

RoofTop Hot CSA

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Our Farms:
Baltimore City
Derwood
Brooks Creek

New Online Produce Guide!
For your convenience our online guide offers produce descriptions, storage and cooking tips, as well as quick and easy recipes!

Available Online:
Under the Produce Tab!

Email Us
info@RoofTopHot.com

This Week's Offerings

VEGGIES

Acorn Squash - 1
Beets - 1
Broccoli - 1
Brussels Sprouts - 1
Butternut Squash - 2
Carrots - 1
Fennel - 2
Garlic - 1
Gourmet Salad Mix - 2

Sweet Onions - 1

Sweet Potatoes - 1

Russet Potatoes - 1

FRUIT

Avocados - 2
Honeycrisp Apples - 2
Cameo Apples - 1
Florida Oranges - 1
Bosc Pears - 1

EXTRAS

Chestnuts - 2

Parsley - 1

Georgia Peanuts (1 lb) - 1
(Raw, Great for peanut butter!)

Georgia Pecans (1 lb) - 2
(Unshelled, Delicious!)

Thyme - 1

BREAD SHARE

French Baguette

DESSERT SHARE

Apple Muffins

EASY. FRESH. DIRECT TO YOUR DOOR!

Gift a Share Basket to a Loved One

Call or email us to make arrangements

**COMING UP: RECIPES FOR FIGS,
FENNEL, & ROASTING CHESTNUTS!**

Mix & Match!

Choose any combination of items!
Just match the number of points to your basket size. You can double up on items if you wish!

Basket Size # Points

Extra-Small - 7 points

Small - 10 points

Medium - 13 points

Large - 17 points

Extra-Large - 20 points

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Featured Produce: Acorn Squash

NUTRITION: Acorn squash are a good source of beta-carotene, dietary fiber, potassium, thiamin, vitamins A, C, B, and B6, folate, magnesium, manganese, iron, zinc, & calcium.

HEALTH BENEFITS: Acorn squash are very low in saturated fat and cholesterol, and one cup of acorn squash contains 145% of the daily recommended requirements for Vitamin A. The phytonutrients in this squash promote anti-cancer effects. The beta-carotene reduces free radicals in the body as well as reduces the chance of heart disease and colon cancer. Folate, which is found in good quantities in acorn squash, helps with heart and brain health.

HOW TO STORE & USE ACORN SQUASH

Use acorn squash within two weeks of purchase. Once cut, wrap raw pieces in plastic wrap, refrigerate, and use within four days. Cooked acorn squash can be sealed and refrigerated up to 4 days or frozen up to 12 months.

To Use: Cut in half and remove the seeds, then season and bake or microwave.

Roasted Acorn Squash Seeds

Healthy Snack w/ Protein & Fiber!

1 cup seeds
1 tablespoons extra-virgin olive oil
1/2 teaspoons kosher salt, to taste

Directions

- 1. Prepare the Oven:** Preheat the oven to 275°F. Line a baking sheet with parchment paper or aluminum foil.
- 2. Prepare the Seeds:** After removing the seeds from the squash, rinse with water & remove any strings or bits of squash. Pat dry & place in a small bowl. Stir the olive oil and salt into the seeds until evenly coated. Spread out in an even layer on the prepared baking sheet.
- 3. Bake the Seeds:** Bake for 15 minutes, or until seeds start to pop. Remove from oven and cool before serving. Enjoy!

Easy Acorn Squash

2 medium acorn squash, halved and seeded
1/4 cup packed brown sugar
4 tablespoons butter
4 teaspoons honey
Nutmeg & cinnamon

Directions

- 1. Prepare the Squash:** Cut squash in half, discard (or roast!) seeds. Place squash cut-side down in microwave-safe dish. Cover and microwave 10 minutes.
- 2. Season the Squash:** Turn squash cut side up. Put about a tablespoon of butter in each half, spreading it around inside and on top edges. Lightly sprinkle nutmeg all over then sprinkle twice as much cinnamon. Sprinkle 1 tablespoon of brown sugar in each squash then drizzle 1 teaspoon of honey into each squash.
- 3. Cook the Squash:** Cover squash and microwave for 3 minutes or bake at 350°F for 20 minutes. Enjoy!

RECIPES, BLOG, & MORE ONLINE!

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