



August 26th, 2011

WEEK 13
Summer

Message from The Urban Farmer

Dear Jessica,

Fall is approaching and we are making lots of plans for the coming season. Soon classes will be available, and your favorite veggies will be working their way back. As we speak, all the farmers are starting their seeds for October production. It's also time for getting ready to plant for those of you who grow your own.

For those who may have noticed, we have moved the store outside! Slowly we will be adding extra produce for picking up each week, as well as gardening supplies. If you noticed on the Extra list from this week, Rice is back and Coffee is now available. This week we have also decided to bring in a non-local item (yes, I said it) because we are just plain tired of garlic in the stores from Mexico or China. Unfortunately, Garlic you are used to in the stores isn't grown in Florida. We know you guys are buying garlic at the store anyway, so we decided to bring you a limited quantity of U.S. California garlic that can be purchased at the farm.

We still need help, so please make sure to get in touch with us if you are interested in volunteering at the farm.

As usual, **for those who are scheduled this week**, this is a friendly reminder that pick-up for the CSA baskets (**Friday 8/26/11**). **Pick-up times for the summer boxes is 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: If you need to come at a different time or day than the established pick up for your box, you just simply need to email us and make those arrangements. 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](#)

[Suggested Recipe](#)

We are now trying to list the archives of the farm lists on our website. 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](#)

Farm List

The Urban Farmer (Pompano Beach, FL)
Fresh Herbs

Erickson Farm (Canal Point, FL)
Mangoes (Kent), Avocados, Carambola

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

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

Aaldmon Farm (Lake Worth, FL)
Sweet Potato OR Yucca (f.c.f.s.)

3 Sisters (Homestead, FL)
Longans

Suggested Recipe

Oven Baked Sweet Potato Fries

adapted from www.simplyrecipes.com

INGREDIENTS:

1 pound of sweet potatoes
1/4 cup Olive Oil
1 tbsp brown cane sugar
1/2 tbsp Sea Salt
1 tbsp of spice of your choice

DIRECTIONS:

1. Preheat oven to 450°F. (For more crispiness, preheat your oven to 500°F.)
2. Peel the sweet potatoes and cut off the ends. Cut the potatoes in half lengthwise and then, if they are very long, in half crosswise. Cut each piece into wedges. Alternately, you can slice the peeled sweet potato into disks either with a mandoline or a sharp knife.
3. Put the sweet potatoes into a large bowl and add the oil. Mix well to combine. Sprinkle with salt, sugar and spices of your choice. Use your hands to mix well, so all pieces are coated with oil and spices.
4. Spread the sweet potatoes out in a single layer on a baking sheet; the oil they are coated with should keep them from sticking to the pan. If you are trying to cut fat, reduce the oil to 2 Tbsp and use a non-stick coating on the baking sheet.
5. Bake for a total of 25 to 30 minutes. After the first 15 minutes, remove the baking sheet from the oven and turn over all of the sweet potato pieces. Return to the oven and bake for another 10-15 minutes, or until they are well browned. Let cool for 5 minutes before serving.

Yucca Fries

adapted from www.cook-aunatural.blogspot.com

INGREDIENTS:

1 Yucca Root
Olive Oil (enough to generously coat a frying pan)
Salt & Pepper

DIRECTIONS:

1. Peel the yucca root using a peeler and cook in boiling water for 15 minutes or until you can stick a fork comfortably into the yucca. Make sure it remains somewhat firm; you do not want to over cook the yucca and have soggy fries.

2. Drain the water and let the yucca root cool until it is comfortable to handle. Cut it in half, lengthwise, and then into small fries approx 3 inches in length and ½ inch thick (or thinner if you wish).

3. Generously coat the bottom of a frying pan with oil and let heat for 2 minutes. Submerge the fries in the oil and cook for about 5 minutes or until golden. I suggest cooking the fries in batches so they do not stick together. Allow enough space between the fries when cooking, as I found they easily got stuck together. After about 5 minutes or until the desired goldenness has been reached, remove the fries from the pan and let cool on a paper towel. I actually used a cookie cooling rack, with a paper towel laid over the top, to absorb the excess oil. Sprinkle with salt and pepper, serve and enjoy!
