



June 3, 2011

WEEK 1
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 is tomorrow (**Friday 06/03/11**). We have new summer hours, so please make note of it because it may affect your pick-up day. Our new hours are as follows: Friday 12:00 pm - 6:30 pm and Saturday 10:00 am to 1:00 pm. We are available by appointment outside of this schedule. **The new pick-up time for the summer boxes will be Friday 12:00 pm - 6:30 pm or Saturday 10:00 am to 1:00 pm.**

Also important, we spend quite some time calling people after the weekend for those who forgot to pick-up their boxes. As you can imagine, this is difficult to keep track of and to keep stored. So we implemented a new policy effective immediately: **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 COUNT AGAINST YOUR ACCOUNT.** Please feel free to contact us with any questions you may have regarding this new policy.

This week officially begins our Summer CSA. It's a transitional time as we leave the main growing season of greens and veggies and switch over to summer crops. The boxes will become more abundant as fruits begin to ripen and become available. It's an interesting time, and one of new and exciting food!

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

Farm List

The Urban Farmer (Pompano Beach, FL)
Lettuce, Kale, Fresh Herbs

Erickson Farm (Canal Point, FL)
Lychees, Eggplant, Black-Eyed Peas, Jalapenos

Green Cay (Boynton Beach, FL)
Spaghetti Squash, Butternut Squash,
Cucumbers

Farmhouse Tomatoes (Delray Beach, FL)
Heirloom Tomatoes

Pandelaky House (CSA Member)
Haden Mango

[Farm List](#)

[Suggested
Recipe](#)

Master Chef
Season 2 -
Tracy Kontos

Beginning Monday, the show Master Chef will include one of our CSA members Tracy Kontos. Several months ago Tracy asked us if she could use our farm for an audition tape to a show about becoming a chef. Well folks, she made it. Please check out more about Tracy and make sure to watch as she journeys to pursue her dream to become a chef.

[Click here
to Like her fan
page](#)

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to her personal
web page.](#)

Suggested Recipe
**Black-Eyed Peas and Rice
and Butternut Squash**
adapted from juniorkitchen.com

INGREDIENTS:

- 1 cup black-eyed peas (dry or fresh)
- 1/4 cup peanut or canola oil
- 1 medium onion, peeled and finely chopped
- 2 garlic cloves, peeled and finely chopped
- 1 cup butternut squash or pumpkin, peeled and cut into 1/3 inch cubes
- 2 cups long-grain rice (we used basmati)
- 1 1/2 teaspoons salt

DIRECTIONS:

If you're using dried peas, pick over them, wash and drain. Soak the beans overnight, covered by at least 5 inches of water. Drain.

In a large pot, bring the peas and 4 cups water to a boil. Cover, turn the heat down to low, and simmer gently for 25 minutes, or until the peas are almost tender. Drain but save the cooking liquid. Set the peas and cooking liquid aside.

Put the oil in a good-sized, heavy pot and set over medium-high heat. When hot, put in the onion. Stir and fry until the onion pieces begin to turn brown at the edges, 3 to 4 minutes. Now put in the garlic. Stir and fry for a minute, then put in the squash. Stir and fry for another minute. Put in the rice and stir and saute it for a minute. Now add the beans, 3 cups of the bean liquid (if there's not enough, add more water), and the salt. Stir to mix and bring to a boil. Cover, turn the heat down to very low, and cook gently for 25 minutes. Let the pot rest, covered, for another 15 minutes. Stir

gently to mix before serving. Serve over rice.

Lychees

Lychees are a wonderful fruit native to China. Lucky for us, Florida farmers have been growing this fruit tree for quite some time, and it is available for us to enjoy.

The way to eat a Lychee is to bite the outer skin to give it an opening. Then peel off the skin. Eat the whitish fleshy fruit off the seed found at the center. It is a sweet and wonderful fruit!!

You can keep these stored on your counter or place them into the freezer and eat them later as a popsicle treat..