



2019 CSA – Week 8

July 11 -- 13

FARM STAND

OPEN 7 days 9 – 6PM

4th 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

1 head of iceberg

shelling peas

2 pcs costata romanesco squash

1 yellow zucchini

1 green zucchini

1 bag of new Yukon gold potatoes

1 bunch of lavender

1 bunch of green callaloo

1 bunch of yellow onions

optional bonuses:

1 bunch of swiss chard

1 bag of arugula

Recipe

Japanese-Style Callaloo, Chard, and Sesame Salad

Ingredients

About 9 ounces callaloo (a Caribbean staple), stripped of stems (about seven cups)

About 9 ounces chard, stripped of stems (about seven cups)

1 large clove garlic Pinch or two of sugar 2 tbsp. sesame seeds

½ tsp. red pepper flakes pinch of salt 2 tbsp. soy sauce 1 or 2 tsp. sesame oil

Bring a large pot of water to the boil and salt heavily. Have a bowl of ice water standing by. Rip the callaloo and Swiss chard into large pieces and boil for one minute in the water, until tender at the stem. Shock the greens in ice water, and drain, squeezing lightly to remove excess water. In a large mortar and pestle crush the garlic clove and then add the sesame seeds, pounding to crack and release their fragrance. Add the red pepper flakes, sugar, soy sauce, and sesame oil and pound until combined. Add half of the callaloo and half of the chard and pound lightly to infuse with the aromatics. Add the rest of the greens, if they fit, or pour everything into a bowl and muddle the seasonings and greens until fully coated. Transfer to a serving dish and chill before serving.

www.balsamfarms.com