



From Field to Fork

CSA Member Newsletter

August 19 & 20, 2014: Week 10



This week's box:

- Basil
- Beans
- Beets
- Cucumber
- Eggplant
- Lettuce
- Summer squash
- Tomatoes

Large box also includes:

- Broccoli or Cauliflower
- Green pepper
- White salad onion



Coming soon: Tomatoes for Canning

Save a taste of summer by preserving some tomatoes. Our roma and paste tomatoes will be in heavy production soon. Email Petrina to get on our "tomato list" for bulk boxes. Minimum purchase is 10lbs. petrina@skylightfarms.com

Boxes will also be available for purchase through our web-store.

Lettuce *Lactuca sativa*

Lettuce is an annual plant of the Asteraceae (sunflower or aster) family. Lettuce was first cultivated by the ancient Egyptians and later by the Greeks and Romans. The Romans referred to lettuce as lactuca (lac meaning milk in Latin), an allusion to the white substance, now called latex, exuded by cut stems. The 16th through 18th centuries saw the development of many varieties in Europe, and by the mid-18th century cultivars were described that can still be found in gardens today. Europe and North America originally dominated the market for lettuce, but by the late 1900s the consumption of lettuce had spread throughout the world. The name romaine came from that type's use in the Roman papal gardens, while cos, another term for romaine lettuce, came from the earliest European seeds of the type from the Greek island of Cos. Lettuce is a good source of vitamin A and potassium, as well as a minor source for several other vitamins and nutrients.

Next CSA Member Days

September 27th and October 18th, 10am—noon. Farm tour starts at 10:30. We invite you to pick some flowers and herbs. Feel free to bring a picnic lunch and enjoy the valley views.

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

Last week we asked for your favorite ways to eat potatoes. Here are a few of your responses:

- Mashed with olive oil, salt, pepper, garlic, and fresh basil!
- Honey, grainy mustard, olive oil, onions, salt and pepper (& garlic if you wish). Toss baby or cubed potatoes. Roast in oven at 375 for 45-60 minutes, stirring every 15 minutes. Garnish with fresh minced rosemary.

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

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

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.

Keep up with the latest news from the farm by following us on Facebook or Instagram @skylightfarms.



Oven-baked Veggie chips (Beets, zucchini, eggplant)

3 large beets, zucchini, or eggplant
Salt & pepper
Olive oil
Optional seasonings: garlic powder, onion powder, rosemary or other herbs

1. Pre heat oven to 325 degrees F. Clean your vegetables; there is no need to peel them. Slice very thinly with a mandolin or a very sharp knife.
2. Toss in olive oil, or use an oil mister to coat both sides of the vegetable slices
3. If you have one, put a wire rack on top of a cookie sheet. Lay the slices in a single layer on a baking sheet. Sprinkle with salt and pepper.
4. Bake for 20 minutes then rotate pan and/or flip the chips over. Continue baking; check every 20 minutes until chips are dry and crispy.
5. Store in an airtight container. If the chips gets damp, "crisp" them back up by putting it in the oven for 3-4 minutes.

Quinoa with Grilled Summer Squash & Beans

1 cup uncooked quinoa
2 cups water
Pinch of salt
2 large summer squash, sliced
1 1/2 cups beans, ends snapped off
1/4 cup balsamic vinegar
2 tbsp olive oil
2 cloves garlic minced
Salt and black pepper, to taste
1/3 cup freshly chopped basil leaves
Extra balsamic vinegar and olive oil, for drizzling over dish, optional
1/3 cup Parmesan cheese, for garnish, optional

1. First, using a strainer, rinse the quinoa under cold water. Add quinoa, water, and salt to a medium saucepan and bring to a boil over medium heat. Boil for 5 minutes. Turn the heat to low and simmer for about 15 minutes, or until water is absorbed. Remove from heat and fluff with a fork.
2. While the quinoa is cooking, place the summer squash and beans in a large bowl. In a small bowl, whisk together balsamic vinegar, olive oil, and garlic. Pour balsamic dressing over the vegetables and toss until vegetables are well coated. Season vegetables with salt and pepper, to taste.
3. Heat grill to medium-high. Place the vegetables in a grill basket or in a large aluminum foil packet. Place on the hot grill and cook until tender crisp, about 10 minutes. Remove the vegetables from the grill.
4. Place the cooked quinoa in a large bowl. Add the grilled summer squash, green beans, basil, and stir. Drizzle with extra balsamic vinegar and olive oil, if desired. Season with salt and pepper, to taste. Garnish dish with Parmesan cheese, if using. Serve warm.

Bell Pepper Egg-in-a-Hole

2 tsp olive oil
1 bell pepper (any color), cut into four 1/2-inch-thick rings
4 large eggs
Salt & pepper
2 tsp grated Parmesan
4 slices bread, toasted

1. In a large cast-iron or nonstick skillet, heat 1 teaspoon oil over medium-high. Add bell pepper, then crack 1 egg into the middle of each pepper ring. Season with salt and pepper and cook until egg whites are mostly set but yolks are still runny, 2 to 3 minutes. Gently flip and cook 1 minute more for over easy.
2. Sprinkle with parmesan and place each egg on a slice of toast.

Basil syrup

Use this syrup to sweeten iced tea or summery cocktails.

1 bunch chopped basil
1 cup sugar
3/4 cup water

Simmer sugar, water, and basil in a saucepan until sugar dissolves. Let steep 20 minutes; strain.

Baba Ghanouj

1 eggplant
Olive oil
1/4 cup tahini
1/4 cup lemon juice
2-3 cloves minced garlic
1 tsp cumin

- a. Oven method:** Preheat oven to 400°F. Poke the eggplants in several places with a fork. Cut the eggplants in half lengthwise and brush the cut sides lightly with olive oil (about 1 Tbsp). Place on a baking sheet, cut side down, and roast until very tender, about 35-40 minutes. Remove from oven and cool for 15 minutes.
 - b. Grilling method** Preheat grill. Poke the eggplants in a few places with a fork, then rub the eggplants with 1 tablespoon of the olive oil. Grill over high heat, turning as each side blackens. Put the charred eggplants in a paper bag, close the bag and let the eggplants steam in their skins for 15-20 minutes.
1. Scoop the eggplant flesh into a large bowl and mash well with a fork. Combine the eggplant, minced garlic, 2 tbsp olive oil, tahini, , cumin, 2 Tbsp of lemon juice, and a pinch of salt. Mash well. The mixture should be somewhat smooth but still retain some of the eggplant's texture.
 2. Season with salt. Drizzle a little olive oil on top.