

# RoofTop Hot CSA

VOLUME 1, ISSUE 13

OCTOBER 20, 2012

**Our Farms:**  
Baltimore City  
Derwood  
Brooks Creek

**Meet us at  
the Market**  
Come see us at  
the Historic  
Rockville B&O  
Railroad Station  
every Sunday  
from 8am-2pm  
98 Church Street  
Rockville, MD

See our complete  
list of local,  
organically  
grown heirloom  
produce online at  
RoofTopHot.com  
under the  
Produce tab

**Email Us**  
info@RoofTopHot.com

## This Week's Offerings

### Produce Share:

**Pears**  
**Bananas**  
**Tomatoes**  
**Broccoli**  
**Mesclun Mix**  
**Purple Basil**  
**Carrots**  
**Yukon Potatoes**  
**Sweet Onion**  
**Beets**  
**Kale**

### Bread Share:

**French Boule**

### Dessert Share:

**Pear Muffins**

### Around the Farm:

Flowers are in full bloom and loving the cooler weather! These orange marigolds help prevent unwanted pests. The white bishop's weed (a non-invasive relative of Queen Anne's Lace) provides beneficial insects with shelter. This is a great example of the companion planting we use to help our crops.



## RoofTop Hot CSA Produce Shares

**EASY. FRESH. DIRECT DELIVERY TO YOUR DOOR!**

### Holiday Gift Ideas

Give the gift of health!

We all know someone who is trying to eat healthier, someone who has a busy schedule, or someone who is in need. Giving the gift of fresh food nourishes the mind, body,

and soul. It is a conscientious gift that continues to give with each weekly delivery.

Great for holiday giving, the gift of a weekly basket is also a unique gift idea for family, newlyweds, and seniors.

A great gift for teachers, neighbors, or coworkers is USDA Organic, micro-roasted coffee from environmentally conscious & local Chesapeake Bay Roasting Company.

Packaged in an attractive and reusable 13oz tin.

[www.RoofTopHot.com](http://www.RoofTopHot.com)

# Featured Produce: Kale

**NUTRITION:** Kale is one of the most nutrient-dense foods on the planet! It is a good source of iron, beta carotene, Vitamins A, C, K, & B6, calcium, potassium, manganese, fiber, and carotenoids.

**HEALTH BENEFITS:** There is no wonder kale is always on those lists of superfoods! Kale provides indole-3-carbinol, which boosts cell DNA repair & sulforaphane, which contains anti-cancer properties. Sulforaphane helps the body's detoxification enzymes clear potentially carcinogenic substances out of your system. Kale contains over 45 different flavonoids which provide antioxidant and anti-inflammatory benefits. Kale contains phytochemicals which help prevent cell damage, prevent cancer cell replication, and decrease cholesterol levels. These phytochemicals also help protect our eyes against damage from the sun and prevent cataracts. The calcium and Vitamin A act to reverse osteoporosis, strengthen bones, keep teeth strong, and also keep your blood vessels clean.

## HOW TO STORE & WASH KALE

Don't wash kale until ready to use. Store in a plastic bag in the fridge's crisper drawer.

To Wash: Fill a large bowl with water. Place kale in the water & swish around to remove any soil. Soak for a few minutes, swish again, then rinse with cold water. Spread cloth towels on your clean counter. Dry kale on towels for 5 minutes then pat dry.

## Quick & Easy Kale Salad

### With Balsamic Vinaigrette

1 bunch kale  
1 bunch mixed herbs, diced  
1 tomato, diced  
½ cup parmesan cheese, grated

For Balsamic Vinaigrette:  
⅛ cup balsamic vinegar  
⅓ cup extra virgin olive oil  
½ teaspoon Dijon mustard  
½ onion, minced  
1 garlic clove, minced  
Pinch of salt & pepper

### Directions

- Make the Vinaigrette:** Find a jar with a lid (I use a cleaned salsa jar). Put all ingredients for balsamic vinaigrette in jar, put on the lid, and shake for 5 seconds.
- Prepare the Tomatoes:** Peel the tomatoes (*optional*) and dice. Place in a bowl. Add a tablespoon of vinaigrette, & stir to combine.
- Prepare the Kale:** Tear kale into bite-sized pieces. Keep the stems, they are healthy & crunchy! Place kale in a salad bowl. Shake the vinaigrette again then pour it on the kale. Wash hands (I use gloves) and massage the vinaigrette into the kale for best texture.
- Assemble the Salad:** Add the tomatoes, herbs, and parmesan cheese to the kale salad. Toss to combine all.
- Enjoy!**

## Kale Chips

### A Healthy, Crunchy Snack!

1 bunch kale  
1 Tablespoon olive oil or olive oil spray  
Sea Salt, to taste  
*Optional seasoning ideas:* Old Bay, cayenne, garlic, curry powder, Cajun seasonings

### Directions

- Preheat oven to 350°F.
- Prepare the Kale:** Wash kale & pat dry. Remove the leafy part from the stem and tear into chip-sized pieces. Place leaves in a plastic bag, drizzle in olive oil, add seasonings, and shake to combine evenly. If using olive oil spray, place on cookie sheet, spray kale evenly, and season to taste.
- Cook the Kale:** Bake kale 10-20 minutes. As soon as edges brown, they are ready! Watch carefully so they do not burn.
- Enjoy!**

*Other Ideas:* You can also cook kale just like you would spinach. It's great sautéed with a little olive oil, garlic, and hot pepper flakes!