



September 23, 2011

WEEK 17 Summer

Message from The Urban Farmer

Dear Jessica,

Last Sunday we had a great volunteer day! Thank you to those who came out. We will be gathering once again this Sunday if anyone wasn't able to come last Sunday and is still interested in helping out.

Very Important: This Saturday we will be showing the movie [Food Matters](#) at 7:30. We have cancelled the BBQ but will be showing the movie for \$5 per person at the door to help cover the expenses of the showing. Please come out and see this one! It's such an important video and one everyone must see! We hope to see many of you there!

Please make sure to start getting in your updated forms to me. In the right column you'll find a link to the page where you can print. Thos of you who plan to switch to FullShares, please make sure to communicate with me so we can adjust your accounts accordingly. **EVERYONE MUST TURN IN NEW FORMS, please.**

This week I'd like to tell you about some new items we have in the store. We have wonderful organic coffees from Sweetwater Organic Coffee Roasters, we also have a small selection of Sprouted Grain Flours, we have some wonderful RawOne healthy raw food snacks, and we also have a wonderful locally produced handmade apothecary soaps. In addition we have our seedlings and supplies for those of you who try to grow your own.

As usual, **for those who are scheduled this week**, this is a friendly reminder that pick-up for the CSA baskets (**Friday 9/23/11**). **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](#)

[Suggested Recipe](#)

2011-2012 CSA Forms

We are 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](#).

Farm List

The Urban Farmer (Pompano Beach, FL)
Fresh Herbs

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

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

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

Aaldmon Farms (Lake Worth, FL)
Yellow Squash, Cucumbers

Suggested Recipe

Raw Baba Ganoush

suggested by a CSA member

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

INGREDIENTS:

1 Large Eggplant (or equivalent)
3 Tablespoons Tahini
Juice of 1 Large Lemon
2 Cloves Garlic
2 Chopped Scallions
1 Tablespoon Chopped Parsley
1-2 Teaspoons of Olive Oil
Sea salt to taste

DIRECTIONS:

Peel and slice the eggplant into medallions and freeze overnight. In the morning, take the eggplant out and let it defrost. Once it's defrosted, add all ingredients into your food processor or Vitamix. Blend or process to desired consistency. Serve with raw veggies, crackers or whatever else you like!

Try chipotle pepper or mesquite powder to give it a little smoked flavor.