



# From Field to Fork

CSA Member Newsletter

October 21 & 22, 2014: Week 19

### This week's box:

- Carrots
- Broccoli or cauliflower
- Chard
- Onion or leek
- Anaheim pepper
- Tomatillos or tomatoes
- Watermelon
- Spaghetti squash

### Large box also includes:

- Beans
- Baby lettuce
- Radish



### Onion *Allium Cepa*

The onion has been cultivated for 5000 years or more. It was worshipped by Egyptians who believed its spherical shape and concentric rings symbolized eternal life. The pungent juice of onions has been used as a moth repellent and can be rubbed on the skin to prevent insect bites. The tearing that results from cutting onions is caused by sulphenic acids, which also protect against certain bacteria. It is high in vitamin C, is a good source of fiber and also contains vitamin B6 and folate. To prevent tearing while slicing onions, refrigerate them for a few hours before using, and cut into the root end last.

### 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 kale. Here were some of the responses:

- Raw with sesame oil, roasted sesame seeds and cranberry. must include the stem but slice it thinly for their crunchiness!
- We've been sautéing it and adding it to egg scrambles recently. (And the kids both eat it without complaining!!)
- Kale chips! Toss with olive oil, salt and pepper and bake at 300F for about 15-20 minutes.

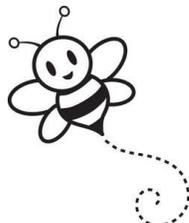
This week: What's your favorite way to eat onions?

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



### Honey For Sale

8 oz. jars of raw honey made by Skylight Farms' bees can be ordered through our webstore and will be delivered with your next box.



### 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 a few other delicious surprises. Sign up by logging in to your account or visiting <https://www.farmigo.com/join/skylightfarms/2014csa>

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.

### Broccoli and Feta Pasta

1 pound broccoli  
Olive oil  
1/2 cup onion or two shallots, chopped  
2 cloves garlic, minced  
1/3 cup chopped flat parsley  
1 lemon, juiced  
1/2 cup feta cheese, divided  
1/4 cup water  
Salt & pepper

1. Cut the broccoli into small florets and steam on the stove or in the microwave (with 2 tbsp of water in a covered dish for 3-4 minutes on high). Season lightly with salt and pepper.
2. Heat 1 tbsp of olive oil over medium-high heat in a large sauté pan. Cook the onion and garlic until it just begins to soften then add the broccoli. Cook for several minutes or until the onion turns translucent. Add the parsley and cook until it's well wilted. Pour in the lemon juice and simmer for about two minutes.
3. Transfer to a blender and add 1/4 cup of feta cheese and 1/4 cup water. Puree until smooth, adding a drizzle of olive oil and a little more water to achieve your preferred consistency.
4. Serve over a ridged pasta, like rotini, and finish with a sprinkle of feta.

### Spaghetti Squash Gratin

1 cup low-sodium chicken or vegetable broth  
1 cup milk  
2 tsp minced garlic  
1 leek, thinly sliced  
3 tbsp all-purpose flour  
1 tbsp unsalted butter  
1 to 2 anchovy fillets, chopped, or 1-2 tsp worcestershire sauce  
3 tsp chopped fresh sage leaves, or 1 1/2 tsp dried  
5 cups cooked spaghetti squash  
Salt & pepper  
3/4 cup fresh breadcrumbs  
2 tbsp grated Parmesan

1. Preheat oven to 375 degrees. In a medium saucepan, bring broth and milk garlic to a boil over medium-high and cook 1 minute. Pour into a medium bowl, then slowly add flour, whisking constantly.
2. In same saucepan, melt butter over medium. Add leek and garlic. Cook until soft, about 3 minutes. Add anchovies and 2 tsp sage (1 tsp dried) and cook, stirring, 1 minute. Return broth mixture to pan, bring to a simmer, and cook until thickened, 6 minutes.
3. Add squash to sauce and season with salt and pepper. Transfer to a 2-quart shallow baking dish.
4. In a small bowl, combine 1 tsp sage, breadcrumbs, and Parmesan and sprinkle over squash. Bake until top is golden brown and mixture is bubbling at edges, 20 to 25 minutes.

### Caramelized Onions

Caramelized onions can be refrigerated for three or four days, and frozen for up to three months.

2 tbsp unsalted butter  
1 tbsp canola oil  
3 large onions, peeled, halved and thinly sliced  
1 tsp kosher salt  
1/4 tsp freshly ground black pepper

Heat butter and oil in a large sauté pan over medium heat. Add the onions, season with salt and pepper, and cook slowly until golden brown and caramelized, stirring occasionally, approximately 30 to 40 minutes.

#### Some ideas for using caramelized onions:

- In a grilled or cold sandwich, on a burger or hot dog
- A topping for pizza
- On a salad with blue cheese and toasted nuts
- Added to eggs: scrambled or in a frittata or quiche

### Creamy Cilantro Salad Dressing

3/4 cups mayonnaise  
1/2 cup canola oil  
3 tbsp toasted pumpkin seeds  
2 tbsp distilled water  
2 tbsp red wine vinegar  
2 tbsp crumbled Cotija cheese  
1 roasted Anaheim chile peppers  
1 cloves garlic, crushed  
Salt and pepper to taste  
1 bunch fresh cilantro, rinsed and stemmed

1. Blend mayonnaise, canola oil, pumpkin seeds, water, vinegar, Cotija cheese, roasted chile peppers, garlic, salt, and pepper in a blender until smooth, about 1 minutes. Add cilantro in batches, blending each to incorporate completely before adding the next, 30 to 60 seconds per batch.
2. Pour dressing into an air-tight container and refrigerate at least 1 hour before serving.

### Glazed Vegetables

1 bunch radishes, sliced  
4 carrots, sliced  
2 tbsp butter  
2 tbsp sugar or honey  
Juice of 1/2 lemon  
Salt and pepper

1. Cook carrots and radishes in salted boiling water, 5 minutes, then drain.
2. Heat butter and sugar in a medium skillet. Add the lemon juice until syrupy. Toss in the vegetables and season with salt and pepper.