be eaten raw or gently cooked. The heart of an escarole head is less bitter because the leaves haven't gotten as much sunlight. Cooking or soaking the leaves in water subdues the bitterness. It pairs well with other big flavors such as pungent bleu cheeses, anchovies, nuts, and beets.

## Frequently Asked Questions

### Why are the items in my box different from what's listed in the newsletter?

Because most of our harvest is done in the morning of our CSA deliveries, we sometimes make last minute substitutions to ensure that our boxes are filled with the best produce available. We plan next week's harvest on Fridays, but a lot can happen in a few days. Sometimes a crop becomes decimated by pests or simply needs a few more days to grow. Conversely, we may find that another item is ready ahead of schedule. The newsletter is printed before final harvest which results in deviations between the list and the actual items in the box.

### What's your favorite way to eat... broccoli?

Each week we are asking 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)

Last week we asked for your favorite ways to eat beets. Here were some of the responses:

- Smoothies are so yum with beets, I know it sounds weird but give it a try!
- I bake/grill them in foil seasoned with oil, salt, pepper and the magic ingredient.... smoked paprika!
- I like to add the beet greens into an Indian Saag for color and flavor, and pan fry the diced beet root on high heat with olive oil and a pinch of salt.
- We grill ours up with olive oil, salt, and pepper. We LOVE grilled beets!

### Farm Dinner on August 9th

Skylight Farms is partnering with chef Paul Osher from Porkchop & Co. to host a dinner at the farm. Think: fancy picnic meets the best local ingredients of the season. More information about the menu and tickets will be coming soon.

### 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

**Broccoli/Cauliflower**— As with all produce that is grown without pesticides, be especially careful about washing your broccoli and cauliflower 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.

**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.

### 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

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.

### Dress up your Salad

Lettuce, lettuce, and more lettuce. Don't get caught in a rut with the same old salad routine. Here are a few ideas to mix and match.

Cheese please: bleu cheese, gorgonzola, feta, chèvre, smoked gouda, cubed aged cheddar

Go French: Make it a nicoise by adding olives, cooked green beans, potato, tuna and hard-boiled eggs

A main meal: Top it off with grilled chicken, salmon, steak, tuna, crab cakes

Eat your legumes: Sprinkle some cannellini beans, lentils, or chickpeas.

Go nuts: Add some toasted or candied chopped pecans, walnuts, hazelnuts, or pine nuts.

Sweeten it up: Use fresh or dried fruit

Add a chopped boiled or poached egg. Go all out and use duck eggs.

Wrap it up: Use lettuce leaves in lieu of bread and wrap up your favorite sandwich filling.

### Quick Ways to Cook Carrots

**Roasted:** Lay them on a baking sheet, drizzle with olive oil and sprinkle with sea salt. Bake at 350F until tender (about 30 minutes, depending on carrot thickness).

**Glazed:** Slice carrots into rounds (crinkle cut is fun) and place in saucepan with butter and brown sugar or maple syrup. Sauté until soft.

### Broccoli Parmesan Fritters

3 cups fresh broccoli, chopped  
1 large egg  
1/2 cup all-purpose flour  
1/3 cup finely grated parmesan cheese  
1 small clove garlic, minced  
Salt & pepper  
Pinch of red pepper flakes  
Olive or vegetable oil for frying

1. Prepare your broccoli: Separate the florets from the biggest stem(s). Cut into 1-inch chunks. Optional: peel the stems and then slice into 1/2-inch lengths.
2. Steam broccoli until tender but not mushy, 5 to 6 minutes. Drain the broccoli, then set it aside to cool slightly.
3. In the bottom of a large bowl, lightly beat the egg. Add the flour, cheese, garlic, salt and pepper. Then, add the somewhat cooled broccoli and, using a potato masher, mash the broccoli just a bit. The bits should be recognizable, but small enough (1/4- to 1/2-inch chunks) to press a mound of the batter into a fritter in the pan. Once mashed a bit, stir or fold the ingredients together the rest of the way with a spoon. Season with salt, pepper, and red pepper flakes to taste.
4. Heat a large, heavy skillet over moderate heat. Once hot, add about 2 to 3 tbsp oil. Scoop a two tablespoon-size mound of the batter and drop it into the pan, then flatten it slightly. Repeat with additional batter, leaving a couple inches between each. Cook 2 to 3 minutes until brown then flip each fritter and cook on the other side until equally golden, another 1 to 2 minutes.
5. Transfer briefly to paper towels to drain, then eat immediately. Or keep warm on a baking sheet in a 200F degree oven.

#### Try these toppings:

- Sour cream or plain yogurt
- Feta cheese
- Fried egg

### Tips for Using Escarole

Raw or cooked, escarole's slight bitterness can add a nice punch to any dish. The heart is milder than the outer leaves. Cooking escarole can tame some of the bitterness.

#### Try this:

- Toss a few leaves into a mild salad.
- Serve some quickly wilted with lemon juice.
- Chop it up and stir it into soup.
- Sauté it alone or with other greens, minced garlic, and a splash of vinegar or lemon juice.
- Braise it.
- Pair it with gorgonzola or bleu cheese and walnuts.