



2019 CSA – Week 19
September 26th—28th

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 lettuce

1 bag of spinach

1 head of radicchio

1 pint of beans

1 pcs spaghetti squash

2 red sweet potatoes

1 pint of shishitos

optional bonuses:

4 ears of corn

1 head of green cabbage

1 bunch of dill

1 pint of heirloom cherry tomatoes

Recipe

how to roast spaghetti squash

Preheat oven to 375 degrees. Using a sharp knife, CAREFULLY cut the spaghetti squash in half lengthwise. Lay on a baking sheet cut side up. Drizzle the flesh of the squash with olive oil and season with salt and pepper. Roast until fork tender, about 45 minutes. Remove from oven and let cool enough to handle. Using a fork, scrape the flesh to create long strands. Serve as desired.

www.balsamfarms.com