

RoofTop Hot CSA

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SEPTEMBER 2, 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

Vates Blue Curled Kale

A beautiful and delicious heirloom kale with finely curled, blue-green, vitamin-rich leaves. Use fresh on salads and sandwiches or lightly sautéed. See the back page for a quick and easy kale salad recipe!

RTH Gourmet Salad Blend

Our special blend of heirloom salad greens, including Rocket Arugula & Baltimore Oakleaf lettuce, a local heirloom from the 1880s.

Heirloom Tomatoes

We have been really impressed with Aunt Ruby's German Green tomatoes. Green when ripe, these giant beefsteaks have all the flavor of red toma-

atoes. Our other delicious tomato, Cherokee purple, is a dusky rose colored heirloom variety with intense home-grown tomato flavor.

Honeycrisp Apples

First apples of the season, fresh from Lewis Orchards in Dickerson.

Mixed Pepper Blend

Enjoy a mix of mild & spicy peppers including jalapeño, cayenne, anaheim, banana, and local heirloom Baltimore fish pepper

Squash Blend

A mix of summer squash makes for an easy weeknight meal! Great on the grill, sautéed in butter, or in an

easy pasta primavera. Check out our website for an amazing stuffed patty-pan recipe!

Herb Blend

Blend of Italian heirlooms: Flat-leaf Parsley, Genovese basil, Dark Opal Basil, and Cinnamon Basil. Adds fresh flavor to pastas, salads, & soups.

Rosa Bianca Eggplant

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

**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

Quick & Easy Kale Salad

With Balsamic Vinaigrette

Ingredients

1 bunch kale
1 bunch mixed herbs, diced
1 tomato, diced
½ cup parmesan cheese, grated

For Balsamic Vinaigrette:
⅛ cup balsamic vinegar
⅓ cup extra virgin olive oil
½ teaspoon Dijon mustard
½ onion, minced
1 garlic clove, minced
Pinch of salt & pepper

Directions

1. **Make the Vinaigrette:** Find a jar with a lid (I use a cleaned salsa jar). Put all ingredients for balsamic vinaigrette in jar, put on the lid, and shake for 5 seconds.
2. **Prepare the Tomatoes:** Peel the tomatoes (*optional*) and dice. Place in a bowl. Add a tablespoon of vinaigrette, & stir to combine.
3. **Prepare the Kale:** Tear kale into bite-sized pieces. Keep the stems, they are healthy & crunchy! Place kale in a salad bowl. Shake the vinaigrette again then pour it on the kale. Wash hands (I use gloves) and massage the vinaigrette into the kale for best texture.
4. **Assemble the Salad:** Add the tomatoes, herbs, and parmesan cheese to the kale salad. Toss to combine all.
5. **Enjoy!**

VARIATIONS: Add your favorite veggies to customize this salad to your own liking. A hard boiled egg is a great source of protein.

Kale is a good source of iron, beta carotene, Vitamins C & K, calcium, and carotenoids. Kale provides indole-3-carbinol, which boosts cell DNA repair & sulforaphane, which contains anti-cancer properties.

HOW TO STORE & WASH KALE:

Don't wash kale until ready to use. Store in a plastic bag in the fridge's crisper drawer.

To Wash: Fill a large bowl with water. Place kale in the water & swish around to remove any soil. Soak for a few minutes, swish again, then rinse with cold water. Spread cloth towels on your clean counter. Dry kale on towels for 5 minutes then pat dry.

Did you know...

Olive Oil Increases Our Ability to Absorb Lycopene in Tomatoes!

Research shows that adding olive oil to tomatoes increases our bodies' ability to absorb lycopene. Lycopene is a phytonutrient found in red fruits. Numerous studies have shown that eating lycopene-rich foods can result in positive health benefits. Eating tomatoes can make you less prone to clogged arteries and heart disease because lycopene helps detoxify bad LDL cholesterol and hinders plaque building. A study on heart disease found that men with high levels of lycopene in their fatty tissues had a 50 percent reduced risk of heart disease. Lycopene is also a

powerful antioxidant as lycopene has also been shown to have a protective effect against stomach, colon, lung and skin cancers. It helps to protect the skin from damage resulting from UV sun exposure and is anti-aging nourishment for the brain. Eating a fresh heirloom tomato is a treat in itself, who knew it was such a treat to our bodies as well? Be sure to add a little olive oil to your tomatoes so you can receive all the healthy benefits of lycopene!

holds the essence and added sweet-tart flavor of the fruit.



Why Do Tomatillos Feel Sticky?

Tomatillos are a fruit that grows inside a sticky papery husk. When rinsing the fruit, rub gently to remove most of the sticky film but don't worry if you don't get it all as it

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