

## Message from The Urban Farmer

Dear Jessica,

DON'T FORGET TO BRING YOUR OWN BAG THIS WEEK! :)  
Two weeks ago we began asking that people start bringing their own grocery/reuseable bags to pick up their produce. Even if you are very good about bringing back your boxes, we would like everyone to start bringing a bag. This will eliminate the chance of being short on boxes. We appreciate everyone's assistance with this.

For those of you who took advantage of ordering extras, your goods will be available tomorrow and Saturday for pick-up.

NOTICE: For those of you who were unaware, we have been in quarantine since February; which meant we could not allow certain veggies we were growing off the property. We have finally been released from the quarantine, so we have started planting and you will see more growing if you visit the back. The quarantine was quite detrimental to us, but we really appreciate everyone's continued support!!

As usual, **for those who are scheduled this week**, this is a friendly reminder that pick-up for the CSA baskets (**Friday 7/22/11**). **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 (Van Dyke), Carambola,  
Okra, Eggplant

NK Lago (Canal Point, FL)  
Bananas

Farnhouse Tomatoes (Delray Beach, FL)

### WHAT IS A CALABAZA ?

It's a small spanish pumpkin. Many times it is used for cooking stews and soups. Last week, it made a fantastic pumpkin bread that many of you may have had a chance to try.

### WHY ARE WE GETTING PUMPKIN IN THE SUMMER?

Well, in south Florida, our season is kind of flipped from up north. We can't grown pumkins or butternut in the fall, but we can start growing them in the spring and eat them over summer.

Heirloom Tomatoes

Bee Heaven (Homestead, FL)  
Avocados

Green Cay Farm (Boynton Beach, FL)  
Calabaza (Spanish Pumpkin), Yellow Squash

Three Sisters (Homestead, FL)  
Calaloo

South Lane Orchards (Fort Valley, GA)  
Peaches

## Suggested Recipe

### *Super Moist Pumpkin Bread*

*allrecipes.com*

*NOTE: This is not the same recipe that used for last week's samples. We were unable to get the recipe in time for today's email, but this one has high ratings.*

#### **INGREDIENTS:**

- 1 cup chopped walnuts (feel free to use chocolate chips if you liked last weeks recipe)
- 3 1/2 cups all-purpose flour
- 2 cups packed dark brown sugar
- 2/3 cup white sugar
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon ground nutmeg
- 1 1/2 teaspoons ground cinnamon
- 2 cups pumpkin puree
- 1 cup vegetable oil
- 2/3 cup coconut milk (if sweetened coconut milk, reduce white sugar by 1/2 cup)
- 2/3 cup flaked coconut

#### **DIRECTIONS:**

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 8x4 inch loaf pans.
2. Spread walnuts in a single layer on an ungreased baking sheet. Toast in the preheated oven for 8 to 10 minutes, or until lightly browned. Set aside to cool.
3. In a large bowl, stir together the flour, brown sugar, white sugar, baking soda, salt, nutmeg, and cinnamon. Add the pumpkin puree, oil, and coconut milk, and mix until all of the flour is absorbed. Fold in the flaked coconut and toasted walnuts. Divide the batter evenly between the prepared pans.
4. Bake for 1 hour and 15 minutes in the preheated oven, or

until a toothpick inserted in the center comes out clean. Remove from oven, and cover loaves tightly with foil. Allow to steam for 10 minutes. Remove foil, and turn out onto a cooling rack. Tent loosely with the foil, and allow to cool completely.

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### *Peach Ice Cream* *adapted from allrecipes.com*

#### **INGREDIENTS:**

- 3 eggs, beaten
- 1 3/4 cups white sugar
- 5 fresh peaches, pitted and chopped
- 2 cups heavy cream
- 1 cup half-and-half cream
- 1 teaspoons vanilla extract
- 1/2 teaspoon salt

#### **DIRECTIONS:**

In large bowl, mix together eggs and sugar until smooth; puree peaches in blender or food processor and stir 5 cups of puree into egg mixture. Stir in cream, half-and-half, vanilla and salt and mix well.

Pour mixture into freezer canister of ice cream maker and freeze according to manufacturer's instructions.

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### *Jamaican Steamed Calaloo* *eatjamaican.com*

#### **INGREDIENTS:**

- 4 cups of firmly packed chopped callaloo
- 1/8 to 1/4 cup water
- 1 medium-sized onion, chopped
- 1 medium-sized well ripened tomato, chopped
- 1 large clove garlic, chopped

**1/3 skin of a scotch bonnet pepper finely chopped**  
**1/4 teaspoon dried thyme leaves**  
**1/8 teaspoon salt**  
**1 table spoon cooking oil**  
**1 table spoon butter or margarine**

**DIRECTIONS:**

**Inspect callaloo and remove any debris, old leaves, or hard stalk, etc. Rinse in a large pot of cold water. Discard the water then add enough cold water to cover the callaloo. Dissolve 1/2 teaspoon of salt into the water and let sit for 1/2 to 1 hour. The salt will help to remove any additional small debris from the callaloo. Throw off the water and rinse the callaloo in another pot of cold water. Remove the callaloo and chop in 3/4 inch pieces in a slanted motion.**

**In a large pot add the 2 table spoon oil and 1/8 to 1/4 cup water. Put four cups of firmly packed chopped callaloo on top. Add the remaining seasonings on top of the callaloo. Put a lid on the pot. Place on a medium flame and cook for roughly ten minutes or until pieces of the callaloo stalks are tender. The callaloo must stay green. Any discoloration towards brown means the callaloo is being overcooked.**