



From Field to Fork

CSA Member Newsletter

August 26 & 27, 2014: Week 11



This week's box:

- Broccoli
- Chard
- Cucumber
- Melon
- Onions
- Parsley
- Potatoes
- Tomatoes



Broccoli *Brassica oleracea*

Broccoli is a man-made plant, derived from careful breeding of cultivated leafy cole crops in the Northern Mediterranean in about the 6th century BC. Although it has been commercially cultivated since the 1500's, broccoli did not become popular in the United States until the 1920s. The most common broccoli is available as a single head; sprouting broccoli produces offshoots of thin stems and leaves, mixed in with a few small, solid heads. Broccoli is high in vitamin C, calcium, dietary fiber, and carotenoids.

Large box also includes:

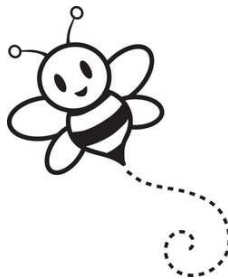
- Beans
- Cauliflower
- Fennel

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.

Honey For Sale

Over the weekend we harvested 70 lbs of honey from our busy bees. 8 oz. and 16 oz. jars of raw honey will be available for sale at the Queen Anne Farmers Market and in our webstore within a week or two.



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 webstore.

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

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

- One of my favorite ways to eat eggplant is from Gordon Ramsay's book, Healthy Appetite. I LOVE the addition of eggs to ratatouille.
- Eggplant in Thai green curry-coconut milk.
- The best eggplant recipe I found is from Jacques Pepin called Macaroni Beaucaire. You can find it on his [Essential Pepin](#) site.

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

This week: [What's your favorite way to eat chard?](#)

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.



Broccoli and Potato Curry

1 tbsp oil
 2 medium onions, chopped
 1 tbsp fresh ginger
 1 -2 tsp curry powder
 2 lbs potatoes, peeled & cut into 1-inch pieces
 1 cup broccoli or cauliflower (florets)
 1 cup green beans, cut into 1-inch pieces
 1 1/4 cups chicken or vegetable stock
 1/2 lemon (juice)

1. Heat oil on medium. Sauté the onions, fresh ginger and curry powder for 5 minutes. Add the potatoes and cook for 2 minutes.
2. Add the stock. Cover and steam for 8-10 minutes, until potatoes are almost cooked through.
3. Add the broccoli (or cauliflower) and green beans, and continue cooking for another 5 minutes.
4. Add the lemon juice and continue cooking until most of the stock has evaporated.

Tomato and Fennel Salad

1 tbsp extra-virgin olive oil
 1 tbsp champagne vinegar, or white-wine vinegar
 1/2 tsp salt
 Freshly ground pepper, to taste
 1 pound tomatoes, cut into wedges
 2 cups thinly sliced fennel bulb
 1/4 cup chopped fresh parsley
 1/3 cup toasted pine nuts

1. Toast pine nuts in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 3 to 5 minutes.
2. Whisk oil, vinegar, salt and pepper in a large bowl until combined. Add tomatoes, fennel, parsley and pine nuts; toss to coat.

Cauliflower Purée

1 head of cauliflower, cut into 2-inch florets
 1 cup heavy cream
 1/2 stick unsalted butter
 Salt
 Cayenne pepper

1. Preheat the oven to 325°. In a large pot of boiling salted water, cook the cauliflower florets until tender, about 7 minutes. Drain well. Spread the cauliflower on a large rimmed baking sheet. Bake for about 5 minutes, to dry it out.
2. In a small saucepan, combine the heavy cream with the butter and bring to a simmer over moderate heat just until the butter is melted.
3. Working in batches, puree the cauliflower in a blender with the warm cream mixture; transfer the puree to a medium microwave-safe bowl. Season with salt and cayenne. Just before serving, reheat the puree in the microwave in 1-minute intervals, stirring occasionally.

Cucumber Salad

1-2 cucumbers, thinly sliced (about 1 1/2 pounds)
 2-3 tsp granulated sugar
 1/4 cup cider vinegar or distilled white vinegar
 2 tsp Dijon-style mustard (optional)
 1 med red onion, thinly sliced (optional)
 2 tsp chopped dill

1. Toss cucumber slices with 2 tsp salt in a colander. Drain for 20 minutes. Rinse cucumbers and squeeze out excess water.
2. In a large bowl, whisk together 2 tsp sugar, vinegar, dill and mustard. Toss together with cucumbers and red onion.
3. Refrigerate for at least 1 hour and up to 1 day before serving.

Melon Soup

1 melon (honeydew or cantaloupe), about 4 cups
 2 cups chopped cucumber
 2 tbsp honey
 Juice of 2 lemons or 3 limes
 1 cup unsweetened apple or white grape juice
 1/2 bunch basil, finely chopped
 A handful of mint leaves

1. Peel the melon and cucumber, remove all the seeds and chop into small chunks. Place the pieces in a blender with the honey and lemon juice.
2. Blend until it forms a purée, adding a little apple juice if it seems too thick.
3. Chill until cold, then serve with a sprinkling of basil and mint leaves.

Chard-wrapped Halibut

1/2 cup (1 stick) butter, room temperature
 1 tbsp lemon juice
 1 tbsp chopped fresh thyme
 1 tbsp chopped fresh chives, shallot or green onion
 2 tsp grated lemon peel
 4 very large chard leaves, halved lengthwise, stems removed
 4 1-inch-thick halibut fillets (6–8 oz. each)
 4 lemon slices

1. Preheat oven to 450°F. Blend butter, fresh lemon juice, chopped fresh thyme, chopped fresh chives, and grated lemon peel in small bowl; season butter to taste with salt and pepper.
2. Place four 12-inch squares of foil or parchment on work surface. Overlap center edge of 2 chard halves on each square. Sprinkle fillets on each side with salt and pepper, then spread with some lemon-thyme butter. Top each with lemon slice. Place 1 fillet crosswise on widest part of chard. Fold bottom of leaf over fillet, then continue to roll up (sides will be open). Enclose each wrapped fillet in foil.
3. Arrange packets on rimmed baking sheet. Bake until fish is just opaque in center, 12 to 14 minutes. Transfer packets to plates, open foil, and serve.