

## Message from The Urban Farmer

Dear Jessica,

DON'T FORGET TO BRING YOUR OWN BAG THIS WEEK! :)

Last week we began asking that people start bringing their own grocery/reuseable bags to pick up their produce. Not enough people are returning their boxes, and it is becoming expensive to replenish the boxes each week. We appreciate everyone's assistance with this.

The list for the extras was sent out yesterday evening. Please make sure to get your orders in by tomorrow for next week pick-up. If you have trouble with the email, please see us tomorrow.

As usual, **for those who are scheduled this week**, this is a friendly reminder that pick-up for the CSA baskets (**Friday 7/15/11**). **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: 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 policy.

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)  
Mangoes (Southern Blush and Van Dyke), Carambola,  
Okra, Eggplant

NK Lago (Canal Point, FL)  
Bananas

Leechango Plantation (Loxahatchee, FL)  
Plum Tomatoes

Bee Heaven (Homestead, FL)  
Avocados, Garlic Chives

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

[Farm List](#)

[Suggested  
Recipe](#)

## Suggested Recipe

### *Okra, Eggplant and Tomato Curry Over Quinoa*

*provided by fortunavirilis.com*

#### **INGREDIENTS:**

- 1 Tbsp olive oil
- 1 red onion, sliced thinly
- 1 Tbsp curry powder
- 1 tsp turmeric
- 2 tsp ground ginger (or use fresh if you have it)
- 3 cups okra, cut into 1/2" pieces
- 2 small graffiti eggplants, diced
- 2 large tomatoes, diced
- 1 Tbsp tamarind concentrate
- salt and pepper to taste
- 3 cups cooked quinoa\* (or rice)

#### **DIRECTIONS:**

Heat oil in a large skillet over medium heat. Add onion and saute until it gets tender. Stir in curry powder, turmeric, and ginger, and cook for an additional minute. Then add okra, eggplant, tomato, and tamarind concentrate, stir well, cover, and cook until okra and eggplant are tender (about 15 min). Add salt and pepper to taste and serve over quinoa. Serves 4.

\* To cook quinoa, bring 2 cups of water to a boil in a small saucepan. Sort and rinse 1 cup of quinoa, and add to boiling water. Reduce heat to low, cover, and let simmer until all of the water is absorbed (15-20 min). Let it stand, covered, for 5 min.

---

### *Avocado Ice Cream*

*provided by Erickson Farm*

#### **INGREDIENTS:**

- 2 cups avocado
- 1 cup sugar
- 1 large can sweetened condensed milk

2 cups whipping cream  
¼ cup lime juice

**DIRECTIONS:**

**In a blender or food processor combine the avocado, lime juice, and sugar and blend thoroughly.**

**Pour avocado mixture, whipping cream, and condensed milk into ice cream maker.**

**Chill and churn until ready.**

---

***Mango Nut Bread***  
*provided by Erickson Farm*

**INGREDIENTS:**

2 cups avocado  
1 cup sugar  
1 large can sweetened condensed milk  
2 cups whipping

**DIRECTIONS:**

- **Preheat oven to 350° F.**
- **Grease a small loaf pan and set aside.**
- **Cream margarine and sugar.**
- **Add eggs, mix well.**
- **Combine dry ingredients and add to mixture.**
- **Fold in mango and nuts.**
- **Bake about 45 minutes in loaf pan.**