

Farm Of Plenty Spring CSA

Week 3 - May 9, 2011



FOP Farmer T-shirts

We have some great, organic cotton t-shirts available to purchase. White lettering on a black shirt or black lettering on a "natural" shirt. The lettering reads "Who's your farmer?" and "Farm of Plenty CSA". We have women's M, L, XL and men's M, L, XL, XXL. Sizes seem to run pretty true. To see photos, log in to your account at <http://csa.farmigo.com/account/farmofplenty> and click on "Web Store" in the upper right corner. Thanks for your support!!

2012 CSAs

We really don't want to skip over summer and start talking about 2012 already but....since our 2011 Spring, Thanksgiving and Winter shares sold out so quickly, we decided to start putting information together for our 2012 shares. We'll be offering current members the first opportunity to join our 2012 CSAs so watch for information coming SOON about 2012!

The Best Broccoli of Your Life!

INGREDIENTS:

1 Lg head of broccoli	2 cloves garlic, peeled and sliced
2 to 3 Tbsp Olive Oil	
1 tsp kosher salt	¼ cup Parmesan Cheese
¼ tsp pepper	½ lemon

DIRECTIONS:

1. Preheat oven to 425 degrees F.
2. Cut broccoli into florets and set aside.
3. Combine oil, salt and pepper in a bowl with a tight-fitting lid.
4. Add broccoli and sliced garlic to bowl and toss well.
5. Place broccoli and garlic onto a cookie sheet.
6. Roast in the oven 20 to 25 minutes, until crisp-tender and the tips of some of the florets are browned.

Remove from the oven and sprinkle ¼ cup grated parmesan cheese and the juice of half a lemon over the roasted broccoli.

On second thought, double all of the ingredients and make a BIG pan of this. You'll be glad you did. ☺

What's in this share?

This week in your share you'll receive broccoli, kale, lettuce, carrots, Yukon Red potatoes, a loaf of bread, cinnamon raisin oatmeal and lemon peel. Thanks everyone for bringing your box back!! We appreciate your efforts☺

Potatoes...

Some potatoes are great for baking, like russets. What do you do with a fingerling potato? Try cutting it lengthwise and roasting it. Some of the less starchy varieties make great mashed potatoes. Use your Yukon Golds and Red or White Rose potatoes. The Yukon Reds in this week's share will make some great mashed potatoes too. Don't bother peeling them though. Boil them with the peels on and mash them right in for great color and flavor!



Baked Kale Chips

Unlike potato chips, these are a low calorie nutritious snack. But like potato chips, you cannot stop at just eating one! They are great for parties and a good conversation topic. And best of all, I don't think it gets any easier than this.

INGREDIENTS:

1 bunch kale	1 teaspoon seasoned salt
1 tablespoon olive oil	

DIRECTIONS:

1. Preheat an oven to 350 degrees F (175 degrees C). Line a non insulated cookie sheet with parchment paper.
2. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.