

RoofTop Hot CSA

VOLUME 1, ISSUE 8

SEPTEMBER 15, 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

Heirloom Tomatoes
Hot & Sweet Peppers
Gourmet Salad Blend
Honeycrisp Apples
Suncrisp Apples
Gala Apples
Asian Pears
Herb Blend
Sweet Corn
Potatoes
Onion
Garlic

What's Happening in the Garden:

Fall Planting Now

The coolness in the air the last few days has certainly felt like fall is near!

We are invigorated with these cooler days because they mean fall produce is on its way!

We have been busy planting our fall heirloom crops, which include bull's blood beets, three varieties of carrots: purple

dragon, Paris market, & nantes, pak choy, cilantro, dill, parsley, swiss chard, radishes, collards, nasturtium, spinach, vates blue curled kale, lacinato kale, and of course more of our gourmet salad blend including Baltimore oakleaf, tango, mascara, amish deer tongue, lolla rossa, & bronze arrowhead heirloom lettuces. Check out our decorative fall items at the market!

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

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

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

www.RoofTopHot.com

Featured Produce: Heirloom Tomatoes

With a chill in the air, kids in school, and football in season, fall is only a week away! This is a great time to savor the sun-soaked summer produce like our heirloom tomatoes. These plump, vine ripe, and juicy tomatoes are bursting with homegrown tomato flavor. Sliced or diced, they are a bright addition to any meal. Pair with green beans and onion for a classic southern side.

NUTRITION: One cup of tomatoes contains 38% of your daily value of Vitamin C and 30% of your daily value of Vitamin A! Tomatoes are a good source of Vitamins E, K, & B6, Niacin, Thiamin, Folate, Dietary Fiber, Magnesium, Potassium, Phosphorus, Manganese and Copper. Tomatoes are an excellent source of lycopene, a powerful antioxidant that has been linked to bone health, heart health, eye health, cancer prevention, & anti-aging benefits.

HOW TO STORE TOMATOES:

Don't refrigerate whole tomatoes! Temperatures below 50°F (like most fridges) give tomatoes a grainy texture. Keep whole tomatoes at room temperature and use quickly. Tomatoes are a delicate fruit, they can bruise easily. Handle them carefully, storing upside down to protect the fruit.

Place cut tomatoes in the refrigerator and use within a day.

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

Quick & Easy BLT

A delicious meal that can be prepared in 30 minutes.

1 tomato*	
1 bunch lettuce*	balsamic vinegar (optional)
1 bunch basil*	mayonnaise
1 loaf bread*	hot sauce (optional)
6 slices bacon	salt and pepper to taste

* Available now from RoofTop Hot!

Directions

1. Cook the Bacon: Preheat oven to broil at 400°F. Line a baking pan with foil. If you have a metal rack, place that on top of the pan. If not, place the bacon directly on the foil. Bake for 10 minutes, then flip bacon over. Bake for 10-15 more minutes until desired crispiness, checking often so it doesn't burn. Cool bacon on paper towels.
2. Assemble the Sandwich: Slice the bread and place it on a plate. Add a thin layer of mayonnaise, then place tomato slices on the bread. Season with salt and pepper. Sometimes I like to add 1/8 teaspoon balsamic vinegar to the tomatoes as well.
3. Add washed lettuce to the sandwich and a dash of hot sauce, if desired. I like to use RoofTop Hot's heirloom gourmet salad blend because it contains tender heirloom lettuces and peppery arugula for a surprise in every bite! Add basil and bacon to the sandwich.
4. Complete the sandwich by placing the two sides together. Easy & delicious!

You may be thinking that making bacon seems like a lot of trouble for a sandwich, but it couldn't be easier! Just place it in the oven and it cooks itself! The payoff is a delicious sandwich full of fresh flavor. The soft fresh bread, juicy tomato, crunch bacon, zesty salad, and sweet basil make for a memorable meal! Pair with a soup, salad, sweet potato fries, or zucchini fries. It's a crowd pleaser! Make a lot of bacon and have a BLT station where people can make their own sandwiches!

