

RoofTop Hot CSA

VOLUME 1, ISSUE 3

AUGUST 12, 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 Produce

Rosa Bianca Eggplant Stunning Italian heirloom prized for creamy texture. Round fruits are mild in flavor and great for eggplant parmesan.

Listada de Gandia Eggplant Specialty Italian heirloom noted for thin skin and smooth flavor with purple & white stripes.

Applegreen Eggplant This unique heirloom's oval fruits have a pale green skin and mild white flesh. Non-acid flavor, no need to peel.

Aunt Ruby's German Green

Tomato This family heirloom is from Ruby Arnold of Greeneville, Tennessee. Large beefsteak fruits have a sweet juicy flesh with a hint of spiciness.

Cherokee Purple Tomato Red-purple heirloom with delicious sweet flesh. Excellent with mozzarella, basil, balsamic vinegar & olive oil for a Caprese salad.

Mixed Pepper Blend The summer is heating up and so are the peppers! Enjoy a mix of spicy and sweet peppers. Pair with tomatoes & corn for salsa. Stuff poblanos with meat & cheese.

Squash Blend A mix of summer squash makes for an easy week-night meal! Great on the grill, sautéed in butter, or in an easy pasta primavera.

Local Peaches Enjoy them while they last! Fresh peaches from Lewis Orchards in Dickerson.

Purple Tomatillos Unusual deep

purple with sweet tart flavor. Makes an amazing salsa verde!

Kale Sautéed kale makes a nutritious side dish and kale chips are a snack with serious crunch. For a quick no-cook meal, tear raw kale into bite sized pieces, season with salad dressing, and massage dressing into kale with your hands to soften the kale. Add your favorite salad ingredients and enjoy!

Dark Opal Basil Beautiful purple Italian heirloom first mentioned in 1885. Edible purple flowers are spectacular as garnish for desserts, salads, and soups.

**RECIPES, BLOG,
AND MORE ONLINE!**

Fall CSA Shares Available Now!

Get a weekly basket of healthy, local produce.

Grown following USDA Organic standards

Small Basket: \$25/week

Family Basket: \$35/week

Receive fresh produce now through the week of Thanksgiving so you can share a local, organically grown Thanksgiving meal with your family

Additional Basket Options:

- Fresh Flower Share (\$5/wk)
- Bread Share (\$5/wk)
- Dessert Share (\$10/wk)

Gift a Small or Family Share to a Loved One
Call or email us to make arrangements

www.RoofTopHot.com

Baba Ghanoush

Roasted Eggplant Dip

Ingredients

1 eggplant
1/8 cup lemon juice
1/4 cup tahini (sesame seed paste, international section of the grocery store, ask your grocer, they'll have it!)
2 garlic cloves, minced (or 1/4 teaspoon garlic powder)
salt & pepper to taste

Directions

1. Preheat oven to 400° F. Lightly grease baking sheet.
2. Lay eggplant on baking sheet. Poke a few holes in each eggplant with a fork.
3. Roast eggplant for 30-40 minutes, turning occasionally, or until soft.
4. Remove eggplant from oven & place in a large bowl of ice water. After a minute, remove from water and peel off skin.
5. Place eggplant, lemon juice, tahini, & garlic in food processor & pulse until smooth.
6. Transfer to a medium bowl. Season with salt & pepper. Slowly mix in olive oil. Refrigerate two hours before serving.

This healthy, delicious dip is great with pita bread, veggies, and crackers. It also adds a boost of flavor to sandwiches.

Eggplant is a good source of vitamin K, thiamin, vitamin B6, folate, potassium, niacin, manganese, dietary fiber, & antioxidants.

Storage Tips of the Week:

Place uncut and unwashed eggplant in a plastic bag and store in the refrigerator crisper. Use within a week. Do not cut eggplant before you store it as it will brown once its flesh is exposed.

How to prepare: bake, braise, fry, grill, roast, sauté. To tenderize eggplant before cooking: cut to desired shape, sprinkle with salt, & allow to rest for 30 minutes. Rinse to remove salt & pat dry.

www.RooftopHot.com

A Little Something About Us

We are a small woman-owned and operated family farm providing fresh food, consultation, and sustainability products and services to our local community.

How We Grow

Local, fresh, chemical-free food is healthier for you and the environment. We farm using organic, sustainable agricultural practices. We prefer certified organic, open-pollinated, non-genetically modified seeds and heirloom varieties. This results in tastier, more nutritious food for us and ethical stewardship for Earth.

Commitment to Sustainability

We are committed to promoting sustainable practices whenever possible. We are focused on



cultivating our community's social, environmental, and economic sustainability. Supporting sustainable, local agriculture reduces fossil fuel and energy use

associated with food production. Sustainable environmental practices results in more nutritious food for us and ethical stewardship for Earth. We strive to provide people with high-quality food options in the form of affordable, healthy, low-glycemic foods. We hope to promote social sustainability by empowering individuals through mentorship, education, and employment.

We'd love to hear from you! Feel free to contact us at info@RooftopHot.com or check us out online at www.RooftopHot.com