

BALSAM FARMS

2019 CSA – Week 16
September 5th—7th

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

6 ears of corn

3 heirloom beefsteak tomatoes

1 pint of shishito peppers

1 bag of baby bok choy

1 bunch of radishes

2 heads of mini cabbage

3 pcs green zucchini

optional bonuses:

1 pint of heirloom cherry tomatoes

1 bag of mesclun salad mix

Recipe

Sesame Cabbage Salad

Ingredients (Serves 4)

2 heads of mini cabbage, shredded into 1/4 -inch ribbons 6 scallions, white and green parts, sliced thin (about 2 cups) ¼ cup mirin ¼ cup rice vinegar 2 tbsp. sugar ½ tsp. kosher salt ½ tsp. white (or black) pepper ¼ cup sesame oil ¼ cup vegetable oil ¼ cup toasted sesame seeds ¼ cup black sesame seeds 1 packet instant ramen noodles, crushed lightly

In a large bowl, combine the cabbage and scallions. In a medium bowl, whisk together mirin, vinegar, sugar, salt, and pepper. Combine the sesame and vegetable oils in a separate vessel and slowly add into mirin mixture, whisking steadily, until all the oil is added and the dressing has emulsified. Add vinaigrette to the bowl of cabbage and scallions, top with sesame seeds and crushed ramen noodles. Toss to combine and serve immediately.

www.balsamfarms.com