



From Field to Fork

CSA Member Newsletter

November 11 & 12, 2014: Week 2 Late Season

This week's box:

- Beets
- Broccoli or Cauliflower
- Carrots
- Delicata Squash
- Kohlrabi
- Parsley
- Potatoes
- Tatsoi
- Turnips

Large box also includes:

- Kale
- Leek
- Radishes
- Extra delicata squash



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

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 sometimes manage to sneak through.

No Delivery During Thanksgiving Week

We just wanted to remind you that there will not be any deliveries during the week of Thanksgiving.

If you would like to add eggs or other items to next week's box, please visit our webstore. You will find beets, potatoes, winter squash, and a few other items for sale.

<http://www.farmigo.com/store/skylightfarms>

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



Kohlrabi *Brassica oleracea*

Kohlrabi means "cabbage-turnip" and is often mistaken for a root vegetable. It is, in fact, a swollen stem that can be eaten raw or cooked. It has a mild, slightly sweet radish-like flavor. Kohlrabi has been commonly used in Italy, France, and Germany for hundreds of years and its use has been documented all the way back to the 1st century A.D. It is rich in vitamin, A, C and B, and contains potassium, copper, and manganese. Kohlrabi can be eaten raw as a crudité or in salads, as well as cooked: lightly steamed, roasted, or sautéed.

Grass-fed Beef Available

We have pasture-raised, grass-fed beef available. It is sold by the quarter beef, which is equivalent to 1/4 of all the cuts. Meat will be ready for pick up from Silvana Meats in Stanwood in about 2 weeks.

Our herd lives in the pasture year-round and enjoys delicious grasses and the occasional snack of leftover produce. There is no grain, feed, or hormones in their diet. We don't use pesticides, herbicides or other chemicals on our pasture.

For more information, email Petrina@skylightfarms.com.

Kohlrabi Carrot Soup

3 cups kohlrabi, peeled and diced
2 cups carrots, diced
1 leek, white and light green parts sliced thin
1 1/2 cups potato, diced
Oil (olive or vegetable)
4 cups of broth (chicken or vegetable)
1 cup milk or heavy cream (optional)
Salt & pepper

1. Peel and dice the kohlrabi, carrots, and potato. Slice leek in half length-wise, rinse to remove all the dirt, and slice the white and light green parts thinly.
2. Heat oil over medium-high heat. Add all the vegetables and cook 5-7 minutes.
3. Add broth and simmer until the vegetables are soft (about 30 minutes). For a smooth texture, purée in an electric blender. Add milk/heavy cream, if using, or add a little hot water to thin the soup if necessary. Season with salt and pepper to taste.

Try these additions:

- 2 tsp grated, fresh ginger
- Use one cup of white wine in place of one cup of broth
- Top with grated parmesan cheese

Roasted Vegetables

2 – 3 lbs of vegetables (mix of: broccoli, carrots, leek, kohlrabi, turnip)
1-2 tbsp oil (olive oil, vegetable oil, or peanut oil)
Salt & Pepper

1. Preheat oven to 375 F.
2. Cut veggies into ½" slices, broccoli into florets.
3. Toss the veggies with oil, salt, and pepper.
4. Roast for 20 minutes. Stir and then roast for additional 15 minutes. If veggies are still underdone, then continue baking 5 – 10 minutes.

Sautéed Turnips and Braised Greens

1 bunch hakurei turnips, with greens
1 lb leafy greens (such as chard, mizuna, spinach, tatsoi)
2 tsp oil, divided
1/2 cup water or 1/2 cup apple juice or 1/2 cup white wine
1/2 tsp salt
1/4 tsp black pepper

1. Cut the greens from the turnips. Wash and tear all the greens into large pieces and remove the stems. Cut the turnips into bite sized pieces.
2. Heat 1 teaspoon of oil in a sauté pan over medium-high heat. Sauté the turnips stirring or tossing occasionally until they are crispy outside and tender inside. Season with salt and pepper and remove to a warm plate.
3. In the same pan, heat the remaining oil over medium heat.
4. Add the greens, and add to pan in batches. Stir and mix as they wilt.
5. Add the wine or other liquid and cook until it is mostly evaporated.
6. Plate greens and arrange the warm turnips on top.

Tips and Tricks for Preparing Your Veggies

Kohlrabi

- Tastes similar to cabbage and broccoli stem but sweeter and juicier.
- Remove leaf stems and refrigerate in a plastic bag for 4-5 days.
- The leaves are edible and can be used in place of kale or collards in any recipe.
- Kohlrabi is great eaten raw in salads or in a slaw.
- Try it in soup. It's a lovely addition to cream of broccoli, cream of potato or mushroom soups.
- Slice it into sticks and roast it to make "kohlrabi fries"
- Shred it, mix it with an egg and few tablespoons of flour, then pan fry it until crispy.

Beets

- Cut the tops off to keep beets firm; leaving the tops on will draw moisture from the root, making them lose flavor and firmness. Beets should be washed and kept in an open container with a wet towel on top.
- The greens are edible and can be used as a substitute for spinach or chard, to which it is related.
- Wash beets and trim off the greens, leaving about 1" of the stems attached. Leaving some of the stems and the attached will prevent the beets from "bleeding".
- Steaming beets is good alternative to boiling because it preserves more nutrients and isn't too messy. Fill a large pot with about an inch of water. Place beets in simmering water. Cover and cook until tender, 25-30 minutes.
- Use the microwave if you're in a hurry. Place beets in a deep microwave-safe dish with an inch or so of water at the bottom. Microwave for 2 to 4 minutes per beet (2 minutes for small beets, 4 for medium-large) as a guideline, depending on your microwave. Microwave for an additional minute if they are not completely cooked through.

Parsley

- Pairs well with lemon, mint, and garlic.
- Save it for later by blending it with some olive oil and freezing it in ice cube trays. Or dry it in a 200° F oven on a sheet of parchment paper, then turn the oven off after 10 minutes or so and let it sit overnight. If it's not completely dried out in the morning, repeat.
- Make chimichurri sauce and freeze the extra.
- Use one part parsley and one part basil in a batch of pesto.