



August 12th, 2011

WEEK 11 Summer

Message from The Urban Farmer

Dear Jessica,

This week's box is filled with greens! This is a miraculous event in the month of August. There's even lettuce! We tested a slow-bolt variety that grew nicely. It's a small head, and just be aware that it may taste more bitter than usual, but it is nice and fresh. :) As usual, **for those who are scheduled this week**, this is a friendly reminder that pick-up for the CSA baskets (**Friday 8/12/11**). **Pick-up times for the summer boxes will be Friday 1:00 pm - 6:30 pm or Saturday 10:00 am to 1:00 pm. If you need to come sooner than 1:00 on Friday, please be patient with us.**

REMINDER: We still have a good amount of people leaving their boxes over the weekend. If you need to come at a different time or day to pick up your box, you just simply need to email us and make those arrangements. It is a shame to leave such fresh and good food at the farm. So...**if you have not picked up your box by Saturday or contacted us to make other arrangements, we will be donating or composting the contents of the box, and it will still be deducted from your account.**

Also, if you need to skip a week, we are happy to accomodate as long as we are notified by the Monday of the same week. Usually after Monday all the farm orders have been placed and everyone's box contents are arranged for.

Please feel free to contact us with any questions you may have regarding these policies.

Please find this week's farm list and suggested recipe below.

Farm List

The Urban Farmer (Pompano Beach, FL)
Fresh Herbs, Lettuce

Erickson Farm (Canal Point, FL)
Longans, Mangoes (Southern Blush),
Avocados (Dupree), Carambola, Okra

Green Cay (Boynton Beach, FL)
Arugula, Mustard Greens, Cucumbers

NK Lago (Canal Point, FL)
Bananas, Hua Moa Plantains

[Farm List](#)

[Suggested Recipe](#)

We are now trying to list the archives of the farm lists on our websote. It will take some time to go back the whole year, but you can now find the farm list and former recipes if you ever want to check on the site.

[Click here to go to FARM LISTS](#)

Suggested Recipe

Salad of Mustard Greens and Avocado

www.crinellawinery.com

INGREDIENTS:

1 pound of mustard greens
2 tablespoons brown sugar
1/3 cup cider vinegar
1/2 teaspoon Worcestershire sauce
1 tablespoons oil
1/4 teaspoon salt
pepper
1 avocado

DIRECTIONS:

1. Wash mustard greens, remove stems and cut into strips.
2. Combine vinegar, sugar, oil, sauce, and salt.
3. Bring to a boil and pour over greens.
4. Toss the greens.
5. Cut up avocado and toss with greens.
6. Correct seasonings.

Hua Moa Plantains

Hua Moa Plantains are a small Hawaiian variety of plantains different than plantains that are usually found in the store. This variety won the Arc of Taste Award by the non-profit organization Slow Food. These variety of plantain can be cooked the same way you would cook regular plantains. Some suggested cooking methods are below. We recommend using grapeseed oil for frying because it does not have the same negative effects when heated that olive oil does.

Tostones (Plantain Chips)

For this recipe the plantains must be used while still green. First peel skin, then slice in 1/2 inch portions. In a skillet, heat oil on med/high. Place the slices in the hot oil on one side for about a minute, then turn over for about a minute. Remove from heat and place on a paper towel to absorb excess oil. Use a tostonera (banana masher) or get creative and press partially cooked plantain flat to create a disk-like banana chip. Be careful not to over press or mash. Place pressed bananas in hot oil again and let cook for about 2-3 minutes or until the plantains look crispy. Make sure to flip them to make sure both sides get toasty. Remove from oil and remove excess oil with a paper towel. Sprinkle with sea salt to taste and serve.

Platanos Maduros (Fried Plantains)

For this recipe the bananas must be completely ripe and the end result is a sweet and delicious side dish. Peel skin from the plantains. Slice on an angle between a 1/4 to 1/2 inch thickness. Heat oil on a skillet at med/high. Place plantain slices in hot oil and fry for several minutes until they slightly turn brown/black on the sides in color and are soft when tested with a fork. Remove from hot oil and serve.

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