



May 20, 2011

WEEK 31

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**Message from The Urban Farmer**

Dear Jessica,

It's that time of week again! I can't begin to tell everyone how happy we are that we have had such a great season of vegetables this year. Truly our boxes have been extremely abundant week after week. Especially after talking to the other CSA's in Miami and Palm Beach, our boxes receive more variety on the whole and we are very proud of this. We hope everyone has enjoyed everything as much as we have, and I hope everyone will stay on with us for the summer. **We need everyone's support and spreading the word to keep us going.**

As usual, **for those who are scheduled this week**, this is a friendly reminder that pick-up for the CSA baskets is tomorrow (**Friday 05/20/11**). **Pick-up time is between 4:00 pm - 6:30 pm**; unless you have made other arrangements with us before receiving this email. Remember, the longer your basket sits, the less fresh your food will be, so please pick it up as soon as you can.

**IMPORTANT AND EFFECTIVE IMMEDIATELY: IF YOU HAVE NOT CONTACTED US OR PICKED UP YOUR BOX BY SUNDAY, WE WILL BE DONATING OR COMPOSTING IT, AND IT WILL STILL COUNT AGAINST YOUR ACCOUNT.**

This week marks week 31 of our 32 week main season for the 2010-2011 CSA baskets. Week 1 of the Summer season will commence on 6/3/11. We hope that everyone has enjoyed their baskets thus far.

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)  
Sapodilla, Jalapenos

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

NK Lago (Canal Point, FL)  
Bananas

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

Warden Farm (Punta Gorda, FL)  
Onions, Small Red Potatoes

Hatton Farms (Belle Glade, FL)

[Farm List](#)

[Suggested Recipe](#)

This week's connection for the onions and potatoes were made possible through Beehaven Farms who brought these items from Warden Farms. Beehaven is a CSA running out of Miami for almost 15 years. Warden Farms was the Small Farms Conference Winner last year for their organic CSA Farm out of Punta Gorda. Thank you to Beehaven and Warden for sharing the good food!

**SEEDS OF DECEPTION**  
Please Read!

There are two sections to this article. If you do not know what GMO is, then Part 1 will be very helpful. If you know what GMO's are then Part 2 will be

## Suggested Recipe

### **Potato and Mushroom**

adapted from Stephanie Alexander at [www.cuisine.com.au](http://www.cuisine.com.au)

#### **Ingredients:**

- 2 small potatoes per person
- ½ onion per person
- 1 clove garlic per person
- 3-4 mushrooms per person, sliced
- extra virgin olive oil
- salt, pepper
- chopped parsley

#### **Directions:**

1. Thinly slice the unpeeled potato. Slice onion and garlic and mix everything together in a bowl in a bit of the olive oil. Season with salt.
2. Heat a heavy-based frying pan that has a lid and tip in the vegetables(except mushrooms). Turn the heat to low, cover tightly and give the pan a goodshake after 10 minutes.
3. Lift the lid, turn the vegetables and add the sliced mushrooms, plus a little more oil if necessary. Turn to mix and then cover again and cook for another 10 minutes or so.
4. Lift the lid and check the progress - the result will be apanful of gorgeous, sticky slices, crusty here and there. If there seems to be too much liquid, increase the heat, toss and cook, uncovered, for 2-3 minutes.
5. To serve: sprinkle with pepper and parsley

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## Sapodilla

Sapodilla is the brown round fruit you will find in your boxes. They often are confused as potatoes by appearance. We have had them in the boxes previously, but we want to make sure we tell you how to enjoy them. The key is to let them get very soft, to the point they almost split. This means it is ready to be eaten. The result is a delicious fruit. Some people have described it as pear-like in taste, and others have described it as candy. Enjoy!