



September 16, 2011

WEEK 16 Summer

Message from The Urban Farmer

Dear Jessica,

For those of you asking, when do we get more veggies, they are coming soon! In fact, every florida farmer we know is spending September getting everything ready and planting for the season to begin towards the end of October. This includes, us, The Urban Farmer. In many CSA's, members are required to do a portion of volunteer hours as part of their agreement. We don't require this, but we are asking for anyone who can to please come out and help us. This Sunday we will be having a volunteer day from 8-1 to prepare for the Fall. We ask you to please come out and help if you are able to.

As usual, **for those who are scheduled this week**, this is a friendly reminder that pick-up for the CSA baskets (**Friday 9/16/11**). **Pick-up times for the summer boxes is Friday 1:00 pm - 6:30 pm or Saturday 10:00 am to 1:00 pm. If you need to come sooner than 1:00 on Friday, please be patient with us.**

REMINDER: If you need to come at a different time or day than the established pick up for your box, you just simply need to email us and make those arrangements. So...**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.**

IMPORTANT: If you need to skip a week, we are happy to accomodate as long as we are notified by the Monday of the same week. Usually after Monday all the farm orders have been placed and everyone's box contents are arranged for.

Please feel free to contact us with any questions you may have regarding these policies.

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

Farm List

The Urban Farmer (Pompano Beach, FL)
Fresh Herbs

Erickson Farm (Canal Point, FL)
Avocados, Carambola, Okra

Green Cay (Boynton Beach, FL)
Eggplant, Mustard Greens

[Farm List](#)

[Suggested Recipe](#)

2011-2012 CSA Forms

Soon we will be asking everyone to renew their forms for the CSA for this Fall. Please visit our website to download the new forms and to review the changes we have made. Please fill out the forms and turn into us by October 14th. We need this from everyone to keep our records updated. You can find the form by scrolling to the bottom of our CSA 2011-2012 product page found by [clicking here](#).

NK Lago (Canal Point, FL)
Bananas, Hua Moa Plantains

Happy Shrooms (Homestead, FL)
Oyster Mushrooms

Suggested Recipe

Avocado Soup

suggested by a CSA member

From The Blender Cookbook, by Ann Seranne and Eileen Gaden, 1961

INGREDIENTS:

1 large avocado, peeled, seeded, and sliced
1 1/2 c. chicken broth (vegetable broth to make vegetarian)
1 clove garlic
1/8 tsp hot pepper flakes or Tabasco

DIRECTIONS:

Cover and blend on high for 15 seconds.

Remove cover and add:

1 1/2 c. crushed ice
1/2 c. cream or milk (or milk substitute)

Cover and blend for 10 seconds longer. If too thick, thin with more broth or cream and serve sprinkled with chopped chives, dill, or parsley.