

# BALSAM FARMS

2019 CSA – Week 14

August 22-24

## **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 head of lettuce

6 ears of corn

okra

2 red cubanelle peppers

2 yellow cubanelle peppers

1 head of green cabbage

2 heirloom beefsteak tomatoes

1 bunch of basil

optional bonuses:

1 bag of rapini

1 bag of arugula

1 cayenne pepper

1 garlic

# Recipe

## *Grilled Okra*

Cut each pod in half lengthwise, stopping short of the stem end so that it still remains intact. Prepare a medium-hot charcoal fire or preheat a gas grill to medium high. Grill the okra, basting occasionally with canola, peanut, or olive oil. Turn the okra too. When a pod splits open, it is done. This takes 3 to 5 minutes. Transfer to a plate, sprinkle with coarse salt. Eat with fingers or forks. Enjoy as is or after a dunk in Sriracha sauce. They are good hot or warm. Okra's sliminess (if you're averse to it) cooks away during grilling.

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