



From Field to Fork

CSA Member Newsletter

August 12 & 13, 2014: Week 9

This week's box:

- Artichoke
- Green cabbage
- Cucumber
- Escarole or frisee
- Lettuce
- Potatoes
- Globe tomatoes

Large box also includes:

- Chioggia Beets
- Salad onions
- Strawberries
- Heirloom tomato



Cleaning & Storage Tips

Cabbage – Can be left out on a cool counter for up to a week, or in the crisper drawer. Peel off the outer leaves as they begin to wilt.

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

Onions – Store in a cool, dark, dry place with good air circulation.

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

Cucumber *Cucumis sativus*

Originally from the Indian subcontinent, cucumber has been cultivated for at least 3,000 years. From India, it spread to Greece and Italy, then later into China. It is a widely cultivated plant in the gourd family Cucurbitaceae and is related to melons (including watermelon and cantaloupe) and squashes (including summer squash, winter squash, zucchini and pumpkin). Cucumbers are usually more than 90% water. Cucumber skin can be used to reduce skin irritations and sunburns; its anti-inflammatory properties help reduce puffiness. The sugar, B vitamins and electrolytes can help reduce the intensity of both hang-overs and headaches.

Join us for CSA Member Day

CSA member day is this Saturday, August 16th from 10am—noon. Farm tour starts at 10:30. Bring a picnic lunch and enjoy the views. Skylight Farms is located at 17319 Elliott Road in Snohomish. The next member days are September 27th and October 18th.

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

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

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

- I Love Zucchini! I chop it up and saute with my eggs or use my Paderno spiralizer to make zucchini noodles for "Spaghetti"!
- Zucchini bread
- Zucchini relish

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

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

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.



Cucumber Potato Salad

1 1/2 lbs potatoes
1/2 cup plain low-fat Greek yogurt or sour cream
1-2 tbsp roughly chopped fresh dill, to taste
2 tbsp red wine vinegar
1 cup slivered onion, rinsed and patted dry
1 English cucumber, very thinly sliced
Salt & pepper

1. Steam or boil whole potatoes and cook until tender, 15 to 20 minutes. Cool in ice water, then pat dry.
2. Whisk together yogurt, mayonnaise, dill and vinegar in a small bowl. Season with salt and pepper
3. Quarter potatoes and put in a large bowl. Add onion, cucumber, and half the dressing; gently stir to coat. Add more dressing to taste, or save to use as a dip.

Make ahead: Up to 2 days through step 2. Chill potatoes and dressing separately and slice cucumber just before serving.

Tomato and Cucumber Salad

5 medium tomatoes, halved lengthwise, seeded, and thinly sliced
1/4 red onion, peeled, halved lengthwise, and thinly sliced
1 medium cucumber, halved lengthwise and thinly sliced
Approx. 2 tbsp extra-virgin olive oil
2 splashes red wine vinegar
Coarse salt and black pepper

1. Dress the tomatoes, onions, and cucumber with olive oil, red wine vinegar, salt, and pepper.
2. Let stand about 20 minutes. Re-toss and serve salad with crusty bread.

How to Freeze Potatoes

You'll need: 1 large pot, 2 large bowls (1 filled with ice water), zip closure freezer bags.

1. Wash and peel the potatoes. Try to keep them whole or in large pieces.
2. Bring 4 quarts of water to a rolling boil. Drop about one pound of potatoes and blanch for 3-5 minutes.
3. Remove from water and immerse in an ice water bath for 10 minutes.
4. Drain and pat dry. Pack in zip-closure freezer bags or freezer containers; try to remove all the air. Label, date and freeze at zero degrees for up to one year. Freezing potatoes as quickly as possible will prevent them from becoming mushy when thawed.

Baked Artichokes and Potatoes

Use a clay pot if you have one. If not, then an enameled cast-iron or covered ceramic baking dish will work too.

½ ounce dried wild mushrooms (such as trumpet or porcini)
2 large artichokes
Juice of 1 large lemon
1 ½ lbs potatoes, cut into ¾ inch slices
1 head of garlic, cloves separated but not peeled
2 bay leaves
2 tsp minced rosemary
2-3 tbsp olive oil
Salt & pepper

1. Preheat oven to 350F. Mix lemon juice with water in a medium sized bowl.
2. Cover the mushrooms with ½ cup boiling water and set aside to soak. Trim artichokes, cut them lengthwise into sixths, remove the chokes, and drop the wedges into the lemon water.
3. Remove the mushrooms from the water, rinse off any grit, then squeeze them dry. Cut into bite-size pieces. Strain the soaking water.
4. Put the artichokes, potatoes, garlic cloves, and mushrooms into a baking dish. Season with salt and pepper, add bay leaves and rosemary. Drizzle with oil and toss to coat. Add mushroom water.
5. Cover and bake for 1 hour, turning once or twice while cooking. When eating, squeeze out the roasted garlic and spread it on the potatoes.

Warm Cabbage Salad

3 bacon slices
1 tablespoon peeled chopped shallot (about 1 small)
2 cups apple cider
1/4 teaspoon salt
1/4 teaspoon black pepper
1 1/2 ounces Roquefort or other blue cheese, crumbled (about 1/3 cup)
8 cups shredded cabbage
1/2 cup diced red bell pepper

1. Cook bacon until crisp. Remove bacon from pan, reserving 1 teaspoon drippings in pan. Crumble bacon; set aside.
2. Heat bacon drippings over medium-high heat. Add shallot, and sauté 1 minute. Remove from heat.
3. Bring apple cider to a boil in a small saucepan over medium heat; cook until reduced to 1/4 cup (about 15 minutes). Remove from heat. Add shallot mixture, salt, and pepper. Place cider mixture and cheese in a blender or small food processor; process until smooth.
4. Combine cabbage and bell pepper in a large bowl; drizzle cider mixture over cabbage mixture, tossing well to coat. Top with crumbled bacon. Serve immediately.