



# From Field to Fork

CSA Member Newsletter

September 23 & 24, 2014: Week 15

### This week's box:

- Beans or peas
- Cauliflower or romanesco
- Corn
- Kale
- Melon
- Anaheim peppers (a little spicy!)
- Tomato

### Large box also includes:

- Frisee
- Red Onion
- Turnips



### Corn Zea Mays

Most scientists believe that people living in the Tehuacan Valley of Mexico developed corn (maize) 7,000 - 9,000 years ago. However, archeological evidence of corn's early presence in the western hemisphere was identified from corn pollen grain considered to be 80,000 years old obtained from drill cores 200 feet below Mexico City. Derived from a wild grass called teosinte over thousands of years of selective breeding, modern day corn has no recognizable counterpart in the wild. Corn provides about 21 percent of human nutrition across the globe. More than 40% of the world's corn is produced in the United States. Corn is a good source of dietary fiber, folate vitamin A, B vitamins, zinc, magnesium, copper, iron, and manganese.

### CSA Member Days: Sept 27th and Oct 18th

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

If you are picking up a Bright Ide Acres chicken on September 27th, please let us know so we can have it waiting for you.

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.

Skylight Farms is located at 17319 Elliott Road in Snohomish.

### 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.

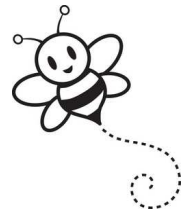
### Tomatoes for Canning Available

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](mailto: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 carrots. Here are a few of your responses:

- Glazed with a small amount of brown sugar and butter in a frying pan.
- Grated on top of a salad.
- Cut into sticks, then drizzle some olive oil and roast under the broiler for a few minutes on each side for a yummy snack.
- Carrot cake!

All tips and recipes will be posted on our website.

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

Send your responses to [Petrina@skylightfarms.com](mailto: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.**

### Corn Chowder

Olive oil  
2 cups diced onion  
1 cup diced carrots  
3/4 cup diced celery  
1 cup diced red bell pepper  
1 lb potatoes, peeled and cut into 1/4-inch dice  
5 cups vegetable or chicken broth  
2 fresh thyme sprigs  
3 cups corn kernels  
1 1/2 cups heavy cream  
1 tsp fine sea salt  
1 tsp black pepper

1. Heat a few tablespoons of olive oil in a large soup pot then add onion, carrots, celery, and bell pepper and cook, stirring, until onion is softened, 8 to 10 minutes.
2. Add all potatoes, broth, and thyme and simmer, covered, until potatoes are just tender, about 15 minutes. Add corn and cream and simmer, uncovered, 10 minutes. Season with salt and pepper.

### Pico de Gallo

Keep it mild with an Anaheim pepper; increase the spiciness with a jalapeno pepper.

2 cups tomatoes, finely chopped  
2 tbsp finely chopped onion  
2 tbsp snipped fresh cilantro  
1 tbsp lime juice  
1 Anaheim or jalapeno pepper, seeds removed and diced  
Sugar

1. In a medium bowl combine all ingredients with a dash of sugar.
2. Cover and chill several hours before serving.

### Roasted Cauliflower with Pasta

1 large head cauliflower, cut into small florets (about 7 cups)  
1 red onion, cut into 1/4-inch-thick slices  
1/4 cup salt-packed capers, rinsed  
1/4 cup extra-virgin olive oil  
8 ounces dried pasta  
1/2 cup coarsely chopped fresh flat-leaf parsley  
2 tsp finely grated lemon zest (from 2 lemons)  
Salt and pepper

1. Preheat oven to 450 degrees. Toss together cauliflower, onion, capers, and 2 tbsp oil. Season with salt and pepper. Spread vegetables in a single layer on a rimmed baking sheet. Roast, stirring halfway through, until cauliflower is tender and browned, about 40 minutes.
2. Meanwhile, bring a large pot of salted water to a boil. Add pasta, and cook until al dente, according to package instructions. Drain.
3. Toss hot pasta with remaining 2 tablespoons oil, the parsley, and lemon zest. Add cauliflower mixture, and season with salt and pepper. Gently toss to combine.

### Braised Greens with Turnips and Apples

2 bunches of greens such as turnip greens, beet greens, chard or kale.  
1 (3/4-to 1-pound) ham hock, rinsed  
2 1/2 cups water or broth  
3 Gala apples, peeled and cut into 1/2-inch pieces  
1 1/4 pounds turnips, peeled and cut into 1/2-inch pieces  
2 tsp cider vinegar  
2 tsp sugar  
2 tbsp unsalted butter, cut into pieces  
Salt & pepper

1. Wash greens and tear the leaves into bite-size pieces. Discard the stems.
2. Bring ham hock, water/broth, and 1/4 teaspoon salt to a boil in a large heavy pot. Reduce heat to low and simmer, covered, stirring occasionally, about 10 minutes.
3. Meanwhile, peel apples and turnips and cut into 1/2-inch pieces. Add to the pot with vinegar, sugar, and 1/2 teaspoon each of salt and pepper and cook at a bare simmer, covered, stirring and turning ham hock occasionally, until turnips and apples start to soften, 5-8 minutes. Add greens and continue to simmer for 5-10 minutes until greens are cooked through and turnips and apples are tender but not falling apart. Remove from heat and stir in butter and salt to taste.
4. Remove ham hock and finely chop any tender meat, discarding skin, bone, and tough meat. Add chopped meat to pot.

### Kale and Pepper Frittata

1 Tbsp oil  
1/2 onion, thinly sliced  
2 cups chopped kale  
1/2 cup diced sweet or bell pepper  
6 large eggs, whisked  
1 ounce goat cheese  
Salt & pepper

1. Preheat broiler. In a 10-inch ovenproof skillet, heat oil over medium heat. Add peppers and leek and cook, stirring, until soft, about 3-4 minutes. Add kale and cook until wilted. Season with salt and pepper.
2. Pour eggs over vegetables and cook over medium-low. As egg mixture sets, run a spatula around the edge of the skillet, lifting egg mixture so the uncooked portion flows underneath. Continue cooking and lifting until egg mixture is almost set but still glossy and moist.
3. Sprinkle egg mixture with goat cheese. Broil 4 to 5 inches from the heat for 1 to 2 minutes or until eggs are set. Cut into wedges to serve.