



July 1, 2011

WEEK 5
Summer

Message from The Urban Farmer

Dear Jessica,

The 4th of July is approaching, and we hope everyone has an enjoyable weekend! This week we want to make you aware of what we have available in the store because so many of us will be actively standing in front of the BBQ. See our list in the right hand column for what we will have in this the store this week. After this week, if you are interested in any of the extra item products we sell, you will need to order them in advance. We will be sending out an order list soon to start this effort. Also, this week we have multiple recipes for you all, so please make sure to scroll down the entire email below.

As usual, **for those who are scheduled this week**, this is a friendly reminder that pick-up for the CSA baskets (**Friday 7/1/11**). Sorry but we have made another new change to the pick-up time. **The new pick-up time for the summer boxes will be Friday 1:00 pm - 6:30 pm or Saturday 10:00 am to 1:00 pm.**

REMINDER: **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.** Please feel free to contact us with any questions you may have regarding this new policy.

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

Farm List

The Urban Farmer (Pompano Beach, FL)
Fresh Herbs, Swis Chard, Lavender

Erickson Farm (Canal Point, FL)
Mangoes (Duncan)

NK Lago (Canal Point, FL)
Bananas

Leechango Plantation (Loxahatchee, FL)
Plum Yellow Tomatoes

Guara Ki & Happy Shrooms (Redlands, FL)

Lychees, Oyster Mushrooms

Bee Heaven (Homestead, FL)
Avocados

Green Cay Farm (Boynton Beach, FL)
Yellow Squash, Butternut Squash

[Farm List](#)

[Suggested
Recipe](#)

AVAILABLE
TODAY IN
LIMITED
QUANTITIES

First come,
first serve only

Ground Beef
BBQ Ribs
Short Ribs
T-Bone Steaks
Pork Chops
Whole
Chickens
Stewing Hens
Chicken
Wings

Rachels' Eggs
from
Beeheaven - 9
pack
Easter Egg
Variety

Okra
Heirloom
Tomatoes
Zuchinni
Cucumbers
Kale

Suggested Recipes

Swiss Chard and Oyster Mushroom Pasta

adapted from stuffyourface.com

INGREDIENTS:

1 Tablespoon Olive Oil
1/4 teaspoon crushed red pepper
2 cloves garlic, minced
1 bunch swiss chard, cut into thin stripes
5 oyster mushrooms, sliced
1-2 shallots, diced
3 Tablespoons balsamic vinegar
6 yellow plum tomatoes
2 Tablespoons crumbled blue cheese
1 pinch salt and black pepper (to taste)
1/2 cup whole wheat spaghetti

DIRECTIONS:

Cook pasta according to the directions. Meanwhile mince the garlic, dice the shallots, slice the mushrooms and chard, quarter the tomatoes and measure out the balsamic vinegar and blue cheese. Heat the olive oil in a skillet over medium-low heat. Cook the garlic and crushed red pepper in the oil until just fragrant, 1 minute or so. Add the Swiss chard to the garlic and stir until wilted, 3-5 minutes. Transfer the garlic and chard to a bowl. heat a little more olive oil and add the mushrooms, shallots. Saute until cooked through, 5 minutes. Turn off the heat, add the tomatoes, balsamic vinegar, and noodles and stir. Gently toss the blue cheese. Season with salt and pepper and serve.

Basil and Lavender Pesto

provided by CSA Member

INGREDIENTS:

1/4 cup sun-dried tomatoes
1 cup fresh basil
1 Tbsp fresh lavender flowers
2 tsp fresh parsley
1/4 cup pine nuts
1/2 red pepper flakes
4 cloves garlic
1/4 cup fresh-grated Parmesan cheese
1/4 cup grated Romano cheese

¼ tsp salt
6 Tbsp olive oil

DIRECTIONS:

Bring about 2 cups of water to boil in small saucepan. Remove pan from heat and add sun-dried tomatoes; let them plump up for about 10 minutes. Drain tomatoes and dry them on paper towel. Combine all the ingredients, except for the olive oil, in a blender or food processor and pulse until well blended. Gradually add olive oil while machine is running and mix well. From *The Lavender Gourmet* by Jennifer Vasich.

Lavender Honey Butter

provided by CSA Member

INGREDIENTS:

2 sticks butter, softened
¼ cup honey
2 tsp fresh lavender flowers

DIRECTIONS:

In a bowl, whip together the ingredients until light and fluffy. Form butter mixture into a log on parchment paper or spoon mixture to a small dish and refrigerate for 2 hours before using. Store covered up to 2 weeks in the refrigerator. Makes 1 cup. From *The Lavender Gourmet* by Jennifer Vasich.

Sunflower Sprouts

Sunflower sprouts are a rich source of lecithin and vitamin D. The sunflower sprout is known for its crispness and nutty flavor. It breaks down the fatty acids into an easily digestible, water soluble form.

Sunflower sprouts are great to use as a raw snack or mixed in with your salads.