



August 5th, 2011

WEEK 10 Summer

## Message from The Urban Farmer

Dear Jessica,

Please remember to bring your bag this week. :)  
We want to take the time to thank those who have helped us by volunteering and support! We could not do this without the support of the community!!

As usual, **for those who are scheduled this week**, this is a friendly reminder that pick-up for the CSA baskets (**Friday 8/5/11**). **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

Erickson Farm (Canal Point, FL)  
Longans, Papayas, Mangoes (Van Dyke),  
Avocados, Carambola, Okra, Bananas, Lime

Farnhouse Tomatoes (Delray Beach, FL)  
Heirloom Tomatoes

Green Cay (Boynton Beach, FL)  
Arugula, Butternut Squash

[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

### *Mango, Avocado and Arugula Salad*

*laylita.com*

#### **INGREDIENTS:**

**6 cups arugula leaves**  
**1 mango, peeled and cut into long slices**  
**1 avocado, peeled and sliced**  
**½ red onion, sliced**  
**1 tbs lime juice**

#### *Spicy orange vinaigrette*

**1 tbs champagne vinegar**  
**4 tbs orange juice, about ½ orange**  
**2 tbs lime juice, about ½ lime**  
**4 tbs olive oil**  
**½ tsp cumin**  
**2 tbs finely chopped cilantro**  
**1 red chili or hot pepper, sliced**  
**Salt and pepper**

#### **DIRECTIONS:**

- 1. Combine all the ingredients for the salad dressing in a jar, close it tight and shake until the ingredients are well mixed.**
- 2. Soak the onion slices in warm water with a dash of salt and 1 tbs lime juice for about 10 minutes.**
- 3. Rinse and drain the onions slices.**
- 4. Toss the arugula leaves with half of the vinaigrette.**
- 5. Add the avocado slices, mango slices and onion slices to the arugula mix, drizzle the remaining vinaigrette on top.**
- 6. Serve immediately.**