



From Field to Fork

CSA Member Newsletter

September 9 & 10, 2014: Week 13



This week's box:

- Braising mix
- Corn
- Cucumber
- Melon
- Parsley
- Sweet and jalapeno peppers
- Potatoes
- Mini globe or gold cherry tomatoes

Large box also includes:

- Artichoke
- Habanero pepper
- Onion
- Gold cherry tomatoes

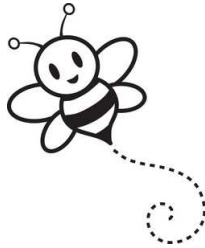


Pepper *Capsicum Annuum*

A part of the nightshade family, peppers are related to potatoes, tomatoes, and eggplant. The pepper is a new world plant. It was widely cultivated in Central and South America; prehistoric remains have been found in Peru. The Spanish introduced it to Europe in the early 16th century. Peppers come in a rainbow of colors: red, yellow, orange, green, brown or purple. If left on the plant, jalapeno peppers will ripen to red and taste slightly sweeter than their green counterparts. The spiciness in peppers is measured in heat units on the Scoville scale with bell peppers at the bottom of the scale, jalapeno peppers on the lower end of the scale and habanero peppers near the top. Peppers are high in vitamins A and C as well as carotenoids.

Honey For Sale

We recently harvested 70 lbs of honey from our busy bees. 8 oz. and 16 oz. jars of raw honey are now available for sale at the Queen Anne Farmers Market and in our webstore.



Meet our new baby!



Our newest calf was born Thursday, September 4th, weighing in at 80lbs. Mama and baby are doing great! You can meet them at our next CSA member day, September 27th from 10am—noon. Farm tour starts at 10:30. You may also pick up your pre-ordered chicken, pasture-raised by our neighbors at Bright Ide Acres. For more information visit their website: brightideacres.com or email [Micha Ide Brightideacres@gmail.com](mailto:MichaIde@Brightideacres@gmail.com)

Tomatoes for Canning Available

Save a taste of summer by preserving some tomatoes. The first of our roma and paste tomatoes are now available in 10lb boxes (or greater). To place an order, email petrina@skylightfarms.com.

Boxes will also available for purchase through our webstore starting this Saturday. Minimum purchase is 10lbs.

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

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

- Steamed and with grated cheese over it. My daughter does it in food processor and it turns out like potatoes, her boys love it.
- We love to grill cauliflower!
- I just had cauliflower tabouli from Whole Foods and I love it! Will try it soon.
- Cauliflower hot sauce

All tips and recipes will be posted on our website.

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

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.

Gazpacho

3 cups chopped tomato
½ medium onion
½ cucumber
1 bell pepper
2 tbsp cilantro
1 tbsp red wine vinegar
Juice of ½ lemon
2 tbsp extra virgin olive oil
4 tbsp aged balsamic vinegar
Salt & pepper

1. Coarsely chop all veggies. Purée all ingredients in a food processor or blender until smooth, in batches, if necessary.
2. Optional: strain out the solids from ½ of the purée. Discard solids and combine the strained liquid with the other ½ of the purée.
3. Chill for at least an hour before serving.

Corn Chowder

¼ cup (½ stick) butter
2 cups of fresh corn kernels
1 cup chopped onion
½ cup diced red bell pepper
½ cup diced green bell pepper
½ teaspoon ground cumin
¼ teaspoon cayenne pepper
¼ cup all purpose flour
1 cup broth (vegetable or chicken)
1 cup milk (do not use low-fat or nonfat)
Minced fresh parsley (optional)

1. Melt butter in heavy large saucepan over medium heat. Add onion, red and green bell peppers, cumin and cayenne and sauté until vegetables are tender, about 8 minutes. Add flour and stir 1 minute. Gradually mix in broth and milk. Add more liquid if necessary.
2. Bring mixture to boil, whisking until smooth. Mix in corn and stir until corn is just heated through. Ladle soup into bowls. Garnish with parsley if desired and serve.

Melon Cucumber Cooler

2 cups melon chunks
½ cup cubed cucumber
2 ounces light rum or vodka
1 lime (juice)
1 tbsp honey or agave syrup
1 cup ice
Sparkling water (optional)

1. Place cucumber, melon, and ice in a blender and blend until smooth.
2. Muddle lime juice, honey, and mint in a glass. Add cucumber and melon puree. Stir. Add rum and stir.
3. Optional: add a splash of sparkling water.

Tortellini with Eggplant and Peppers

2 tbsp olive oil
1 onion or leek, sliced
1 medium eggplant, cut into 1/2-inch pieces
2 bell peppers, cut into 1/2-inch pieces
4 cloves garlic, finely chopped
¼ tsp crushed red pepper
3 cups low-sodium vegetable broth
1 pound cheese tortellini (fresh or frozen)
½ cup fresh flat-leaf parsley, chopped
Salt and black pepper
½ cup grated Parmesan (2 ounces)

1. Heat the oil in a large skillet over medium-high heat.
2. Add onion/leek and cook for 2-3 minutes. Add the eggplant, bell peppers, ½ tsp salt, and ¼ tsp pepper. Cook, stirring occasionally, until the vegetables begin to soften, 6 to 8 minutes.
3. Add the garlic and crushed red pepper and cook, stirring, for 1 minute.
4. Add the broth and tortellini. Simmer, covered, stirring occasionally, until the tortellini are cooked through and most of the broth is absorbed, 12 to 15 minutes.
5. Stir in the parsley and ¼ cup of the parmesan. Spoon into bowls and sprinkle with the remaining ¼ cup of parmesan.

Spinach Artichoke Deviled Eggs

6 hard boiled eggs
¼ cup nonfat Greek yogurt
1 tbsp light mayonnaise
½ cup spinach, chopped
⅓ cup artichoke hearts, chopped
¼ tsp onion powder
¼ tsp garlic powder
¼ tsp dried parsley
Salt & pepper
2 tbsp grated parmesan cheese
paprika for dusting

1. Split hard boiled eggs length wise and scoop the yolks out into a medium mixing bowl.
2. Add Greek yogurt and mayonnaise to egg yolks and mash with a fork until well combined. Beat in spinach, artichoke hearts, and seasonings. Season with salt and pepper.
3. Use a piping bag, extra small cookie scoop or spoon to transfer egg yolk mixture evenly between the egg whites (you may have some extra left over).
4. Top each egg with a pinch of grated parmesan then sprinkle lightly with paprika.