



June 24, 2011

WEEK 4
Summer

Message from The Urban Farmer

Dear Jessica,

As usual, **for those who are scheduled this week**, this is a friendly reminder that pick-up for the CSA baskets (**Friday 06/24/11**). 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](#)

[Suggested
Recipe](#)

Farm List

The Urban Farmer (Pompano Beach, FL)
Fresh Herbs

Erickson Farm (Canal Point, FL)
Lychees, Mangoes (Pickering)

NK Lago (Canal Point, FL)
Bananas

Farmhouse Tomatoes (Delray Beach, FL)
Heirloom Tomatoes

Glaser Organic Farm (Miami, FL)
Okra

Guara Ki & Happy Shrooms (Redlands, FL)
Oyster Mushrooms

Three Sisters Farm (Homestead, FL)
Callaloo

Root In The City (Liberty City, FL)
Yellow Squash, Eggplant

Suggested Recipe

Cooked Callaloo

from jamaican-traditions.com

INGREDIENTS:

- **1 large summer squash (aprox. 2 cups chopped)**
- **3/4 cup frozen okra**
- **1 can of diced tomatoes**
- **1 medium onion**
- **1 tbs Olive oil**

DIRECTIONS:

saute onion, add squash and okra saute for 4 minutes. Add tomatoes. Season with Italian seasoning, salt, and pepper. Cook on medium heat for 1/2 hour. Makes 4 - 1 cup servings

Callaloo

Callaloo is also know as the caribbean spinach, and can be used in this same manner.

Callaloo in Trinidad and other eastern Caribbean countries is generally made with okra and dasheen or water spinach *Ipomoea aquatica*. There are many variations of callaloo which may include coconut milk, crab, conch, Caribbean lobster, meats, chili peppers, and other seasonings such as chopped onions and garlic. The ingredients are added and simmered down to a somewhat stewlike consistency. When done, callaloo is dark green in color and is served as a side dish which may be used as a gravy for other food.