

Message from The Urban Farmer

Dear Jessica,

Please remember to bring your bag this week. 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.

As usual, **for those who are scheduled this week**, this is a friendly reminder that pick-up for the CSA baskets (**Friday 7/29/11**). **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. 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 policy.

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

Farm List

The Urban Farmer (Pompano Beach, FL)
Scallion Onion, Summer Squash, Fresh Herbs

Erickson Farm (Canal Point, FL)
Papayas, Mangoes (Tommy Atkins),
Carambola, Okra

NK Lago (Canal Point, FL)
Bananas

Farnhouse Tomatoes (Delray Beach, FL)
Heirloom Tomatoes

Bee Heaven (Homestead, FL)
Avocados

Three Sisters (Homestead, FL)
Longans

Suggested Recipe

[Farm List](#)

[Suggested Recipe](#)

Papaya, Mango & Avocado Salad

adapted from bahamabreeze.com

Serves: 4

Papayas, Mangoes and Avocados are in their peak season during the summertime.

INGREDIENTS:

2 mangoes, peeled, seeded and sliced

2 avocados, peeled and sliced

1 large papaya, peeled, seeded (reserve seeds) and cut into 8 wedges

4 cups Mesclun spring greens (*for this we recommend sprouts*)

6 ounces papaya seed vinaigrette *

4 ounces toasted cashews, chopped (Peanuts or macadamia nuts may be substituted.)

PREPARATION:

Peel, seed and slice fruit as directed. Mix greens with 2 ounces of the vinaigrette and divide into four portions, mounding in the center of 4 plates. Surround with sliced fruit, alternating.

Drizzle remaining vinaigrette over the fruit, and top with chopped cashews.

*** Papaya Seed Vinaigrette**

INGREDIENTS:

½ cup fresh papaya seeds

1 cup papaya nectar

1 cup rice wine vinegar

¼ cup Dijon Mustard

1/8 cup fresh lime juice

2 Tbs. rough chopped shallots (*instead use the scallion from this week*)

1 tsp. Creole Seasoning

½ tsp. kosher salt

3 ounces extra virgin olive oil

DIRECTIONS:

Place all ingredients in food processor and blend until pureed well. Refrigerate