



May 27, 2011

WEEK 32

## Message from The Urban Farmer

Dear Jessica,

This week officially ends the main season for our CSA. Don't worry, we are still continuing through the summer. We are currently in a transitional period for what grows, but soon more and more will be available. The season of food offered in the summer does change, and it promises to be equally as good in nutrition and taste!

As usual, **for those who are scheduled this week**, this is a friendly reminder that pick-up for the CSA baskets is tomorrow (**Friday 05/27/11**). **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 32 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, Fresh Herbs

Erickson Farm (Canal Point, FL)  
Kale, Bananas, Eggplant

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

Farmhouse Tomatoes (Delray Beach, FL)  
Heirloom Tomatoes

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

[Farm List](#)

[Suggested Recipe](#)

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 even more helpful. Click the links below for the article.

[PART 1](#)

[PART 2](#)

I encourage everyone to please read this article! We must do something about this.

Suggested Recipe  
**Spaghetti Squash**  
from *allrecipes.com*

### Ingredients

- 1 spaghetti squash, halved lengthwise and seeded
- 2 tablespoons vegetable oil
- 1 onion, chopped
- 1 clove garlic, minced
- 1 1/2 cups chopped tomatoes
- 3/4 cup crumbled feta cheese
- 3 tablespoons sliced black olives
- 2 tablespoons chopped fresh basil

### Directions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.
2. Place spaghetti squash cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven, and set aside to cool enough to be easily handled.
3. Meanwhile, heat oil in a skillet over medium heat. Saute onion in oil until tender. Add garlic, and saute for 2 to 3 minutes. Stir in the tomatoes, and cook only until tomatoes are warm.
4. Use a large spoon to scoop the stringy pulp from the squash, and place in a medium bowl. Toss with the sauteed vegetables, feta cheese, olives, and basil. Serve warm.

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## 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!!