



September 2, 2011

WEEK 14
Summer

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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 9/2/11). **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.**

Also, 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, Papaya

Green Cay (Boynton Beach, FL)
Corn, Eggplant, Cucumbers

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

Happy Shrooms (Homestead, FL)
Oyster Mushrooms

Suggested Recipe

Plantain Corn Muffins

suggested by a CSA member

"They are delicious! Very sweet and moist. Just make sure the plantains are very ripe and mashed and not chunky."

INGREDIENTS:

1 1/2 cups All Purpose Flour

2/3 cups Sugar

1/2 cup Cornmeal (you can try to make your own cornmeal from the corn this week, but it will be sweeter than regular cornmeal)

1 tbsp Baking Powder

1/3 cup Olive Oil

1/2 tsp Salt

1 cup Milk

2 med sized plantains, very ripe, mashed well

2 large eggs

3 tbsp melted butter

DIRECTIONS:

- 1. Preheat oven to 350 degrees. Grease 16 muffin cups or line with paper muffin liners.**
 2. Mix all ingredients together to a smooth consistency. Do not overmix. Allow mixture to sit at room temperature for 10 - 15 minutes. Pour into prepared muffin cups approx 2/3 full.
 3. Bake until golden and tops spring back when slightly touched. Approx 15 - 18 minutes.
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