



From Field to Fork

CSA Member Newsletter

September 16 & 17, 2014: Week 14

This week's box:

- Chioggia beets
- Cabbage or broccoli
- Carrots
- Chard
- Corn
- Melon
- Onion
- Peppers



Carrots *Daucus Carota*

Carrots belong to a family of vegetables and herbs called umbellifers which also includes celery, dill, parsley, queen anne's lace, hemlock, and parsnips. It is native to Europe and southwestern Asia. Carrots are a good source of beta-carotene (vitamin A), potassium, calcium, phosphorus, vitamins B6 and C, magnesium, and folate. Resist the urge to peel the purple carrots. The purple skin contains as much anti-oxidant lycopene as a tomato. The greens are edible too.

Large box also includes:

- Beans or peas
- Extra onion
- Tomatoes

CSA Member Days: Sept 27th and Oct 18th

Join us 10am—noon. The farm tour starts at 10:30.

On September 27th, pasture-raised chicken will be available to Skylight Farms CSA members. The chickens are raised by our neighbors at Bright Ide Acres. For more information on pre-ordering, visit their website: brightideacres.com or email Micha Ide Brightideacres@gmail.com.

October 18th is our annual pumpkin picking day where all CSA members are invited to pick a carving pumpkin as part their membership. Additional carving pumpkins will be available for \$6.

Extend the CSA Season Through November

You can continue eating the freshest, local, seasonal produce for four more weeks starting November 4th or 5th. What will you see in your box? You can expect an array of beautiful winter squashes, winter greens and brassicas (like brussels sprouts and kale), root vegetables like beets, potatoes, and carrots, onions and leeks, as well as several other delicious surprises. Sign up by logging in to your account or visiting <https://www.farmigo.com/join/skylightfarms/2014csa>

Note: There are no deliveries during the week of Thanksgiving.

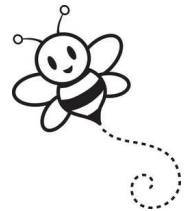
Tomatoes for Canning Available

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.

Honey For Sale

8 oz. and 16 oz. jars of raw honey made by Skylight Farms' bees are now available for sale at the Queen Anne Farmers Market and in our webstore.



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

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

- Peppers are the best! We love to eat Skylight Farms' sliced and dipped in hummus or sauteed for fajitas
- Chopped in pasta primavera
- Sauteed in an omelet with onion, chard, and goat cheese.
- Roasted peppers as a topping on pizza

All tips and recipes will be posted on our website.

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

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.

Carrot Salad

Use what's in your pantry to make this simple salad.

Shredded/Grated carrots, 1 cup per serving
Dried fruit (cranberries, raisins, or chopped dates)
Toasted nuts (Sunflower seeds, pumpkin seeds, pecans, pine nuts, or walnuts)
1 tbsp vinegar or lemon juice (Rice wine, red wine, cider, or champagne)
3 tbsp oil (Olive or vegetable)
1 tsp prepared Dijon or brown mustard (optional)
Pinch of sugar or 1 tsp honey
Salt & Pepper

1. Grate carrots into a large bowl. Add dried fruit and nuts of choice. For every cup of carrots, add ¼ cup of fruit and nuts.
2. Whisk together vinegar, oil, sugar/honey, and mustard. Season with salt and pepper.
3. Toss carrot mixture with vinaigrette.

Try any of these additions:

- Grated cucumber and/or onion
- A dash of hot sauce
- A drizzle of sesame oil and sprinkle white and/or black sesame seeds on top
- 1-2 tbsp of sour cream or mayonnaise to the dressing
- 1-2 tsp minced ginger
- 2 tsp curry powder

Corn Fritters

1/3 cup cornmeal
1/3 cup all-purpose flour
1 tsp smoked paprika
1/2 teaspoon baking powder
Kosher salt and freshly ground pepper
1/3 cup well-shaken buttermilk
1 large egg
2 tbsp butter
½ cup onion, finely chopped
3 green onions, thinly sliced
1 1/2 cups corn kernels
2 tbsp canola oil, for frying

1. Whisk together the cornmeal, flour, smoked paprika, baking powder, salt, pepper, buttermilk and egg. If the batter is too thick, add more buttermilk.
2. Add the butter to a medium nonstick skillet over medium-high heat. Once foamy, add the onion and green onions and saute until tender, about 2 minutes. Add the corn and cook for another 2 minutes. Season with salt and pepper. Fold the cooked vegetables into the batter mixture.
3. Wipe out the skillet and add 2 tablespoons canola oil. Once the skillet is hot, spoon out the batter in 1/4-cup scoops. Cook on each side until golden and crisp, about 1 1/2 minutes. Drain on a paper towel-lined platter and sprinkle with salt.

Vegetable Soup

2 tbsp olive oil
1 cup onion, diced
1 cup carrots, diced
2 medium garlic cloves, finely chopped
1 celery stalk, diced
2 cups additional vegetables of your choice (such as tomatoes, corn, beans, peppers, cabbage, or chard), chopped or diced
2 cups potatoes, diced
1 bay leaf
1 pinch dried thyme
1/4 cup white wine or dry vermouth (optional)
1 quart low-sodium chicken or vegetable broth
Salt & pepper
Pesto, for garnish (optional)

1. Heat the olive oil in a large saucepan or Dutch oven over medium-high heat. Add the onion, season with salt and pepper, and cook, stirring occasionally, until translucent, about 5 minutes.
2. Add the carrots and garlic, season with salt and pepper, and cook, stirring occasionally, until the garlic is fragrant, about 2 minutes.
3. Add the celery and, if using, any hearty/dense vegetables and the bay leaf and thyme. Season again with salt and pepper and cook an additional 5 minutes. If using, add the wine or vermouth and cook, stirring occasionally, until the alcohol has reduced by about half, about 2 minutes.
4. Add the broth, potatoes, and any quicker-cooking vegetables. Let the soup come to a boil, then reduce the heat to low and gently simmer, uncovered, until the potatoes can be easily pierced with a fork, about 15 to 25 minutes. Taste and season with additional salt and pepper as needed. Serve with a dollop of pesto if desired.

Beet Quesadillas

2 beets, thinly sliced
1 med onion, thinly sliced
1 bunch beet greens or chard, chopped finely
2 tbsp veg oil
2 tsp chili powder
1 tsp cumin
1 tsp dried oregano
1 tsp salt
4 tbsp water
Tortillas
2 cups Monterey Jack cheese

1. Heat oil in skillet. Sauté onion and beets (6 min), add greens and spices, water, and stir.
2. Cover and cook 2-3 min until veggies are soft. Transfer to bowl. Wipe out skillet.
3. Layer tortilla, filling, cheese, and top with tortilla.
4. Cook 1-2 minutes each side until cheese is melted.