



From Field to Fork

CSA Member Newsletter

August 5 & 6, 2014: Week 8



This week's box:

- Green beans
- Beets
- Kale
- Parsley
- Potatoes
- Zucchini/Summer squash
- Tomatoes

Large box also includes:

- Cucumber
- Shelling peas

Save the date:

Next CSA member days are August 16th and September 27th from 10am—noon.



Tomatoes *Lycopersicon esculentum*

Tomatoes are a member of the nightshade family and were once thought to be poisonous. Its latin name means "peach wolf". The tomato originated in Mexico some time before 500 BC, and was introduced to other parts of the world by the Spanish in the 16th century. Tomatoes are rich in the antioxidant lycopene, as well as vitamins C and K, carotenes, and biotin. Part of the charm of heirloom varieties lies in their peculiar shapes; though they might not look pretty, they are much sweeter and more flavorful than the hybrids and conventionally grown tomatoes that can be found in stores year-round. They lend themselves to many different preparations and can be turned into sauce, juice, and paste; they can be frozen, dried, puréed, eaten raw or cooked.

Last Call! 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

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

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

- Cut into pieces. Add fresh mozzarella, spiral pasta. Toss with olive oil, dash of sea salt, pepper and fresh diced basil. YUM!
- Since I do not have a dehydrator, I dehydrate them in the oven at 170F for 1.5 hr, great as snacks!

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

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

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.



Zucchini Bread Yield: 2 loaves or approximately 24 muffins
(From Smitten Kitchen)

3 eggs
1 cup olive or vegetable oil
1 3/4 cups sugar
2 cups grated zucchini
2 tsp vanilla extract
3 cups all-purpose flour
3 tsp cinnamon
1/8 tsp nutmeg
1 tsp baking soda
1/2 tsp baking powder
1 tsp salt
1/2 cup chopped walnuts or pecans (optional)
1 cup dried cranberries, raisins or chocolate chips (optional)

1. Preheat oven to 350°F.
2. Grease and flour two 8x4 inch loaf pans, liberally. Alternately, line 24 muffin cups with paper liners.
3. In a large bowl, beat the eggs with a whisk. Mix in oil and sugar, then zucchini and vanilla.
4. Combine flour, cinnamon, nutmeg, baking soda, baking powder and salt, as well as nuts, chocolate chips and/or dried fruit, if using.
5. Stir this into the egg mixture. Divide the batter into prepared pans.
6. Bake loaves for 60 minutes, plus or minus ten, or until a tester inserted into the center comes out clean. Muffins will bake more quickly, approximately 20 to 25 minutes.

Tomato Soup

3 tbsp olive oil or butter
3 cups yellow onions, chopped (2 onions)
1 tbsp minced garlic (3 cloves)
4 cups chicken or vegetable stock
3 1/2 cups chopped tomatoes
1/2 cup heavy cream, milk, or coconut milk
Salt & pepper
Optional: Large pinch of saffron threads

1. In a large, heavy-bottom pot or Dutch oven, heat the olive oil over medium heat. Add the onions and cook over medium-low heat for 15 minutes, stirring occasionally, until golden brown. Add the garlic and cook for 1 more minute. Stir in the chicken stock, tomatoes, saffron (if using), 2 teaspoons salt and 1 teaspoon pepper. Bring the soup to a boil, then lower the heat and simmer for 15 minutes.
2. Stir in the cream, return the soup to a simmer and cook for 10 more minutes, stirring frequently.
3. Optional: For a smooth soup, purée in a food processor or blender in batches.

Try this:

- Instead of saffron, substitute 3 tbsp of chopped basil, thyme, oregano, dill, and/or chives.

Nicoise Salad

Vinaigrette

2 tbsp lemon juice
1/2 cup extra-virgin olive oil
1 medium shallot, minced
1 tsp Dijon mustard
Optional: 1 tbsp chopped herbs (thyme, basil, oregano)
Salt and freshly ground black pepper

Salad

2 grilled or otherwise cooked tuna steaks* (6 oz each) or 2-3 cans of tuna
4 hard boiled eggs, peeled and either halved or quartered
1 lb potatoes, scrubbed and quartered
Salt and freshly ground black pepper
3 cups of salad greens
1 cup of sliced tomatoes
1 small red onion, sliced very thin
1 cup green beans, stem ends trimmed and each bean halved crosswise
1/4 cup niçoise olives
2 Tbsp capers, rinsed and/or several anchovies (optional)

1. Marinate tuna steaks in a little olive oil for an hour. Heat a large skillet on medium high heat, or place on a hot grill. Cook the steaks 2 to 3 minutes on each side until cooked through.
2. Whisk lemon juice, oil, shallot, herbs, and mustard in medium bowl; season to taste with salt and pepper and set aside.
3. Bring potatoes and 4 quarts cold water to boil in a large pot. Add 1 tablespoon salt and cook until potatoes are tender, 5 to 8 minutes. Transfer potatoes to a medium bowl with a slotted spoon (do not discard boiling water). Toss warm potatoes with 1/4 cup vinaigrette; set aside.
4. While potatoes are cooking, toss lettuce with 1/4 cup vinaigrette in large bowl until coated. Arrange bed of lettuce on a serving platter. Cut tuna into 1/2-inch thick slices, coat with vinaigrette. Mound tuna in center of lettuce. Toss tomatoes, red onion, 3 tablespoons vinaigrette, and salt and pepper to taste in bowl; arrange tomato-onion mixture on the lettuce bed. Arrange reserved potatoes in a mound at edge of lettuce bed.
5. Return water to boil; add 1 tablespoon salt and green beans. Cook until tender but crisp, 3 to 5 minutes. Drain beans, transfer to reserved ice water, and let stand until just cool, about 30 seconds; dry beans well. Toss beans, 3 tablespoons vinaigrette, and salt and pepper to taste; arrange in a mound at edge of lettuce bed.
6. Arrange hard boiled eggs, olives, and anchovies (if using) in mounds on the lettuce bed. Drizzle eggs with remaining 2 tablespoons dressing, sprinkle entire salad with capers (if using), and serve immediately.