



2019 CSA – Week 21
October 10th—12th

<p>FARM STAND OPEN 7 days 9 – 6PM 4th of July to Labor Day 9 – 7PM</p> <p>MONTAUK MARKET 662 Montauk Highway OPEN 7 days 9 – 7PM</p> <p>CSA PICK-UP DAYS + TIMES Thursday 2 – 6PM Friday and Saturday 12 – 4PM</p> <p><i>CSA questions:</i> info@balsamfarms.com</p>	<p>1 head of romaine brussel sprouts 1 head of red cabbage 2 mashed potatoes squash 3 white sweet potatoes 1 bunch candy-striped chioggia beets 1 bunch of fennel 1 bunch of Italian parsley <u>optional bonuses:</u> 2 red beefsteak tomatoes 6 ears of corn 1 bag of spinach shishitos</p>
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Recipe

Fennel, Lemon, Garlic Confit

**1 large bulb of fennel (with stalks and tops) 1 small lemon 6 large cloves of garlic
¼ cup of olive oil 2 tablespoons of butter Black pepper ¼ teaspoon red pepper
flakes ½ teaspoon salt**

about 4 cups

Wash the lemon well. Chop the stalks into 3/4-inch pieces. Chop half the fronds into bite-size pieces—reserve other half for garnish. Cut the lemon into quarters and remove the seeds. Sliver the garlic. Melt the olive oil and butter in a heavy pan over medium heat. Add the fennel, lemon, and garlic. Shake a little black pepper over the top and stir in the salt and red pepper flakes. Cover tightly and cook on very low heat for about 45 minutes, or until soft and tender. Let cool, then blend in processor until chunky. Suggestion: toss with buttery pasta.

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