



# From Field to Fork

CSA Member Newsletter

October 7 & 8, 2014: Week 17

## This week's box:

- Acorn squash
- Purple cabbage
- Chard
- Melon
- Oregano
- Peppers
- Potatoes
- Spinach
- Tomatoes

## Large box also includes:

- Purple Broccoli
- Beets
- Summer squash



## Acorn Squash *Curcubita pepo*

Indigenous to North and Central America, the acorn squash had been cultivated by Native Americans for thousands of years before it was introduced to early European settlers. Though it is generally considered to be a winter squash, it is in the same family as summer squashes and zucchini. It is high in dietary fiber and contains a significant amount of vitamin C. It also has vitamins E and B6 as well as potassium and magnesium. Good companions to acorn squash include butter, brown sugar, cream, sage, rosemary, garlic, cumin, coconut milk, feta, fontina, gruyere, onions, apples, and pears.

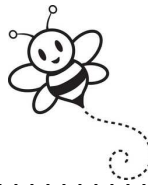


## What's your favorite way to eat...?

Last week we asked for your favorite ways to eat melon. It turns out that the best way to eat melon is to... just eat it.

Surely you have some creative ways to prepare this week's featured veggie: What's your favorite way to eat acorn squash?

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.



## 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.

## 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>

## Final CSA Member Day:

### Pumpkin Picking on Oct 18th

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. Join us 10am—noon. Farm tour starts at 10:30. We are located at 17319 Elliott Road in Snohomish.



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

### Watermelon Gazpacho

3 cups diced watermelon  
2 cups chopped tomatoes  
1/2 cup diced cucumber  
2 tbsp chopped cilantro  
1 tbsp each olive oil and sherry or red wine vinegar

1. Combine 3 cups diced watermelon, 2 cups chopped tomatoes, 1/2 cup diced cucumber, 2 Tbsp chopped cilantro, and 1 Tbsp each olive oil and sherry or red wine vinegar in bowl.
2. Pulse half of mixture in a food processor until finely chopped. Return to bowl and season to taste.

### Simmered Cabbage and Apples

1 head cabbage (2lbs)  
4 slices bacon or 3 tbsp butter  
3-4 tbsp finely chopped onion  
2 apples, cut into thin slices  
1/8 tsp caraway seeds  
Salt  
¼ cup vinegar or red wine, or mix of 2 tbsp ea. honey & vinegar

1. Cut cabbage into sections. Remove the hard core, shred the cabbage and soak in cold water.
2. If using, cook bacon until some fat is rendered out. Otherwise, melt butter and sauté onions until golden.
3. Lift cabbage from the water, leaving it moist. Place in a heat-proof glass or enameled iron casserole, cover it and let it simmer for 10 minutes.
4. Add apples, caraway seeds, and vinegar to the cabbage. Add the sautéed onion and stir. Cover the pan and simmer the cabbage very slowly for 1 hour and 20 minutes. Add boiling water during cooking if necessary. If the water has not been absorbed when the cabbage is done, uncover the pot and cook it gently until it is absorbed.

### Baked Acorn Squash with Caramelized Apples, Pecans, & Onions

1 acorn squash  
1 tbsp + 1 tsp butter or oil  
1/4 cup onion, chopped  
1 cup apples, peeled, cored, and diced  
2 tbsp packed brown sugar  
2 tbsp pecans, chopped  
2 tbsp golden raisins  
1 tsp lemon juice

1. Preheat oven to 350 degrees. Scrub the squash, half lengthwise, and scoop out and discard seeds.
2. In large skillet, melt 1 tbsp of the butter over medium high heat. Add the onions, apples, and brown sugar and sauté until the onions and apples are slightly caramelized. Add the walnuts and raisins and sauté another 2-3 minutes. Remove from heat and stir in the lemon juice.
3. Spoon the mixture into the squash halves and dot with remaining butter. Place in a baking dish with about 1/2-inch of hot water in the bottom of dish. Cover with foil, and bake for 30 minutes. Remove foil, and bake an additional 30 minutes. Let squash rest for about 10 minutes before serving.

### How to Dry Herbs

Extend the shelf life of herbs by drying them.

Wash and gently spin dry the fresh oregano sprigs or blot with kitchen towels. Remove any damaged leaves.

**Hanging method:** Tear or punch holes in the sides of a paper bag. Suspend a small bunch of herbs in the bag and close the top with a rubber band. Place where air currents will circulate through the bag. Any leaves and seeds that fall off will be caught in the bottom of the bag.

**Oven dry method:** Preheat oven to 170°F. Spread the herbs out, stems and all, in a single layer on a baking sheet. Try not to overlap them too much as you want air to circulate between the leaves. Place herbs on the middle rack and check every 15 minutes until dry.

Make sure the oregano is completely dry before sealing it in a jar, as any moisture left in the leaves can cause mold. A tip for transferring the dried leaves into a jar: remove the leaves onto a piece of parchment paper. Gather up the parchment paper and use a funnel to collect the herbs into a clean, dry jar.

### Polenta

3 ears of corn  
1 cup water  
1 ½ tbsp butter, diced  
3 ounces feta, crumbled  
Salt & pepper

1. Remove the leaves and silk from each ear of corn, then chop off the pointed top and stalk. Use a sharp knife to shave off the kernels.
2. Place the kernels in a medium saucepan and barely cover them with the water. Cook for 12 minutes on a low simmer. Use a slotted spoon to lift the kernels from the water and into a food processor; reserve the cooking liquid.
3. Process them to break as much of the kernel case as possible. Add some of the cooking liquid if the mixture becomes too dry to process.
4. Return the corn paste to the pan with the cooking liquid and cook, while stirring, on low heat for 10 to 15 minutes, or until the mixture thickens to mashed potato consistency. (Be aware that if you have a lot of liquid left in the pan, it can take a while to cook down the polenta, and it will sputter. Consider holding back some or all of the liquid. Alternately, if you like the consistency after processing, you can skip to step 5.)
5. Fold in the butter, the feta, salt and some pepper and optionally cook for a further 2 minutes. Taste and add more salt if needed.