

# Farm Of Plenty Summer CSA

Week 11 – September 26, 2011



## FOP News

**Order your 2012 CSA Shares today!!** You can receive additional savings on your CSA seasons if you order before October 1. Our normal bundle bonuses and Early Bird discounts are available for orders placed before November 1<sup>st</sup>. As always, receive a pre-pay discount if you pay when you place your order but remember that payment plans are also available!! You can get more information and place your order at [http://www.farmofplenty.com/CSA\\_Shares.html](http://www.farmofplenty.com/CSA_Shares.html)

**BOXES:** It's hard to imagine that we are short over 1500 boxes in just 10 weeks. This is a huge expense for the farm and one that is largely avoidable. Please, please return all of your CSA boxes to your pick up site this week. We really need you to bring them back! Shares this week will likely be delivered in bags instead of boxes.

## Roasted Brussels Sprouts

1 ½ pounds Brussels Sprouts  
3 tbsp olive oil  
3/4 tsp kosher salt  
1/2 tsp freshly ground black pepper

Preheat oven to 400 degrees F.  
Cut off the brown ends of the brussels sprouts and pull off any yellow outer leaves. Mix them in a bowl with the olive oil, salt and pepper. Pour them onto a baking sheet and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly.

## Final 2012 Summer Delivery

**Because our growing season was shortened by an early frost, we'll bring our final summer delivery this week to both our Half Share and our Full Share members. This will conclude the Summer 2011 CSA.**

We have enjoyed the people we've met and the friends we've made this season. We thank you for your support and hope to see you again in one of our future CSAs.

**Remember that for the best pricing for our 2012 seasons, you'll want to order by October 1<sup>st</sup>. We'll have other great money-saving offers in place until November 1<sup>st</sup>.**

Farmer Al, Jim and Julie

## This Week's Shares

For our final delivery of the Summer 2012 CSA, you can expect to receive a selection of the following:

Winter Squash  
Cabbage  
Brussels Sprouts  
Carrots  
Garlic  
Onions  
Turnips  
Radishes  
Sweet Corn  
Potatoes

A half cup of cooked Brussels sprouts contains 2 grams of protein, 2 grams of dietary fiber and 247 mg of potassium. Brussels sprouts also contain Vitamin C, Vitamin A and folate.



