



From Field to Fork

CSA Member Newsletter

November 4 & 5, 2014: Week 1 Late Season

This week's box:

- Arugula
- Butternut squash
- Mizuna
- Walla walla onion
- Red bell pepper
- Radicchio
- Romanesco
- Green tomatoes

Large box also includes:

- Potatoes
- Radish
- Tomatoes
- Extra bell pepper



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Welcome to the first week of our late-season CSA. Thank you for joining us! We decided to make this short season-extension available for those who enjoy eating with the seasons by supporting their local farmer. Over the next month or so you will enjoy a variety of delicious winter squashes, greens, and items such as beets, carrots, onions, and potatoes that store well for later use. This is the season that brassicas (such as broccoli, kale, Brussels sprouts, kohlrabi, cauliflower) take center stage and we hope you'll enjoy what you find in your boxes. We love to see how our members use our produce so feel free to share your recipes and photos with us.

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.

Eggs Available Year-round!

We are pleased to offer our eggs year-round with pick up locations at the Vertical World Climbing Gym, in Ballard, and at the farm. We hope to add a few more pick up locations as well. Details will be posted online soon. Email Petrina for more information. petrina@skylightfarms.com



Butternut Squash *Cucurbita moschata*

Its exact origin is not clear but it is thought that it was eaten in the Americas over 5,000 years ago. It is known to have been cultivated by the Incas in the fifteenth century and remains a very important source of food throughout much of central and south America. Butternut squash is a well-balanced food source that is rich in complex carbohydrates and low in saturated fat and sodium. It is a very good source of vitamins A and C and a good source of beta-carotene, magnesium, manganese, calcium and potassium. Squash are amongst the longest keeping vegetables. In a cool (not refrigerator-cold), dry, well-ventilated place they can keep for three months or more. At room temperature, or in the fridge, they will deteriorate more quickly, but should be fine for at least a couple of weeks.

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, a few always manage to sneak through.

Sautéed Radicchio with Honey and Balsamic Vinegar

1 head radicchio, cored and torn into bite-size pieces
1 tbsp extra-virgin olive oil
Coarse salt and ground pepper
1 tbsp balsamic vinegar
1 tbsp honey

1. Rinse radicchio (leave some water still clinging to leaves). In a large skillet, heat oil over medium-high. Add radicchio and season with salt and pepper. Cook, tossing, until tender, about 4 minutes.
2. Add vinegar and honey and stir to combine.

Wilted Asian Greens

1/4 cup rice vinegar (not seasoned)
3 tbsp soy sauce
2 1/2 tsp sugar
1 1/2 tsp finely grated peeled fresh ginger
1 1/2 tsp sesame oil
6 cups each of mizuna, arugula, tatsoi (or other greens)

1. Heat vinegar, soy sauce, sugar, ginger, and sesame oil in a small saucepan over moderately low heat, stirring, until sugar is dissolved (do not let boil).
2. Pour hot dressing over greens in a large bowl and toss well. Serve immediately.

Green Tomato Relish

1/2 cup plus 2 tbsp cider vinegar
1/2 cup plus 2 tbsp packed light-brown sugar
2 medium green tomatoes, diced small
1/2 medium onion, finely chopped
1/2 red bell pepper, finely chopped
1 tsp mustard seed
1 tsp celery seed (optional)
1 tbsp coarse salt
1/2 tsp ground pepper

In a medium saucepan, bring vinegar, sugar, and 1/4 cup water to a simmer; stir until sugar has dissolved. Add remaining ingredients, bring to a rapid simmer, and cook until tomatoes are just tender and liquid has almost evaporated, about 14 minutes. (To store, refrigerate, up to 2 weeks.)

Roasted Butternut Squash

1 large butternut squash (about 3 pounds), peeled and seeded and cut in 1-inch chunks
3 tbsp olive oil
Salt and pepper
Optional: 2 tbsp brown sugar, 1/2 tsp cinnamon, Dash of cayenne pepper

1. Preheat the oven to 400 degrees F.
2. Place the squash on a sheet pan and drizzle with the olive oil, salt, pepper, brown sugar and spices, if using. Toss well. Arrange the squash in one layer and roast for 25 to 30 minutes, until the squash is tender, turning once with a metal spatula.

Tips and Tricks for Preparing Your Veggies

Butternut Squash

- To make it easier to cut, microwave it whole on high for 3 minutes to soften it up.
- Use a vegetable peeler to remove the skin. Peel away the green lines, down to the orange flesh.
- If you don't have a large chef's knife, try using a serrated bread knife to cut through it.
- If you plan to purée the squash, roast it with the skin on to save some time.
- Roasting in the oven brings out the sweetness but if you're in a hurry, use the microwave to speed things up. Cut it lengthwise, scoop out the seeds and then cut into quarters. Place the squash and ¼ cup of water in a bowl, covered, and microwave for about 10 minutes.
- Use a crock pot and let it cook while you're at work. Pierce the rind of the whole squash several times. Place it in the crock pot with 2 cups of water. Set your crockpot on high for 4 hours or low for 6 hours. Let it cool before cutting it in half to remove the seeds.
- Use butternut squash purée in place of pumpkin when baking.
- Save the seeds and roast them for a tasty snack.

Arugula

Arugula's peppery and pungent flavor makes it a versatile green that can be used for more than just salad. A few ideas:

- A garnish for meat or fish, or in a sandwich.
- A topping for pizza.
- Wilt it with some hot pasta, sundried tomatoes and mozzarella.
- Sauté it alone or with other greens.
- Make pesto.
- Pair it with some fruit and ricotta cheese.
- Put it in a grilled sandwich.
- Add it to potato salad or scrambled eggs
- A substitute for spinach

Radish

Remove the tops to store radishes longer. If you enjoy the peppery flavor, you can eat the greens too. A few ideas:

- An easy appetizer, with radishes, chives, soft cheese and bread.
- Quick radish pickles.
- A creamy, crunchy radish salad with yogurt dressing
- Add it to tuna or egg salad.
- Braised with shallots, butter, and balsamic or rice wine vinegar.