

RoofTop Hot CSA

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SEPTEMBER 22, 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

Rosa Bianca Eggplant

Hot & Sweet Peppers

Gourmet Salad Blend

Honeycrisp Apples

Suncrisp Apples

Herb Blend

Potatoes

Onion

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

**Saving the Flavor
of Summer:**

Canning & Freezing

If you have an abundance of summer fruits and vegetables, now is the perfect time to save that produce for future winter days! A little planning now means you will have produce ready for easy meals in the coming months when days are shorter and schedules are hectic. Roasting and freezing eggplants now

means you can have baba ghanoush ready in 15 minutes. Canned tomatoes bring fresh flavor to chili and pasta sauce. Frozen vegetables such as green beans, zucchini, and squash make a quick and healthy stir fry. For a great resource for tips and recipes, check out the

**National Center for Home
Food Preservation**

[http://nchfp.uga.edu/
publications/
publications_uga.html](http://nchfp.uga.edu/publications/publications_uga.html)

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: Apples

NUTRITION: Apples are a good source of dietary fiber, Vitamin C, and beta-carotene, as well as a good source of B-complex vitamins such as riboflavin, thiamin, and Vitamin B-6. Apples contain phytonutrients which help regulate blood sugar and antioxidants which have many health promoting and disease prevention benefits.

Apple and Sausage Pie

A hearty meal full of fall flavor. Pair with a vegetable, soup or salad for a satisfying lunch or dinner. Yields 8 servings.

Ingredients

- 1 frozen pie crust
- 2 large apples, peeled and thinly sliced
- 1/2 cup onion, chopped
- 1 teaspoon sugar
- 3 tablespoons butter
- 3/4 lb sweet Italian sausage (removed from casings and cut into bite-sized pieces)
- 1 clove garlic, finely chopped
- 2 cups shredded mozzarella, provolone, and/or asiago cheese
- 1 cup ricotta cheese
- 1/4 cup feta cheese
- 2 eggs, slightly beaten

Instructions

- 1 Prepare the Pie Crust:** Preheat oven to 400°F. Remove the pie crust from the freezer & thaw on the counter for 15 minutes. Prick the bottom and sides of the pie crust with a fork. Place the pie crust pan directly on the oven rack in the center of the oven & bake the pie crust according to package directions (about 10 minutes) or until the crust begins to brown. Cool the pie crust before filling.
- 2 Prepare the Filling:** Melt butter in a large skillet on medium heat. Add the apples, onions, & sugar. Cook, stirring occasionally, until tender (about 5 minutes). Add the garlic and cook, stirring, for 1 minute. Transfer mixture to a bowl. Increase the heat to medium high & in the same skillet add the Italian sausage. Cook, stirring occasionally, until sausage is browned on all sides and is cooked through. Remove from heat with tongs or a slotted spoon and cool on a plate lined with paper towels.
- 3** In medium sized bowl, mix together the cheeses and beaten eggs.
- 4** Place sausage on the bottom of the pre-baked pie crust. Add the cooked apple onion mixture over the sausage. Pour the cheese egg mixture over the apple mixture and spread it so it evenly covers the pie.
- 5** Bake at 350°F for 35 minutes, until a knife inserted in the center comes out clean. Let stand for 10 minutes before serving.

HOW TO STORE APPLES:

Apples store very well. Stock up now and store properly, you will be enjoying crisp, crunchy apples long into winter.

Apples really benefit from being in the fridge and prefer a humid environment. Place them inside the crisper drawer then place a slightly dampened paper towel on top of the apples. Bruised apples can make others ripen too quickly. Eat any apples with soft spots quickly and don't store them with other apples.