

RoofTop Hot CSA

VOLUME 1, ISSUE 14

OCTOBER 27, 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

You can also find
this newsletter
online at
RoofTopHot.com
under the
CSA Newsletter
tab

Email Us
info@RoofTopHot.com

This Week's Offerings

Produce Share: RoofTop Hot Salad Mix -2 **Mix & Match!**

Bosc Pears - 1

Shiitake Mushrooms-2

Bananas - 1

Spinach -2

Broccoli - 1

Mesclun Mix -2

Carrots - 1

Sweet Onion - 1

Bread Share:

Sweet Potatoes - 1

Multigrain Loaf

Yukon Potatoes - 1

Dessert Share:

Honeycrisp Apples - 2

Banana Chocolate Pecan

Avocados - 2

Muffins

This week we are debuting our new mix & match point-based system for choosing what produce you want in your weekly basket!

Basket Size # Points
Extra-Small - 7 points

Small - 10 points

Medium - 13 points

Large - 17 points

Extra-Large - 20 points

Each item is worth one or two points. Select a combination of items equaling the number of points in your basket. Email us your selection by 12:00 pm noon on Monday. If we don't hear from you, we will make a selection for you with preference to the most local and freshest fruit and produce available.

If you are not sure what size basket you have, please email us and we will let you know.

Thanks! Happy Eating,
~Sabrina

RoofTop Hot CSA Produce

Variety to Suit Your Life

We are ever-evolving to continually improve our products and services and are excited about our latest innovation, our new points-based produce basket system. We want to give you the most variety and choice possible. With this new system, you can choose exactly what you want from week to week.

Life is complicated. Eating well doesn't have to be!

EASY. FRESH. DIRECT TO YOUR DOOR!

www.RoofTopHot.com

Featured Produce: Shiitake Mushrooms

HEALTHY EXOTIC MUSHROOM WITH WOODSY FLAVOR AND MEATY TEXTURE

NUTRITION: Shiitake mushrooms provide a high level of protein (18%) and are a great source of iron, dietary fiber, Vitamins C & B, potassium, niacin, calcium, magnesium, and phosphorus. Fat free, saturated fat free, cholesterol free, and low in sodium.

Serving Size: 100 grams raw = 25 calories

HEALTH BENEFITS: Shiitake mushrooms have been used medicinally by the Chinese for more than 6,000 years. Shiitakes help prevent cardiovascular diseases, regulate blood pressure, and contain an amino acid called eritadenine which accelerates cholesterol's processing in the liver. Lentinan, an immunostimulant derived from shiitakes has been used to treat cancer as it has been linked to stimulating immune-system cells to rid the body of tumor cells. Lentinan has also been used to treat AIDS, chronic fatigue syndrome, fibrocystic breast disease, and diabetes. Shiitakes have natural antiviral and immunity-boosting properties and are used nutritionally to fight viruses. These mushrooms contain compounds that block the formation of carcinogens from nitrates that are found in many processed meats and some vegetables. *Health info from MotherEarthLiving.com

HOW TO STORE & WASH SHIITAKE MUSHROOMS

Don't wash mushrooms until ready to use. Store in a paper bag for 5-7 days in the refrigerator.

To Wash: Dampen a paper towel with water. Wipe mushrooms with paper towel to clean. Don't get mushrooms too wet as they will become soggy. Prepare another damp towel if necessary.

Potatoes with Caramelized Onions and Shiitake Mushrooms

1/2 pound potatoes sliced in half, then evenly cut in small wedges

1 small onion, thinly sliced lengthwise

4 medium shiitake mushrooms, thinly sliced

3 Slices thick-style bacon

1 tablespoon fresh tarragon, chopped

1 tablespoon capers

Extra-virgin olive oil

Kosher salt

Freshly cracked pepper

1 pinch red pepper flakes

Directions

- Cook the Onions:** In a small sauté pan, heat one tablespoon of olive oil over medium-low heat. Add the sliced onions in one even layer, after five minutes, stir and add a pinch of salt. While rendering your bacon and cooking your mushrooms in the next steps, make sure to stir the onions every few minutes and remove from heat once they are evenly browned. This should take around 30 minutes.
- Render the Bacon:** While the onions are slowly cooking, thinly slice the bacon in 1/8-inch crosswise strips. Heat up a larger sauté pan on medium and add the sliced bacon when your pan is hot. Slowly sauté the bacon until slightly crispy and remove from the pan on to a paper towel-lined plate, reserving for later. Don't drain the pan, keep it on the stove for step 3.
- Cook the Shiitakes:** Thinly slice the shiitake mushrooms and then add them to the pan you used to cook the bacon. Add a pinch of salt and pepper to the mushrooms. Don't stir, let the mushrooms brown evenly on one side. Once browned, flip the mushrooms delicately. Brown evenly and remove from the pan.
- Cook the Potatoes:** Add 2 tablespoons of olive oil to the pan and heat over medium heat. Add potatoes to the hot pan in a single layer. Add a pinch of red pepper flakes and a pinch of salt to the potatoes. Don't stir the pan, this is very important so that the potatoes can evenly brown. After 3-5 minutes, when they are browned flip potatoes and brown the other side, turn down the heat to medium low to evenly cook the potatoes. Once the potatoes are thoroughly cooked, add the capers and cook for two minutes.
- Assemble:** In a large bowl, combine the potatoes, onions, mushrooms, and bacon. Garnish with tarragon.
- Enjoy!** *Note: For a vegetarian or more health-conscious dish, skip the bacon and cook the shiitakes in 2 tablespoons of olive oil*
Recipe courtesy of SimplyRecipes.com