



From Field to Fork

CSA Member Newsletter

July 15 & 16, 2014: Week 5

This week's box:

- Beans (Dragon, purple or romano)
- Beets
- Fennel
- Lettuce
- Romanesco
- Snow or shelling peas
- Tomatoes (globe)

Large box also includes:

- Parsley
- Potatoes
- Tomatoes (cherry or beefsteak)
- Summer squash



Frequently Asked Questions

Are you organic?

We are not certified organic but you can rest assured that we never use synthetic pesticides or fertilizer and only plant non-GMO seeds. It's actually illegal for a grower to market their products as "organic" unless they have been certified through a formal and lengthy process. However we are familiar with the rules that apply to certified farms and they are the baseline for our own production. We view ourselves as stewards of the land and take careful measures to improve the health of our soil naturally by planting cover crops, using all-natural amendments, and crop rotation. We manage pests and disease through ecological practices, and we've made our peace with the inevitable crop losses due to our chosen method of farming. We believe these losses are a small price to pay for producing clean and delicious food.

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

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

- Last night we made a yummy coleslaw with your savoy cabbage. Loved the mildness and great texture!
- Sauerkraut!!
- Green cabbage fried in peanut oil in a VERY hot wok with a dash of fish sauce. Perfection.
- Napa cabbage layered with spices and raw squid for a hearty and delicious kim chi.

For more tips and recipes, visit the recipes section on our website.

This week: What's your favorite way to eat beans?

Send your responses to Petrina@skylightfarms.com, or post on our Facebook page.

Romanesco Cauliflower *Brassica oleracea*.

Romanesco is an edible flower that was first cultivated in Italy in the 16th century. It tastes like a cross between broccoli and cauliflower. Its shape approximates a natural fractal, meaning that each bud is composed of smaller buds which form a logarithmic spiral. Romanesco is rich in vitamin C, vitamin K, dietary fiber and carotenoids. It can be eaten raw, boiled, baked, braised or sautéed and pairs well with salty foods like olives, pancetta and capers. In fact, it makes a fine substitute for cauliflower or broccoli in any dish.

Farm Dinner on August 9th

Skylight Farms is partnering with chef Paul Osher from Porkchop & Co. to host a dinner at the farm. Join us for a fun evening featuring a roasted goat and produce picked straight from our fields along with desserts by Parchment Pop Up Bakery and beer by Reuben's Brews.

We'll start with a farm tour at 5pm with dinner at 6:30. Tickets are \$50 for dinner or \$75 for dinner and drinks. Purchase tickets at www.brownpapertickets.com/event/770074

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.



Zucchini Potato Pancakes

A variation on a latke, these pancakes can be made with all zucchini or all potato. If you don't want to fry, use the broiler instead.

2 cups zucchini, grated
1 cup potatoes, peeled and grated
1/2 tablespoon lemon juice
1/2 cup grated Parmesan cheese
Pinch of salt and pepper
2 tbsp flour
1 egg, beaten
Oil for frying

1. Toss zucchini and potato in the lemon juice to prevent browning. Squeeze out all excess moisture from the zucchini and potatoes with towels or a sieve.
2. Mix with cheese, salt, pepper, flour, and egg and make sure that the ingredients are well mixed.
3. Heat a 1/2 inch of oil in a pan until hot and add thin silver dollar-size pancakes, frying over high heat until golden brown and crispy. Drain on paper towels. – OR – place under the broiler for 8-10 minutes each side.

Try these additions:

1 cup chopped scallions or grated onion
1-2 cloves minced garlic
¼ cup herbs such as parsley or basil

Raw Beet Salad

Raw, grated beets can be dressed and kept in the refrigerator, covered well, for a couple of days. They become more tender but don't lose their texture, and the mixture becomes even sweeter as the beet juices mingle with the citrus.

1/2 pound beets
3 tbsp freshly squeezed orange juice
1 tbsp freshly squeezed lemon juice
1 tbsp extra virgin olive oil
2 tbsp minced chives, mint or parsley (or a combination)
1 small head of lettuce, leaves torn into bite-size pieces
Salt to taste

1. Peel the beets with a vegetable peeler, and grate in a food processor fitted with the shredding blade.
2. Combine the orange juice, lemon juice and olive oil. Toss with the beets and herbs. Season to taste with salt. Line a salad bowl or platter with lettuce, top with the grated beets and serve.

Ideas for Using Fennel

- Slice it thinly and add it to a salad or coleslaw
- Halve it, cut it into quarters and roast it with chicken or fish
- Add it as a topping for pizza
- Braise
- Coat it with seasoned flour and then pan fry
- Make pickles

Green Bean and Fennel Salad

1/2 cup pecan pieces
1/2 pound green beans, trimmed
1 fennel bulb (about 1 pound), cored and thinly sliced, fronds reserved (optional)
2 tbsp fresh lemon juice
2 tsp Dijon mustard
1/4 cup olive oil
Coarse salt and ground pepper

1. Preheat oven to 350 degrees. Fill a bowl with ice water; set aside. Spread pecans on a rimmed baking sheet. Bake until fragrant and crisp, 8 to 10 minutes; set aside. (Store up to two days in an airtight container.)
2. Place 1/2 inch water in a large skillet with a lid. Bring to a boil; salt generously. Add green beans, cover skillet, and cook over medium heat, tossing occasionally, until crisp-tender, 6 to 8 minutes. Transfer immediately to ice water. Drain; pat dry with paper towels. (Cover and refrigerate up to 10 hours.)
3. In a small bowl, whisk together lemon juice and mustard; season with salt and pepper. Gradually whisk in oil. (Cover and refrigerate up to 10 hours.) To serve, combine all ingredients in a large bowl, and toss with dressing; garnish with fennel fronds, if desired.

Snow Pea and Carrot Salad

2 tbsp canola oil
1 tbsp red or yellow miso
1 tbsp cider vinegar
1 tbsp reduced-sodium tamari or soy sauce
1 tsp finely grated fresh ginger
8 cups torn leaf lettuce
2 cups trimmed and halved snow peas
2 medium carrots, shredded

Whisk oil, miso, vinegar, tamari (or soy sauce) and ginger in a large bowl until well combined. Add lettuce, snow peas and carrots; toss to coat.

Tomato and Egg Skillet

2 tsp unsalted butter
3 large eggs
1/2 cup sliced tomatoes
1/4 cup sliced or grated cheese (cheddar, gruyere, goat, etc.)
Coarse salt and ground pepper

1. Heat broiler. Melt butter in an 8-inch nonstick ovenproof skillet over med-high heat until foamy. Crack eggs into skillet and cook until whites are almost set, about 1 1/2 min.
2. Remove from heat. Season with salt and pepper. Top with tomatoes, then cheese. Broil until whites are set and cheese melts and is bubbling, about 1 minute.