

RoofTop Hot CSA

VOLUME 1, ISSUE 20

DECEMBER 8, 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

VEGGIES

Acorn Squash - 1

Beets - 1

Broccoli - 1

Brussels Sprouts - 1

Carrots - 1

Fennel - 2

Garlic - 1

Gourmet Salad Mix - 2

Sweet Onions - 1

Sweet Potatoes - 1

Red Potatoes - 1

FRUIT

Avocados - 2

Honeycrisp Apples - 2

Cameo Apples - 1

Florida Oranges - 1

Bosc Pears - 1

EXTRAS

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

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

BREAD SHARE

French Baguette

DESSERT SHARE

Carrot Muffins

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

EASY. FRESH. DIRECT TO YOUR DOOR!

Gift a Share Basket to a Loved One

Call or email us to make arrangements

**COMING UP: EASY HEALTHY RECIPES
FOR HOLIDAY ENTERTAINING!**

www.RoofTopHot.com

Featured Produce: Fennel

NUTRITION: Fennel is a great source of Vitamin C, dietary fiber, folate, manganese, and potassium! It is also a good source of niacin, calcium, iron, magnesium, phosphorus and copper.

HOW TO STORE & USE FENNEL

Store fennel in your refrigerator crisper and use within one week of purchase.

To Use: While most people use the bulb for its crunchy texture and anise flavor, the stalks, leaves, & seeds are all edible. Stalks can be used for soups, stocks and stews, while the feathery leaves can be used as an herb seasoning.

Fennel is good roasted with root vegetables, grilled, baked, sautéed with onions for an easy side dish, and offers a distinctly delicious crunch when added raw to salads with avocado and oranges. Fennel pairs exceptionally well with salmon and scallops.

Preparing the Bulb: First cut the stalks from the top of the bulb, then remove any tough outer layers. Then halve bulb lengthwise. Cut out the triangular core with a sharp paring knife. To cut into very thin slices, a mandolin vegetable slicer or slicing blade of a food processor is very quick, but you can also use a sharp paring knife.

**information from Whole Foods*

Fennel & Apple Salad

1 bulb fresh fennel, thinly sliced & fronds reserved
2 apples, thinly sliced
Salt & pepper

For Vinaigrette:

1/4 cup apple juice
2 tablespoons apple cider vinegar
2 tablespoons extra virgin olive oil
1/2 tablespoon whole grain Dijon mustard
1 tablespoon brown sugar

- 1. Prepare Vinaigrette:** Whisk all ingredients together.
- 2. Assemble Salad:** Toss fennel and apple with vinaigrette then garnish with fennel fronds.
- 3. Enjoy!** How easy is that?!

Note: We love the crunch of this light and healthy salad. Great as a holiday first course and pairs well with a soup or salad for lunch. Sprinkle with sunflower seeds, chia seeds, or nuts such as pistachios, almonds, walnuts, hazelnuts, or Brazil nuts for an added health boost.

Did you know a single Brazil nut provides your daily dose of selenium, an antioxidant that may play a role in preventing breast cancer!

Fennel & Potato Bake This crowd-pleaser is a sure-fire hit for potluck parties!

- 1 1/2 tablespoons butter, plus more to prepare pan
- 2 medium fennel bulbs, (8 ounces each)
- 1 1/2 pounds russet potatoes, peeled
- Coarse salt and ground pepper
- 1/2 cup plus 6 tablespoons grated asiago cheese
- 1/2 cup heavy cream

Directions

- 1. Prepare:** Cut off fennel bulbs; halve, and core. Slice bulbs and potatoes very thin (1/8 inch thick). A mandolin or food processor is very helpful for this step.
- 2. Assemble:** Add potatoes to buttered 8 inch square baking dish in three layers, alternating with two layers of fennel; season each layer with salt and pepper, sprinkle with 2 tablespoons asiago, and dot with 1/2 tablespoon butter. (Omit cheese from final layer.)
- 3. Bake:** Pour cream over top. Bake at 400 °F until potatoes are tender when pierced with the tip of a paring knife, about 45 minutes. Sprinkle with remaining 1/2 cup asiago; bake until golden brown, 15 to 20 minutes. **recipe from MarthaStewart.com*

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