



2019 CSA – Week 9

July 18 -- 20

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 Flashy Trout lettuce

1 bag of arugula

4 green bell peppers

1 bag of rapini

1 pint of green beans

1 head of celery

1 bunch of scallions

1 bunch of flat parsley

optional bonuses:

1 head of garlic

1 green zucchini

1 yellow zucchini

1 Costata Romanesco summer squash

Recipe

Green-Bell-Pepper and Garlic Butter

Great with corn.

Ingredients (makes 1 cup)

1 roasted green bell pepper, peeled, stemmed, seeded, and minced

½ pound softened butter

1 clove garlic, peeled and minced

1 pinch cayenne

salt to taste

Mix together roasted green bell pepper, butter, garlic, cayenne, and salt in a bowl. Use immediately or refrigerate for up to a week.

www.balsamfarms.com