



From Field to Fork

CSA Member Newsletter

September 2 & 3, 2014: Week 12



This week's box:

- Corn
- Cucumber
- Cauliflower or romanesco
- Eggplant, peppers and/or tomato
- Lettuce or radicchio
- Melon
- Summer squash or zucchini

Large box also includes:

- Fennel
- Extra melon
- Heirloom tomato

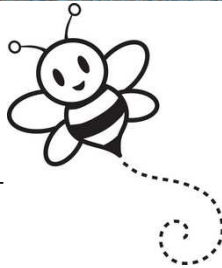


Eggplant *Solanum melongena*

A member of the nightshade family, eggplants are native to India and are related to tomatoes and potatoes. Around the world, it is known as aubergine, brinjal, baingan, and melanzana. Eggplant can be cooked in a variety of ways: stewed, baked, charred or grilled, fried, braised, or stuffed. They come in all sizes and colors, as small as a pea to the large oblong eggplants that are most commonly found in supermarkets. They can be white, yellow, green, orange, lavender and, of course, dark purple. Spice them liberally because eggplants soak up flavors. They pair well with lamb, tomatoes, cheese, and bold spices.

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.



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.

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 chard. Here are a few of your responses:

- I love to use chard leaves in place of a tortilla for a yummy wrap. It works great for the times I am on the go and need food that travels well. Just wrap n roll!
- Our favorite way to eat chard is sautéed in an omelet or in an energy boosting green smoothie.
- Quiche or frittata!
- In a fruit smoothie

All tips and recipes will be posted on our website.

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

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.



Skillet Corn and Peppers

2 cups fresh corn kernels
1 tbsp oil or butter
1/2 cup diced sweet or bell pepper
1/2 cup chopped onion
1 tbsp chopped fresh parsley
Salt & pepper

1. In a large skillet melt butter/heat oil over moderately high heat. Add diced pepper and onion; sauté for 3 minutes.
2. Add corn kernels and season with salt and pepper. Cook, stirring, for 3 minutes until tender but still crunchy; stir in parsley.

Perfectly Cooked Corn, Two Ways

Boiling is one of the easiest ways to cook corn. Bring a large pot of unsalted water to a boil. Remove husks and silk from corn. Drop corn cobs in the boiling water. Once the water returns to a boil, cook for 4 minutes and remove the corn. If you prefer softer kernels, then continue cooking for 1-2 minutes but no more than 8 minutes total.

Grilling corn is very quick. Preheat the grill to medium high heat. Remove the outer layers of corn husk. Gently peel back the remaining husk and remove the silk (doesn't have to be perfectly clean). Replace the husk and put the corn on the grill for 5 minutes. Turn the corn and grill for an additional 5 minutes.

Cauliflower and Fennel with Dijon-Cider Vinaigrette

6 cups cauliflower florets (about 1 large head)
1 cup sliced fennel
1/4 cup olive oil
1 tbsp chopped fresh fennel fronds
2 tbsp cider vinegar
2 tsp Dijon mustard
1 tsp honey
1/4 tsp kosher salt
1/4 tsp freshly ground black pepper

1. Bring a large saucepan of water to a boil; add cauliflower. Boil 5 minutes; add sliced fennel. Boil 1 minute or until cauliflower is crisp-tender; drain.
2. Combine oil and remaining ingredients in a large bowl, stirring with a whisk. Add cauliflower mixture; toss to coat.

Grilled Radicchio

You'll need: Radicchio, olive oil, balsamic vinegar, salt & pepper

1. Prepare a medium-hot fire in a grill.
2. Quarter the radicchio lengthwise, leaving the cores intact. Brush the cut sides generously with some of the olive oil, and season with salt and pepper.
3. Place the radicchio, cut sides down, on the grill and cook, turning frequently, until browned and tender when pierced at the core with a knife, 8 to 12 minutes total. (Close the lid if using a gas grill.)
4. Transfer the radicchio to a platter and drizzle with 1/2 tsp. olive oil and 1/2 tsp. vinegar.

Russian Ratatouille (from PCC Cooks)

This dish can be eaten cold or warm, served with some crusty bread or with pasta.

4 tbsp oil, divided
1 large eggplant, cubed
1/2 large onion, diced
2 medium carrots, diced
2 medium to large tomatoes, coarsely chopped
5 garlic cloves, coarsely chopped
2 tablespoons tomato paste
1 cup water
Salt, sugar and vinegar to taste (can substitute lemon juice or citric acid in place of vinegar)

1. In a large, heavy-bottomed pot, heat 2 tablespoons of oil. Add the eggplant and toss to coat it in the oil. Add 1/4 cup water and cook, stirring occasionally, on medium heat until the eggplant is cooked down to about half of its original volume.
2. Meanwhile, sauté the onions in the remaining oil. Add the onions, carrots, tomatoes, garlic, tomato paste and 3/4 cup water to the eggplant and simmer on medium low, stirring occasionally, until the carrots are tender. Add a little more water if the stew becomes too thick or sticks to the bottom of the pot.
3. Season with salt, sugar and vinegar to achieve your preferred balance of salty, sweet and sour (the sweet and sour flavors should be more prominent than the saltiness). Serve hot or cold.

Melon Sorbet

You don't need an ice cream maker to make sorbet. You could also skip the last few steps and simply make popsicles.

1 large very ripe melon (about 4 pounds melon)
2 tbsp lemon or lime juice
1 cup sugar
2-3 tbsp vodka (optional)

1. In a small saucepan, bring sugar and 1 cup water to a boil. Reduce heat to maintain a simmer and cook until it thickens slightly, about 10 minutes. Let cool to room temperature.
2. While sugar syrup cools, peel, seed, and cut melon into cubes.
3. Purée melon, lemon juice, and vodka in a blender or food processor in batches until smooth. Transfer each batch to a large bowl.
4. Add about half the sugar syrup to the puréed melon. Taste. It should be a bit sweeter than the final sorbet because frozen things taste *less* sweet than at room temperature. Add more sugar syrup, about a tablespoon at a time, to taste.
5. Cover and chill mixture at least an hour and up to overnight.
6. If you have one, process in an ice cream machine according to manufacturer's instructions. Otherwise, pour into a metal baking pan, cover with plastic wrap and freeze 3-4 hours. Remove from pan and purée again in food processor. For a very smooth sorbet, pour into pan again, re-freeze, and then purée again before serving.