

# BALSAM FARMS

2019 CSA – Week 20  
September 3<sup>rd</sup>—5<sup>th</sup>

## **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

1 head of cauliflower

1 bunch of orange carrots

1 bag of spinach

1 butternut squash

1 head of Napa cabbage

1 bunch of scallions

1 bunch of shiso

1 head of garlic

optional bonuses:

1 bag of mesclun

4 ears of corn

2 red beefsteak tomatoes

1 bag of blue gold potatoes

# Recipe

## Shiso Tea

*The bright pink color of this shiso drink comes from its anthocyanin pigments, which are also found in blueberries, raspberries, eggplant skin, and red cabbage. Acid (like the lemon juice in the recipe) helps to release the color from the leaves into the water. This recipe is for a small amount of tea for a tasting:*

Bring a half pint of water to a boil, add 2 ounces of shiso leaves, remove from heat, add 1 teaspoon of lemon juice, and strain through a colander into a large bowl or mug. After the leaves are cool enough to handle, squeeze out as much liquid as you can. Both add honey and dilute with water to taste. Shiso tea can be served hot or cold.