



From Field to Fork

CSA Member Newsletter

October 28 & 29, 2014: Week 20

This week's box:

- Arugula
- Red Beets
- Kale
- Kohlrabi
- Leek
- Peppers
- Pie pumpkin
- Potatoes
- Bonus item!

Large box also includes:

- Cabbage
- Carrots
- Radish or turnip



Pumpkin *Cucurbita pepo*

Pumpkins are believed to have originated in North America. Seeds from related plants have been found in Mexico dating back to 7000 to 5500 B.C. The word pumpkin originated from the Greek word *Pepōn* which means large melon. The word gradually morphed by the French, English and then Americans into the word "pumpkin." They were once touted as a cure for freckles and used as a remedy for snakebites. Pumpkins are equally delicious in savory and sweet preparations. They are rich in potassium, vitamins A and C, and are high in fiber. 1.5 billion pounds of pumpkin are produced in the United States each year.

Thanks for a Great Season!

It's hard to believe that this is the final week of our regular CSA season. We hope that you enjoyed the fun challenge of eating with the seasons. Thanks for your support! We are grateful that you chose to buy from us, your local farmer, when there are so many options out there.

Planning for this season began a year ago when we took the lessons and CSA member feedback from last year to make this year even better. We dialed back on the cabbage, grew more strawberries and corn, and increased the variety of fall crops for our final boxes. With twice as much greenhouse space, we grew A LOT more tomatoes and eggplant, and got to experiment with things like hot peppers and tomatillos. We were also really pleased to offer fresh eggs and honey for the first time.

But no season is perfect. Like all farmers, we experienced some crop losses and failures. We are also still learning how to do things more efficiently. That said, this year was free of disasters and we had a great growing season overall. We couldn't have been more proud to share the bounty with you.

As the air turns cooler and the days get shorter, we look forward to slowing down. The memories of perfectly ripened tomatoes, luscious melons, sweet strawberries, and gorgeous eggplant will carry us through the winter. And then we'll be right back at it – in February! – filling start trays in anticipation of the next season.

We hope the winter and spring treat you well. When you start dreaming of corn, cucumber, cauliflower, and snap peas...you know where to find us.

Sincerest thanks! ~ Petrina and Jonathan Fisher

Eggs Available Year-round!

We are pleased to offer our eggs year-round at a few pick up locations around Seattle and at the farm. Details will be posted online soon. Email Petrina for more information.

Late Season CSA Starts Next Week

If you love winter squash, fall greens, and brassicas (like brussels sprouts and kale), then the late season CSA is for you. 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.



Pumpkin Chili

2 tbsp olive oil
1½ cups chopped onion
1 red bell pepper, seeded and chopped
1 green bell pepper, seeded and chopped
1 cup chopped carrots
1 jalapeño, seeded and minced
5 garlic cloves, minced
2 tbsp chili powder
1 tsp cumin
2 tsp oregano
1 tsp ground cinnamon
½ tsp crushed red pepper, optional
2 cups pumpkin purée
1 (14.5-ounce) can diced tomatoes, undrained
3 cups vegetable broth
1 (14-ounce) can black beans, drained and rinsed
1 (14-ounce) can cannellini beans, drained and rinsed
Salt and pepper to taste

1. Heat olive oil in a heavy pot over medium heat. Add onion, bell peppers, carrots, and jalapeño; sauté for 10-12 minutes or until just starting to brown.
2. Add garlic and spices and sauté for 1 minute.
3. Add pumpkin, tomatoes, vegetable broth, and beans; bring to a boil and reduce heat to low. Simmer 30 minutes, partially covered, stirring occasionally.
4. Season with salt and pepper; taste and adjust seasonings accordingly.

Pumpkin Salad with Whipped Goat Cheese, Kale and Radishes

1 sugar pumpkin (about 2 lbs), cut into ¼-inch slices
6 tbsp extra-virgin olive oil, divided
1½ tsp whole cumin seeds, coarsely ground
Salt and pepper, to taste
1 cup goat cheese
¼ cup heavy cream
4 small radishes, trimmed and thinly sliced
2 cups packed small kale leaves
2 tbsp lemon juice
1 tsp lemon zest
½ tsp crushed red pepper flakes

1. Preheat the oven to 425°. Toss the pumpkin with 3 tablespoons of the olive oil and cumin on a large rimmed baking sheet; season with salt and pepper. Roast, tossing occasionally, until lightly browned and tender but not mushy, about 15 to 20 minutes. Let cool for 10 minutes.
2. Meanwhile, using a mixer, combine the goat cheese and heavy cream and mix until combined. Season with salt and set aside until ready to serve.
3. Combine the radishes, kale, lemon juice and zest, red pepper flakes and remaining 3 tablespoons olive oil and toss to combine; season with salt and pepper. Place the pumpkin on a platter and top with the salad. Sprinkle with the goat cheese mixture just before serving.

Pumpkin Butter

Pumpkin butter can be made in a crockpot or on the stovetop.

4 cups pumpkin purée
¾ cup apple juice
2 teaspoons ground ginger
½ teaspoon ground cloves
1 cup brown sugar
1 tablespoon ground cinnamon
½ teaspoon ground nutmeg
Juice of half a lemon (optional)

1. Combine pumpkin, apple juice, spices, and sugar.
In a crockpot: turn it on low and cook for 8 hours, stirring occasionally.
In a large, deep saucepan: Stir well and bring mixture to a boil. Reduce heat, and simmer for 30 minutes or until thickened. Stir frequently.
2. Adjust spices to taste. Stir in lemon juice, if using, to taste. Once cool, pumpkin butter can be kept in an airtight container in the fridge.

Roasted Pumpkin Seeds

Although pumpkins are the most popular, you can roast the seeds from any winter squash.

Winter squash seeds
Vegetable oil or butter
Seasonings of choice
Salt & pepper

1. Separate the seeds from the pumpkin flesh and strings. Wash them well by putting them in a big bowl of water and rubbing them between your hands. Soaking them in a brine bath for 30 minutes makes it easier to remove the strings. Drain in a colander, then spread them out on a kitchen towel and pat dry.
2. Preheat oven to 300F degrees.
3. Toss pumpkin seeds in a bowl with melted butter or oil and the seasonings of your choice. Use 1 tablespoon of oil/butter for each cup of seeds. Spread the seeds in a single layer on a cookie sheet.
4. Bake for about 30-40 minutes, stirring every 10 minutes, until golden brown. Sprinkle with salt and serve hot or cold.

Make it:

Savory: 4 tablespoons melted butter or oil, ½ teaspoon garlic salt and 2 teaspoons Worcestershire sauce

Lemony: 4 tablespoons melted butter or oil, 1 teaspoon "Mrs. Dash" or lemon pepper

Halloweeny: 4 tablespoons melted butter or oil, 1 teaspoon cinnamon, ½ teaspoon ground ginger, ½ teaspoon salt, and ½ teaspoon ground allspice.

Spicy: 4 tablespoons melted butter or oil, 1 teaspoon cayenne pepper, ½ teaspoon thyme, ½ teaspoon salt and ½ teaspoon pepper