

Farm Of Plenty Summer CSA

Week 9 – September 12, 2011



FOP News

Orders for our **2012 CSA Shares** are rolling in! Take advantage of bundle bonuses and additional Early Bird discounts if you place your order before November 1st. Payment plans are available. http://www.farmofplenty.com/CSA_Shares.html

We still have some free-range, organically raised chickens available too. Log in to your Farmigo account at <http://csa.farmigo.com/account/farmofplenty> to place and pay for your order and we'll deliver your chickens to you.

Sweet Corn Salad

- 3 cobs of sweet corn, cooked and cooled
- 1/2 cup sweet red pepper chopped
- 1/2 cup chopped sweet onion (Yellow or Vidalia)
- 4 green onions chopped
- 1 cup cilantro washed and chopped
- 1 can of black beans drained and rinsed
- 1 tsp lime juice
- 1/4 cup sour
- 1/2 tsp sugar
- Salt and pepper to taste

Cut corn off the cob and mix all ingredients well. Cover and refrigerate for a couple hours before serving. This recipe flavors as it sits, so it tastes great the next day. Serve as a side salad, chip dip, or taco topper.

Winter Squash, Mushroom & Red Onion Pizza

- ¼ - ½ squash, peeled and cut into small pieces
 - salt and pepper
 - 1/4 cup olive oil
 - 1 clove garlic, finely chopped
 - 3 Tbsp flat leaf parsley, finely chopped
 - 1 small red onion, thinly sliced
 - 10 ounces mushrooms, sliced
 - pizza dough or crust
 - 8 oz mozzarella cheese
 - 1/4 cup Parmesan cheese
 - garlic salt
 - 5 Tbsp cornmeal
1. Sauté the mushrooms over med heat, until the liquid evaporates. Set aside.
 2. Preheat oven to 475. On a baking sheet, toss the butternut squash and onion slices with 2 Tbsp olive oil; season with salt and pepper. Roast until golden and slightly softened (about 12 to 15 minutes).
 3. Remove from the oven and toss with the parsley, garlic, mushrooms, and 2 Tbsp olive oil.
 4. Sprinkle cornmeal on a pizza pan. Roll out dough. Drizzle with 2 Tbsp olive oil and add garlic salt.
 5. Sprinkle the mozzarella and Parmesan cheeses on top, followed by the squash mixture. Bake until the crust is deep golden, about 15 min.

This Week's Shares

Below is a list of veggies that you may receive this week:

Sweet Corn
Cantaloupe
Spaghetti Squash
Cauliflower – White, Cheddar (golden) or Graffiti (purple)
Potatoes
Tomatoes
Napa Cabbage
Peppers – Sweet and Hot
Cucumbers

After it's cooked, you can dig a fork into the flesh of a Spaghetti Squash and pull out long yellow strands that resemble spaghetti.



Spaghetti Squash



If you've never tried canning before and are interested in learning more about it, check out these two websites:

<http://www.homegrown.org/forum/topics/homegrown-101-canning-the-basics>

<http://www.freshpreserving.com/home.aspx>

