

# RoofTop Hot CSA

VOLUME 1, ISSUE 11

OCTOBER 6, 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:

**Organic Fuji Apples**  
**Basil Purple & Genovese**  
**Tomatoes**  
**Gourmet Salad Blend**  
**Hot Pepper Mix**  
**Red Potatoes**  
**Sweet Potatoes**  
**Sweet Onion**  
**Green Beans**  
**Carrots**  
**Beets**

### Bread Share:

**Whole Grain**  
**Loaf Bread**

### Dessert Share:

**Carrot Cake**  
**Muffins**

### Flower Share:

**Zinnias**

**RECIPES, BLOG,  
& MORE ONLINE!**

### Introducing

We are now offering  
**Fair Trade, USDA**  
**Organic, micro-roasted**  
**coffee from Chesapeake**  
**Bay Roasting Company**  
**Eco-Reef**—A mild,  
medium-bodied roast  
with smooth finish  
**River's Edge** - A dark,  
bold full-bodied blend  
**\$13/13oz**

## Fall CSA Shares Available Now!

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

Get a weekly basket of healthy,  
farm-fresh local produce.

Grown following USDA  
Organic standards

**Small, Medium, Large, &  
Extra-Large Baskets**  
Variety to suit your life

Receive fresh produce now  
through the week of  
Christmas so you can share  
local, organically grown  
holiday meals with  
your family

### Additional Basket Options:

-Fresh Flower Share (\$10/wk)  
-Bread Share (\$10/wk)  
-Dessert Share (\$10/wk)

**Gift a Share Basket  
to a Loved One**  
Call or email us to make  
arrangements

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

# Featured Produce: Beets

**NUTRITION:** Beets are a good source of Folate, Dietary Fiber, Manganese, Vitamin C, Iron, Magnesium and Potassium.

**HEALTH BENEFITS:** Beets have ZERO trans fat and ZERO saturated fat! Dr. Oz says beets are an immunity booster and may prevent many forms of cancer and leukemia. Beets also help blood flow. Beets are a unique source of phytonutrients called betalains which have been shown to provide antioxidant, anti-inflammatory, and detoxification benefits.

## Easy Roasted Beets

Roasting beets bring out their natural sweetness. This is a great time saving recipe! Make a lot of beets one day when you have some spare time, then store them in the fridge and use with different recipes throughout the week!

Yields 4 servings.

### Ingredients

1 Bunch Beets, scrubbed \*  
1/2 Tablespoon Extra Virgin Olive Oil  
\*Available from RoofTop Hot!

### Instructions

**1. Prepare the Beets:** Heat oven to 400°F. Place beets in a bowl and drizzle with 1/2 Tablespoon of olive oil then toss to coat. Wrap each beet individually with aluminum foil.

**2. Roast the Beets:** Place wrapped beets on a baking sheet, and roast in the oven 60 minutes until tender, when a thin knife pierces the beet with little resistance. Smaller beets will cook quicker than larger beets. To serve immediately, remove from foil, peel (easy to do by rubbing the beets with a paper towel. I wear gloves because beets can stain your hands), and slice. To store, cool in foil and store in refrigerator until ready to peel and use.

### Ideas:

**Beet Side Dish:** Slice beets and season with salt, pepper, and butter, if desired.

**Beet Salad:** Toss spinach with balsamic vinaigrette. Add chopped beets and goat cheese.

**One Pot Dinner:** Brown sausage, ground beef, chicken, or turkey on medium heat until cooked through. Drain on paper towels. In same pan, sauté chopped onion and garlic. Add sliced or chopped bite-sized roasted beets and frozen corn and/or peas if desired. Return meat to pan and stir to combine. Season with salt, pepper, and Worcestershire sauce. Great with mashed potatoes.

### HOW TO STORE & WASH BEETS:

**To Store:** Raw beets can stay fresh for a long time if you store them properly.

Cut 10-12 nickel-sized holes in a large plastic zipper bag using scissors. Store beets in the plastic bag in the fridge's crisper drawer for up to two weeks.

**To Wash:** Scrub beets well under cold running water.