



From Field to Fork

CSA Member Newsletter

July 8 & 9, 2014: Week 4



This week's box:

- Broccoli
- Carrots
- Savoy cabbage
- Lacinato/dinosaur kale
- Pink radishes
- Cherry red potatoes

Large box also includes:

- Green or purple beans
- Cauliflower
- Tomatoes
- Basil



Radishes *Raphanus sativus*

Radishes are an edible root vegetable of the Brassicaceae family that are enjoyed by people all over the globe. They have been eaten in Japan, China and parts of Europe since pre-historic times and were domesticated in Europe in the sixteenth century. Radishes are rich in ascorbic acid, folic acid, and potassium. They are a good source of vitamin B6, riboflavin, magnesium, copper, and calcium. They are most commonly eaten raw but cooking them can mellow out their flavor. The leaves, too, are edible and taste similar to arugula.

Frequently Asked Questions

Can I make substitutions?

Unfortunately, no. Though we are sympathetic to food sensitivities and personal preferences, we are currently not equipped to make custom substitutions. With over a hundred households participating in our CSA program, we try to provide a variety of items that will satisfy everyone's palates. We encourage you to trade with other CSA members and continue to send Petrina your feedback on the things that you love or loathe. We use all of this information to plan future crops.

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.

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.

Radishes- Remove the greens (store separately if you want to eat the greens) 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.

What's your favorite way to eat...Cabbage ?

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

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

- Roasted!
- I love broccoli salad with bacon, water chestnuts and sultanas. Such a treat! Most often, I roast broccoli with garlic, olive oil and s&p and toss it with some balsamic vinegar before serving.
- Plain old steamed broccoli.
- I would roast/pan fry it and splash some sesame oil, salt and pepper.
- I like to eat it raw with a little hummus to dip.

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.

