



From Field to Fork

CSA Member Newsletter

September 30 & October 1, 2014: Week 16



This week's box:

- Beets
- Beans
- Napa cabbage
- Corn
- Frisee
- Melon
- Parsley
- Peppers
- Potatoes
- Tomatoes

Large box also includes:

- Arugula
- Broccoli
- Red or green jalapeno peppers (hot!)
- Summer squash

Melon *Cucumis Melo*

Melons originated in Africa and southwest Asia. They gradually began to appear in Europe toward the end of the Roman Empire. They come in many shapes and sizes; the most commonly known is the muskmelon which includes cantaloupe, honeydew, and casaba. Though it is not in the genus *cucumis*, watermelon (*Citrullus lanatus*) is also considered a melon. Cantaloupes are particularly beneficial to people with heart disease, as they have large amounts of an anticoagulant known as adenosine. They also have high levels of potassium. Due to their high water content, all melons are considered diuretics.



Honey For Sale

8 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.

**Final CSA Member Day
Oct 18th 10am—noon**

October 18th is our annual pumpkin picking day where all CSA members are invited to pick a carving pumpkin as part of their membership. Additional carving pumpkins will be available for \$6. Farm tours start at 10:30.

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, and onions, 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.

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

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

- Succotash—mix corn kernels with lima beans, tomatoes, onions and red or green peppers and cook until the tomatoes are soft.
- Roasted corn salad with avocado
- I'm trying corn chowder tonight! I also love a good simple corn/bean cheese tortilla wrap.
- Grilled in the husk on the barbeque.
- Homemade polenta using fresh corn.

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

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.

**Queen Anne
Farmers Market
Ends October 16th**

We have enjoyed our first year at the Queen Anne Farmers Market and appreciate the many visits from our CSA members. There are just three market days left in the season so stop by and say hello before it's over.

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

Roasted Peppers

Roasted peppers are excellent for freezing.

A few large bell or sweet peppers

Olive oil

1. Preheat the oven to 500 degrees.
2. Place the whole peppers on a sheet pan and place in the oven for 30 to 40 minutes, until the skins are completely wrinkled and the peppers are charred, turning them twice during roasting. Remove the pan from the oven and immediately cover it tightly with aluminum foil. Set aside for 30 minutes, or until the peppers are cool enough to handle.
3. Remove the stem from each pepper and cut them in quarters. Remove the peels and seeds and place the peppers in a bowl along with any juices that have collected. Discard the stems, peels, and seeds. Drizzle olive oil over the peppers. Cover with plastic wrap and refrigerate for up to 2 weeks.

Ukrainian Borscht Soup

Place everything in the crockpot for 4 hours on high or 8 hours on low.

3 to 4 beets, washed, peeled, and grated

1 to 1 1/2 pounds beef shank or pork ribs (optional)

Salt and Pepper

2 tbsp olive oil, divided

1 (6-ounce can) tomato paste

1 1/2 cups water

1 medium onion, chopped

2 to 3 large carrots, peeled and grated

3 to 4 cloves garlic, minced

3 (32-ounce) containers beef stock

2 tsp beef bouillon granules

1 bay leaf

1 tbsp red wine vinegar

3 to 4 medium potatoes, peeled and chopped

1/2 head cabbage, thinly sliced

Salt and pepper to taste

Garnish with sour cream, fresh dill or fresh parsley.

Roasted Potatoes and Beans

1 tbsp olive oil

1/4 tsp salt

1/4 tsp black pepper

1 pound potatoes, halved lengthwise

10 ounce trimmed beans

2 garlic cloves, thinly sliced

Cooking spray

1. Preheat oven to 425°. Combine olive oil, salt, black pepper, potatoes, beans, and garlic on a rimmed baking sheet coated with cooking spray; toss to coat.
2. Bake at 425° on bottom rack for 25 minutes, stirring once.

Cabbage and Potato Casserole

1 to 2 Tbsp butter

2 oz. bacon or pancetta chopped or 4 oz. bulk or country sausage (optional)

1 head cabbage

1/2 lb. potatoes, about 2 cups

1/2 cup heavy cream, half-and-half, or broth

1 tsp coarse grain or country mustard

1/2 cup freshly shredded melting cheese such as Gruyère, Swiss, or Gouda

Salt & pepper

1. Preheat oven to 375°F. Melt butter in a large oven-proof frying pan or stove-proof baking dish over medium heat. Add pancetta, bacon, or sausage, if using, and cook, stirring occasionally, until meat is cooked through and browned.
2. Meanwhile, remove and discard first layer or two of cabbage leaves. Cut cabbage in half lengthwise, remove and discard core, and chop.
3. Add cabbage to pan and cook, stirring occasionally, until leaves are wilted, about 5 minutes.
4. Meanwhile, peel and chop potatoes into small bite-size pieces. Add to pan.
5. Combine cream or broth and mustard. Season with salt and pepper. Add to pan and stir to combine. Sprinkle mixture with cheese, cover, and bake 15 minutes.
6. Uncover and cook until bubbling and browned, about 10 more minutes.

Sautéed Lemon Maple Frisée

Delicious with a poached or fried egg, or crispy bacon on top.

3 tbsp olive oil, divided

1/2 cup coarse fresh bread crumbs

3/4 tsp grated lemon zest

3/4 tsp anchovy paste

1 (1-pound) head frisée, torn

1 tbsp fresh lemon juice

1/2 tsp pure maple syrup

1. Heat 1 tablespoon oil in a 12-inch heavy skillet over medium heat until it shimmers. Cook bread crumbs until crisp and golden brown, about 4 minutes. Transfer to a bowl and stir in zest and a pinch of salt.
2. Wipe out skillet, then add anchovy paste and remaining 2 Tbsp oil and cook 15 seconds. Increase heat to medium-high and sauté half of frisée until slightly wilted, about 1 minute. Add remaining frisée and sauté until wilted, about 2 minutes more. Off heat, stir in juice, syrup, 1/8 teaspoon salt, and 1/4 teaspoon pepper.
3. Serve topped with bread crumbs.