

# BALSAM FARMS

2019 CSA – Week 5

June 20 – June 22

## **FARM STAND**

OPEN 7 days 9 – 6PM

4<sup>th</sup> of July to Labor Day 9 – 7PM

## **MONTAUK MARKET**

662 Montauk Highway

OPEN 7 days 9 – 7PM

## **CSA PICK-UP DAYS + TIMES**

Thursday 2 – 6PM

Friday and Saturday 12 – 4PM

*CSA questions:*

[info@balsamfarms.com](mailto:info@balsamfarms.com)

- 1 bag baby bok choy
- 1 bunch of shallots
- 1 bag of spinach
- 1 bunch of mixed beets
- 1 bunch of fennel
- 1 bunch of lovage

optional bonuses:

- 1 bunch of radishes
- 1 head of lettuce
- 1 green zucchini
- 1 yellow zucchini

# Recipe

## Charred Zucchini with Mozz and Lovage

### Ingredients (serves 4)

a bunch of lovage

6 tbsp good extra-virgin olive oil

sea salt

6 zucchini (3 yellow and 3 green would be nice)

2 balls of buffalo mozzarella

*to finish: sea salt, freshly ground black pepper, and some zucchini flowers*

Fill a bowl with boiling water and another with cold. Plunge lovage into the boiling water, scoop out immediately, and immerse in the cold water. Pat dry with paper towels. This keeps the lovage green. Put lovage in f. processor or blender, add the olive oil and a small pinch of salt, blend to really smooth. Blend for at least 2 minutes to extract as much flavor as possible. Pass the oil through a sieve, then transfer to a jar and set aside. Heat grill or griddle until it's smoking hot. While it heats up, cut your bigger zucchini to 3/8-inch rounds and smaller ones into long slices. Char zucchini on both sides (nicely charred, a little soft in middle (about 2 minutes)). Serve the charred zucchini alongside the mozzarella, torn into pieces, and finish with a little sea salt, black pepper, a drizzle of the lovage oil, and torn zucchini flowers if using.

[www.balsamfarms.com](http://www.balsamfarms.com)