



September 30, 2011

WEEK 18 Summer

## Message from The Urban Farmer

Dear Jessica,

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. Those of you who plan to switch to Full Shares, please make sure to communicate with me so we can adjust your accounts accordingly. **EVERYONE MUST TURN IN NEW FORMS, please.**

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

The Urban Farmer (Pompano Beach, FL)  
Fresh Herbs

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

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

NK Lago (Canal Point, FL)  
Bananas

Three Sisters (Redlands, FL)  
Calaloo

[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](#).

## Suggested Recipe

### *Curried Coconut Eggplant with Potatoes*

*suggested by a CSA member*

**From the How to Cook Everything for iPad® app  
by Mark Bittman**

#### **INGREDIENTS:**

- 2 medium to large eggplant (2 to 3 pounds total)
- Salt
- 1 tablespoon neutral oil, like grapeseed or corn
- 1 teaspoon mustard seeds
- ½ teaspoon cayenne
- ½ teaspoon ground turmeric
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1 tablespoon minced fresh ginger
- 2 tablespoons sliced garlic
- 3 large tomatoes, cored, peeled, seeded, and chopped (canned are fine; include the juices)
- 3 large potatoes, any kind, peeled and cut into ½-inch cubes
- 1½ cups coconut milk (to make your own, see Coconut Milk), stock (to make your own, see the various recipes in the Stock Basics section), or water, or more if needed
- Freshly ground black pepper
- 2 tablespoons freshly squeezed lime juice
- Minced fresh cilantro leaves for garnish

#### **DIRECTIONS:**

1. Peel the eggplant if the skin is thick or the eggplant is less than perfectly firm. Cut it into ½-inch cubes and salt it if you like and time allows (see Eggplant).
2. Put the oil and mustard seeds in a large, deep skillet with a lid over medium heat; cook until the seeds begin to pop, about 2 minutes. Add the remaining spices, the ginger, and the garlic and cook, stirring occasionally, until the ginger and garlic soften, about 5 minutes.
3. Add the tomatoes, potatoes, eggplant, coconut milk, and a sprinkling of salt and pepper. Turn the heat down to medium-low and cover; cook, stirring once or twice, for about 30 minutes, until the

- potatoes are just about tender.
4. Uncover and turn the heat back up to medium; add more coconut milk or water if the mixture is dry. Cook, stirring occasionally, until both the eggplant and potatoes are very tender, about 15 minutes longer. Stir in the lime juice, adjust the seasoning, garnish with cilantro, and serve.

**Variations:**

**Curried Eggplant, Southeast Asian Style**

Substitute 2 to 3 tablespoons red or green curry paste (to make your own, see Red Curry Paste) for all the ingredients starting with the mustard seeds to the garlic. If you like, use 8 ounces trimmed green beans and a sliced red bell pepper instead of the potatoes.

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## Persimmon

Sweet, delicious persimmon fruits are rich in health promoting nutrients such as vitamins, minerals and antioxidants that are vital for optimum health. Botanically, the fruit belongs to the family of Ebenaceae of the genus: Diospyros; scientifically named as *Diospyros virginiana*. The word Diospyros means "the fruit of the gods" in Greek.

This is a lovely fruit that looks like a tomato, but definitely tastes more like a fruit. Give it a day or two to fully ripen and eat like a plum and enjoy.

## Dragon Fruit

Dragon fruit is a beautiful fruit grown in Southeast Asia, Mexico, Central and South America, and Israel. The plant is actually a type of cactus, and the fruit comes in 3 colors: 2 have pink skin, but with different colored flesh (one white, the other red), while another type is yellow with white flesh. Dragon fruit is low in calories and offers numerous nutrients, including Vitamin C, phosphorus, calcium, plus fiber and antioxidants.

Dragon fruit tastes wonderful! - sweet and crunchy, with a flavor that's like a cross between kiwi and pear.

Step #1 - To choose a ripe dragon fruit: look for bright, even-colored skin. If the fruit has a lot of blotches, it may be over-ripe (a few is normal). Another sign of over-ripe dragon fruit is a very dry, brittle brown stem, or brown on the tips of the "leaves". Hold the dragon fruit in your palm and try pressing the skin with your thumb or fingers - it should give a little (like a ripe kiwi), but shouldn't be too soft or mushy. If it's very firm, it will need to ripen for a few days.