



From Field to Fork

CSA Member Newsletter

October 14 & 15, 2014: Week 18

This week's box:

- Red Beets
- Purple broccoli or white cauliflower
- Delicata squash
- Mustard greens
- White Russian Kale
- Jalapeno peppers: HOT
- Peppers
- Walla walla onion
- Watermelon

Large box also includes:

- Carrots
- Melon
- Parsley
- Potatoes
- Tomatillo



Kale Brassica oleracea

Also known as borecole, kale is one of the healthiest vegetables. It is available in curly, ornamental, or lacinato (aka "dinosaur") varieties. Kale freezes well and actually tastes sweeter and more flavorful after being exposed to a frost. It is very high in beta carotene, vitamin K, vitamin C, rich in calcium, and is a source of two carotenoids: lutein and zeaxanthin. Until the end of the Middle Ages, kale was one of the most common green vegetables in all of Europe. Curly leafed varieties existed along with flat leafed varieties in Greece in the 4th century BC. Russian kale was introduced into Canada (and then into the U.S.) by Russian traders in the 19th century.



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.

Soak Your Broccoli and Cauliflower

Because we don't spray for bugs, we recommend soaking your brassicas in cold, salted water for about 30 minutes to flush any out of nooks and crannies. The green cabbage worms are harmless and though we do soak the heads before packing the boxes, they sometimes manage to sneak through.

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

Last week we asked for your favorite ways to eat acorn squash. Here were some of the responses:

- Acorn squash roasted with brown sugar and butter and a dash of cinnamon.
- Stuffed with wild rice and mushrooms
- Pureed in soup or used in place of pumpkin for pies or quick breads.

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

Send your responses to Petrina@skylightfarms.com, or post on our Facebook page. We'll share the responses in next week's newsletter.

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.

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

Tomatillo Salsa Verde

(from allrecipes.com)

1 pound tomatillos, husked
1/2 cup finely chopped onion
1 tsp minced garlic
1 serrano or jalapeno chile pepper, minced
2 tbsp chopped cilantro
1 tbsp chopped fresh oregano
1/2 tsp ground cumin
1 1/2 tsp salt, or to taste
2 cups water

1. Place tomatillos, onion, garlic, and chile pepper into a saucepan. Season with cilantro, oregano, cumin, and salt; pour in water. Bring to a boil over high heat, then reduce heat to medium-low, and simmer until the tomatillos are soft, 10 to 15 minutes.
2. Using a blender, carefully purée the tomatillos and water in batches until smooth.

Sweet Pepper, Tomato and Onion Frittata

9 eggs, beaten
4 medium-sized potatoes, scrubbed
1 large onion, diced
2 medium-sized sweet peppers, chopped
1 cup chopped tomatoes
4 oz cheddar cheese, grated
4 oz Parmesan cheese, grated
2 Tbsp fresh basil, rinsed, dried and coarsely chopped
Salt & pepper
2 tsp olive oil

1. Boil or steam the potatoes until just tender when pricked with a fork. Drain and let sit until cool enough to handle.
2. Preheat the oven to 350 degrees. In an oven-proof frying pan or cast iron skillet, heat the olive oil over medium heat. Sauté the onions for 5 minutes then add the peppers and cook another 3-5 minutes, until softened.
3. Grate the cheese and cube the potatoes, then chop the basil. Beat the eggs in a bowl, add basil and cheeses, reserving a handful of cheddar to top the dish with. Season with salt and pepper.
4. Arrange the potatoes over the onions and peppers then pour the egg mixture evenly over them. Cook over medium heat until eggs start to set. Sprinkle remaining cheese on top. Transfer the skillet to the oven and bake until eggs are set and puffy, 10-12 minutes.
5. Remove from oven and allow to cool slightly then cut into generously sized wedges, and serve.

Kale and Potato Soup

2 tbsp extra-virgin olive oil
4 cups packed chopped kale
2 cups thinly sliced or cubed potato
1 cup diced yellow onion or thinly sliced leek
4 large garlic cloves, roughly chopped
4 cups broth (vegetable or chicken)
2 cups milk or cream
1 lb Italian sausage (optional), crumbled
1/2 tsp red pepper flakes (to taste)
Fresh or dried oregano (to taste)
Salt & Pepper

1. In a large pot, heat olive oil over medium heat. Add onion and cook 4-5 minutes until soft. Add garlic and cook 1 minute longer. Stir in the potatoes, red pepper flakes, oregano, and broth. Simmer for 20 minutes, until potatoes are tender.
2. While soup is simmering, brown sausage (if using) in batches in a heavy skillet over medium heat, turning, then transfer to paper towels to drain.
3. Add milk and bring the soup back to a simmer. Add the sausage and kale. Cook until kale is tender, about 5-10 minutes. Season with salt and pepper and adjust other seasonings as needed, then serve.

Roasted Winter Squash (Acorn, Delicata, Butternut, Pumpkin)

1 winter squash – halved lengthwise, seeded, and cut into 3/4-inch slices
1/4 cup grated Parmesan cheese (optional)
8 sprigs fresh thyme (optional)
2 tbsp olive oil
Salt & pepper to taste

1. Preheat oven to 400 degrees F.
2. Toss squash slices, Parmesan cheese, thyme, olive oil, salt, and pepper together in a bowl until the squash is evenly coated; spread into a jelly roll pan.
3. Roast in preheated oven for 15 minutes, turn, then continue roasting 10-15 minutes until golden brown and tender.

Mustard Greens and Sweet Onion Sauté

1 tbsp olive oil
1 Walla walla onion, halved and thinly sliced
Coarse salt and ground pepper
1 bunch mustard greens, stems removed, sliced 1 inch crosswise
2 teaspoons cider vinegar

1. In a large skillet, heat oil over medium-high. Add onion; season with salt and pepper. Cook, stirring frequently, until onion is tender and golden, 6 to 8 minutes.
2. Add as many greens to skillet as will fit; season with salt and pepper. Cook until wilted, tossing and adding more greens as room becomes available, 2 to 3 minutes. Stir in vinegar; season with salt and pepper, and serve.