



July 8, 2011

WEEK 6
Summer

Message from The Urban Farmer

Dear Jessica,

This week we are 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.

We apologize to everyone for last week if you were looking forward to the sunflower sprouts. The grower had committed verbally to providing these for the boxes, but then did not follow through. My deepest apologies to everyone because they were not in the boxes.

The list for the extras is still being put together for ordering. I am working on new farms with more products to offer. We appreciate everyone's patience and support with this. We will have eggs again this week though. The price has increased to \$6 per dozen due to fuel costs, but I assure you it is still a good price. Also we still have some ground beef and pork chops. First come first serve.

We are also looking for volunteers! We need help with the following:

Thursdays: Want to come on a farm run with us? We do farm runs now to both Palm Beach and Miami. We are looking helping hands to help lift boxes. We start at about 9:00 am and return sometimes around 3:00pm.

Fridays: We need help putting together the boxes for the CSA and harvesting what we have (herbs for right now). We work from 8:00 am to 7:00 pm this day. Any help is appreciated!

Saturday: We need help from 10:00 -1:00 with helping to get CSA boxes distributed to picking up members and/or helping with crowd control and answering questions.

General Help: We need help planting, cleaning up at farm, re-potting, etc. We really could use some help and if you know anyone or would like to help out please email me to let me know, and /or just show up! Like I said, we really could use the help right now. We are willing to pay with produce for help.

As usual, **for those who are scheduled this week**, this is a friendly reminder that pick-up for the CSA baskets (**Friday 7/8/11**). 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. We are having difficulty fulfilling the pick ups at 12:00. If you need to come sooner than 1:00, 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](#)

[Suggested Recipe](#)

GEORGIA PEACHES

This is the one product I can say I am willing to get from out of state when I know the farmer is trustworthy. We are able to get these peaches straight from the farm and fresh picked. It's a treat that the farmer brings these down, and we are able to get them through Kim Erickson who knows the family/farmers of South Lane Orchards in Georgia. We should always enjoy and take advantage of such treats!

I also want to dispell any concerns about it being an out of state product. I talk alot about how

Farm List

The Urban Farmer (Pompano Beach, FL)
Fresh Herbs

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

NK Lago (Canal Point, FL)
Bananas

Leechango Plantation (Loxahatchee, FL)
Plum Yellow/Red Tomatoes

Bee Heaven (Homestead, FL)
Avocados, Parsnips, Red Spanish Radish

Three Sisters Farm (Homestead, FL)
Callaloo, Okra

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

South Lane Orchards (Fort Valley, Georgia)
Peaches

Suggested Recipe

Callaloo Pie

offered by CSA member

INGREDIENTS:

1 BUNCH OF CALLALOO - STEMS REMOVED
1 TBSP OLIVE OR GRAPE SEED OIL
1 - 8 OZ RICOTTA
1 MED CHOPPED ONION
1 CUP SHREDDED MOZZARELLA
1/4 CUP PARMESAN CHEESE
3 EGGS
SALT AND PEPPER TO TASTE
1 PIE CRUST FOR BOTTOM ONLY

DIRECTIONS:

PREHEAT OVEN TO 350. OIL PIE DISH AND PUT IN PIE CRUST
SAUTE ONION AND CALLALOO IN OIL UNTIL ONION IS TRANSLUCENT. COMBINE ALL INGREDIENTS IN A MIXING BOWL. POUR INTO CRUST. BAKE 45 MINUTES OR UNTIL KNIFE INSERTED COMES OUT CLEAN. SERVE PLAIN OR WITH A SIDE OF FRESH TOMATO SAUCE MADE WITH THE DELICIOUS TOMATOES FROM THE FARM!

BROCCOLI OR SPINACH CAN BE USED IN PLACE OF CALLALOO. HOWEVER, CALLALOO HAS SWEETER, Milder FLAVOR.

certain produce that crosses state lines must be fumigated and/or irradiated to prevent bugs from affecting our farms by USDA requirements.

This is absolutely true about certain produce. The good news is, I can confirm that South Lane Orchards never fumigates or irradiates their peaches. If the USDA were to require them in a quarantine to do anything to transport their peaches, they would choose a hot water bath method to kill off bugs, which is permitted.

knowing these things this kye to how we eat. Do not just trust labels; you have to know the source.

Again getting these peaches fresh off the farm is such a treat. These peaches were picked fresh this week and brought down on Wednesday. I think you will find them to be very enjoyable!