

RoofTop Hot CSA

VOLUME 1, ISSUE 3

AUGUST 19, 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

Purple Tomatillos

Unusual deep purple heirloom with sweet tart flavor. Makes amazing salsa verde, see the recipe on the back! Very high in vitamin C.

Rosa Bianca Eggplant

Stunning Italian heirloom prized for creamy texture. Round fruits are mild in flavor & great for eggplant parmesan.

Listada de Gandia Eggplant

Specialty Italian heirloom noted for thin skin & smooth flavor with purple & white stripes.

Local Peaches & Nectarines

Enjoy them while they last! Fresh fruit from Lewis Orchards in Dickerson.

Mixed Pepper Blend

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

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.

Herb Blend

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

Kale

Sauteed kale makes a nutritious side dish & 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, & massage dressing into kale with your hands to soften the kale. Add your favorite salad ingredients & enjoy!

RTH Custom Salad Blend

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

**RECIPES, BLOG, &
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

Tomatillo Salsa Verde

Roasted Tomatillo Salsa Dip

Ingredients

1/2 lb tomatillos (about 8)
1 hot pepper, seeded and chopped
1/2 onion, roughly chopped
Juice of 1/2 of lime
1/4 cup cilantro, roughly chopped
1 garlic clove (or 1/8 teaspoon garlic powder)
1 tsp salt

Directions

1. Peel the husks off the tomatillos & wash thoroughly. It is ok if the tomatillos are still a little sticky, this gives them their distinctive flavor. Poke a few holes in the bottom of the tomatillo with a fork.
2. Create a tray with aluminum foil and by turning up edges to prevent juices from running. Place tomatillos on tray and grill or broil tomatillos until charred & slightly blackened on one side. Flip to char the other side.
3. Remove the core from the tomatillos & roughly chop.
4. Place all ingredients in a food processor & pulse until smooth (or chop & blend in a bowl).

A classic chip & dip, salsa verde is also amazing as a condiment on sandwiches, pitas, and burgers as it lends a smoky flavor.

Tomatillos are a good source of vitamin C, vitamin K, iron, magnesium, phosphorus & copper, as well as dietary fiber, niacin, potassium & manganese.

Storage Tips of the Week:

Store tomatillos either on the counter or in the refrigerator. They should never be stored in air-tight containers.

Tomatillos keep well for several weeks to a month. They may also be frozen whole or sliced.

How to prepare:

Tomatillos are very easy to cook with because they don't need to be peeled or seeded. Chop them raw for salsas or roast for a deliciously rich smoky flavor.

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