



From Field to Fork

CSA Member Newsletter

December 2 & 3, 2014: Week 4 Late Season

This week's box:

- Baby spinach or kale
- Brussels sprouts
- Butternut squash
- Carrots
- Onions
- Potatoes
- Spaghetti Squash

Large box also includes:

- Leeks
- Rutabaga
- Sunchokes
- Turnips
- Extra greens



Whew, we made it! This past week brought us some crazy weather. Heavy rains followed by freezing temperatures means that things are frozen solid. For 3 out of 4 CSA weeks we've had temps in the teens—what a November! We're sad that some of the greens that we had hoped to put in this final box didn't survive the extreme weather so we've included a few extra storage items that will keep for a couple of weeks. Thank you so much for joining us during our late season. See you in the spring! Above: Views from the fields where we grew much of the produce for our CSA boxes. Ice skating, anyone?

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



Brussels Sprouts *Brassica oleracea*

The predecessors to modern-day Brussels sprouts were likely cultivated in ancient Rome. The vegetable that we enjoy today was developed in Belgium as early as the 13th century, bred from wild cabbages found in Iran, Pakistan and Afghanistan. In Chinese medicine, they are prescribed to improve digestive health. They are an excellent source of vitamin A, vitamin C, vitamin K, beta carotene, folic acid, iron, magnesium and fiber. Overcooking will render the buds gray and soft, and develop a strong flavor and odor that some find unpleasant. The smell is associated with glucosinolate sinigrin, an organic compound that contains sulfur: hence the odor. It also happens to be responsible for the cancer-fighting characteristics of Brussels sprouts.



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, Valve, and at the farm. We hope to add a few more pick up locations as well. Log in to your Farmigo account to place your order. Email Petrina for more information. petrina@skylightfarms.com

Skylight Farms Produce Available Online

During our off-season, we'll continue posting items for sale on www.farmstr.com. This online marketplace showcases farm-fresh products direct to consumers who like to eat local, seasonal foods.

Brussels Sprouts and Kale Salad

1/4 cup fresh lemon juice
2 tbsp Dijon mustard
1 tbsp minced shallot
1 small garlic clove, finely grated
1/4 tsp kosher salt plus more for seasoning
Freshly ground black pepper
2 large bunches of kale (about 1 1/2 pounds total), center stem discarded, leaves thinly sliced
12 ounces brussels sprouts, trimmed, finely grated or shredded with a knife
1/2 cup extra-virgin olive oil, divided
1/3 cup almonds with skins, coarsely chopped
1 cup finely grated Pecorino

1. Combine lemon juice, Dijon mustard, shallot, garlic, 1/4 teaspoon salt, and a pinch of pepper in a small bowl. Stir to blend; set aside to let flavors meld. Mix thinly sliced kale and shredded brussels sprouts in a large bowl.
2. Measure 1/2 cup oil into a cup. Spoon 1 tablespoon oil from cup into a small skillet; heat oil over medium-high heat. Add almonds to skillet and stir frequently until golden brown in spots, about 2 minutes. Transfer nuts to a paper towel-lined plate. Sprinkle almonds lightly with salt.
3. Slowly whisk remaining olive oil in cup into lemon-juice mixture. Season dressing to taste with salt and pepper. DO AHEAD: Dressing, kale mixture, and toasted almonds can be prepared 8 hours ahead. Cover dressing and kale mixture separately and chill. Cover almonds and let stand at room temperature.
4. Add dressing and cheese to kale mixture; toss to coat. Season lightly with salt and pepper. Garnish with almonds.

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.

Tips and Tricks for Preparing Your Veggies

Leeks

- For cleaning and using whole leeks: Place leek on a cutting board. Insert the tip of a sharp knife about a 1/4-1/2 inch below the lowest opening in the leek. Cut straight through, up to and through the green ends of the leek, leaving the pale part of the leek whole. Fan open the leek and place under cold running water. Rinse out any dirt or sand. If the leek is especially dirty, you may want to make another similar cut through the leek to further be able to fan the leek open. Cut off the dark green tops of the leek, reserving on the body of the leek as much of the dark green as you want. Discard the dark greens or save them to flavor soups or stews, or use for making stock. Cut off the root end of the leeks, staying as close to the roots as possible. Cutting close to the roots will help keep the leeks whole when cooking them whole.

Brussels Sprouts

- Store Brussels sprouts in a plastic bag in your refrigerator's crisper, where they'll keep for at least one week, if not a little longer. Brussels sprouts taste best when cooked until they are just tender.
- Try them raw, shredded into a slaw or salad.
- They are excellent braised, sautéed, oven-roasted or fried.
- They pair well with any combination of the following flavors: maple syrup, balsamic vinegar, garlic and butter, bacon, pancetta, lemon, pecans.

Sunchokes, aka Jerusalem Artichokes

- The sunchoke plant is a variety of sunflower that has an edible tuber.
- Sunchokes are lumpy and brown tubers that look a lot like ginger root. They have a nutty, sweet flesh.
- Roasting them nestled in a thick bed of salt is a common preparation.
- They are lovely cooked and puréed into a silky winter soup.
- Like potatoes, sunchoke can be served with or without the skin - scrub clean and leave it on for maximum nutritional benefit.
- Cook as you would potatoes - roast, sauté, bake, boil or steam. If peeling or cutting, drop pieces into water with a squeeze of lemon juice to prevent discoloration. Unlike potatoes, sunchokes can also be used raw (e.g. in salads) or lightly stir-fried.