

RoofTop Hot CSA

VOLUME 1, ISSUE 7

SEPTEMBER 9, 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

Habañero Chile Peppers

Not for the faint of heart! These peppers are hot hot hot! See the back page for three delicious recipes and storage tips!

Large Sweet Peppers

These Peppers are perfect for stuffing! Remove tops & seeds from peppers. Remove casings from 1lb sausage. Mix with 1-1/2 cups grated cheese. Roll 2 spoonfuls of mixture between your hands to form a cylinder then stuff mixture into peppers. Place in baking pan. Pour in enchilada sauce and bake at 375°F for 45 minutes.

RECIPES, BLOG, & MORE ONLINE!

RTH Gourmet Salad Blend

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

Honeycrisp Apples

Crisp and sweet, fresh from Lewis Orchards in Dickerson.

Asian Pears

Exceptionally juicy and crisp, the Asian pear has a creamy white flesh, sweet low acid flavor, and fragrant aroma. Fresh from Lewis Orchards in Dickerson.

Herb Blend

Blend of Flatleaf Parsley, Cinnamon Basil, & Chives. Adds fresh flavor to pastas, salads, & soups.

Our Produce Makes Restaurant Debut

Our produce was showcased in a featured special at Bartender's on Boston Street in Baltimore last Thursday! Chef Drew Booth created an insanely delicious Crab & Rosa Bianca Eggplant Napoleon. Crunchy panko breaded eggplant were stacked with Heirloom Aunt Ruby's German Green & Cherokee Purple tomatoes, roasted red peppers, & fresh basil then topped off with a homemade red sauce, parmesan, fresh mozzarella & lump crab. It was deliciously fresh with bursts of rich flavors & textures. Thanks to Drew for a memorable meal!

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)
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arrangements

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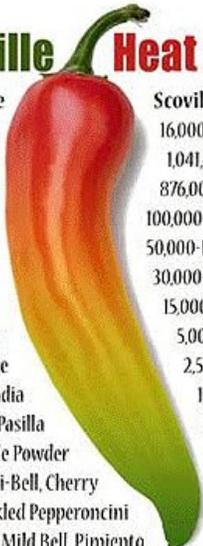
Featured Produce: Habañero Chile Pepper!

While summer may be coming to an end, the habañero plants are just getting started! Bright orange peppers are bursting with a fruity, citrusy heat. The habañero lime dressing spices up salads, sandwiches, and meats. Grilled habañero corn makes the most of a summer bar-b-que, and to tame the heat, white chocolate chips are paired with habañero for a cookie with an addictive sweet-hot balance.

NUTRITION: Habañeros are a good source of Vitamins K, B6, A and C. Because of its high antioxidant content habañeros may slow the signs of aging and help prevent some types of cancer, as well as arthritis and heart disease.

WARNING: Habañeros are one of the hottest chile peppers. Always wear gloves when preparing habañeros and avoid touching your eyes.

Scoville Heat Scale



Type of Chile	Scoville Heat Units
Pure capsaicin	16,000,000
Bhut Jolokia	1,041,427
Dorset Naga	876,000
Habanero	100,000-500,000
Chiltepin	50,000-100,000
Piquin, Tabasco	30,000-50,000
Chile de Arbol	15,000-30,000
Aji, Serrano	5,000-15,000
Jalapeño, Cayenne	2,500-5,000
Cascabel, Sandia	1,500-2,500
Ancho, Pasilla	1,000-1,500
Big Jim, Chile Powder	500-1,000
Hot Paprika, Mexi-Bell, Cherry	100-500
Pickled Pepperoncini	10-100
Mild Bell, Pimiento	0

HOW TO STORE PEPPERS:

Peppers are best used fresh within a week. Cut 10-12 nickel-sized holes in a large plastic zipper bag using scissors. Place peppers in bag and store in the crisper drawer of your refrigerator.

To freeze: Wearing gloves, wash peppers and cut them in half. Remove seeds if preferred. Place peppers on a cookie sheet and freeze. Once frozen, double bag peppers in plastic bags, forcing out air as you close. Peppers will store for up to 4 months in the freezer.

White Chocolate Habañero Cookies

The sweet heat flavor of these cookies will leave your taste buds confused but happy!

- 3/4 Cup packed brown sugar
- 3/4 Cup granulated sugar (regular white sugar)
- 1 Cup butter, softened
- 1 Egg
- 2 1/4 Cups all-purpose flour
- 1 Teaspoon baking soda
- 1/2 Teaspoon salt
- 1/2 Package (6 ounces) white chocolate chips
- 4 Habañero peppers, diced

1. Preheat oven to 375°.
2. Mix together granulated sugar, brown sugar, butter, and egg.
3. Stir in flour, baking soda and salt. The dough will be stiff and granulated in consistency.
4. Stir in chocolate chips and habañero until mixed well.
5. Drop dough by rounded teaspoons about two inches apart onto an ungreased cookie sheet.
6. Bake for 8 to 10 minutes or until golden brown around edges. Cookie centers will be soft.

Habañero Lime Dressing

- 2 Cups plain yogurt
- 1 Habañero pepper
- 1 Lime, squeezed
- 1 Clove garlic
- 1 teaspoon salt
- 1 teaspoon pepper
- 3 teaspoon olive oil
- 1 Cup cilantro

Blend all ingredients together. Refrigerate until you are ready to use. Great for salads, sandwiches, and as a sauce for tacos, meats, or rice!

Grilled Habañero Corn:

- 4 Ears corn
- 4 Teaspoons garlic powder
- 4 Tablespoons butter
- 2 Habañero peppers, diced

1. Shuck and wash corn.
2. Place each ear of corn on a piece of foil.
3. Sprinkle each ear with 1 teaspoon garlic powder. Spread each with 1 tablespoon of butter and 1/2 of a diced habañero pepper.
4. Wrap each ear completely in foil.
5. Grill over medium heat, not directly over flame, for 20-25 minutes or until corn is bright and soft to the touch.