



From Field to Fork

CSA Member Newsletter

July 29 & 30, 2014: Week 7

This week's box:

- Beans (purple dragon)
- Beets
- Broccoli
- Carrots
- Chard
- Zucchini/Summer squash
- Tomatoes (globe)

Large box also includes:

- Eggplant
- Potatoes
- Turnips



Cleaning and Storage Tips

Beans (Green, Purple, Dragon) - they like humidity, but not wetness. A damp cloth draped over an open or loosely closed container.

Eggplant – Wash only before using; it doesn't like any extra moisture. It also does not like to be cold so store in a cool room. For longer storage- wrap in a dry paper towel or paper bag in the crisper drawer.

Summer squash – Can be left on a cool counter for a few days or refrigerate wrapped in a damp towel for up to a week.

Tomatoes - Never refrigerate. Depending on ripeness, tomatoes can stay for up to two weeks on the counter.



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

Tell us: [What's your favorite way to eat tomatoes?](#)

Send your responses to Petrina@skylightfarms.com, or post on our Facebook page. We will share some of the responses in next week's newsletter.

All tips and recipes will be posted in the recipes section on our website.

Thanks to all who came to visit us this past Saturday. It was beautiful day and we always enjoy meeting our CSA members. If you missed it, we hope you'll join us at our next member days on Aug 16th & Sept 27th, 10am—noon.

Summer Squash *Cucurbita pepo*

Summer squashes (zucchini, crookneck, round, scallop/pattypan) have their ancestry in the Americas. The varieties commonly known as "zucchini" were developed in Italy and derive their name from the Italian word "zucchina" which means little pumpkin. Summer squashes have a neutral flavor, which means that they pair well with herbs and other vegetables. They also lend themselves to many different cooking preparations such as steaming, boiling, grilling, stuffing and baking, or frying. They can be used in stews, soups, quesadillas and are a key ingredient in many cultures. Fun fact: The world's largest zucchini on record was 69.5 inches long and weighed 65 lbs. Aren't you glad that's not in your box this week?!

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

Ratatouille

1 medium or 2 small eggplant, cut into 1/2-inch dice
4 tbsp olive oil, divided, plus more to taste
2 medium onions, cut into 1/2-inch dice
4 to 6 garlic cloves, chopped
1/2 bunch of basil, tied in a bouquet with kitchen twine + 6 basil leaves, chopped
pinch of dried chile flakes
2 sweet peppers, cut into 1/2-inch dice
3 medium summer squash, cut into 1/2-inch dice
3 ripe medium tomatoes, cut into 1/2-inch dice
Salt to taste

1. Toss the eggplant cubes with a teaspoon or so of salt. Set the cubes in a colander to drain for about 20 minutes.
2. Heat 2 tablespoons of olive oil in a heavy-bottomed pot. Pat the eggplant dry, add to the pan, and cook over medium heat, stirring frequently, until golden. Add a bit more oil if the eggplant absorbs all the oil and sticks to the bottom of the pan. Remove the eggplant when done and set aside.
3. In the same pot, pour in 2 more tablespoons olive oil. Add onions and cook for about 7 minutes, or until soft and translucent. Add the garlic, basil bouquet, dried chile flakes, and a bit more salt.
4. Cook for 2 or 3 minutes, then stir in peppers. Cook for a few more minutes, then stir in summer squash. Cook for a few more minutes, then stir in tomatoes.
5. Cook for 10 minutes longer, then stir in eggplant and cook for 10 to 15 minutes more, until all the vegetables are soft. Remove the bouquet of basil, pressing on it to extract all its flavors, and adjust the seasoning with salt. Stir in the chopped basil leaves and more extra virgin olive oil, to taste. Serve warm or cold.

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.

Easy Eastern Russian Borscht

(Courtesy of CSA member Aaron Armstrong)

Olive Oil
1 large onion, diced
4 large beets, peeled and cubed
4 medium carrots, cubed
4 medium potatoes, cubed
1/2 small cabbage, diced or sliced
4 cups chicken or vegetable stock (optional)
1 large dill pickle (chopped) and a few tablespoons brine
Sour cream
1-2 tbsp chopped dill, to garnish

1. In a large thick bottomed pot, lightly brown onion in olive oil. Add beets, carrots and potatoes and continue to brown for a few minutes. Add enough stock and/or water to cover all with 1 inch of liquid.
2. Bring to a boil and add the cabbage and pickle ingredients. Reduce to low for another 10-15 minutes.
3. Serve with a dollop of sour cream in the soup spoon and garnish with some dill.

Turnips with White Miso Butter

1 bunch of turnips
2 tbsp butter, at room temperature
2 tbsp mirin
3 tbsp white miso
1 tsp black sesame seeds, lightly toasted in a dry skillet
1 leek, thinly sliced
Salt

1. Trim the turnips and peel with a paring knife or vegetable peeler. Cut lengthwise into quarters or sixths.
2. Melt a tablespoon of butter in a skillet over medium heat. Add leeks and cook for 2-3 minutes. Add the mirin and then the turnips, and cook for several minutes, allowing to brown slightly.
3. While turnips are cooking, stir together the miso and remaining butter. When the turnips are tender, add this mixture and allow it to bubble up, coat the turnips, and just heat through.
4. Transfer to a serving dish and finish with sesame seeds. Season with salt, if needed.

Romano Beans and Chard

2 cups beans (Romano, dragon, purple, green etc.), trimmed and cut into 1/2 inch pieces
1 bunch of chard
2-3 green onions, sliced
1 garlic clove, minced
4 tsp capers
Juice from 1/2 lemon
Olive oil
Salt & pepper

1. Bring 2 quarts of water to a boil in a large saucepan. Add beans and cook 5 minutes. Drain and plunge beans into ice water; drain.
2. Heat 1 tbsp olive oil in a pan, add green onion and capers and cook 2 minutes. Add beans and garlic and cook another 2-3 minutes until beans are tender but still crisp. Add chard and stir until wilted.
3. Toss in a bowl with lemon juice. Season with salt and pepper.