



2019 CSA – Week 23
October 24th—26thth

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 head of celery

1 bunch of Tuscan kale

2 lbs. mixed fingerling sweet potatoes

1 pint of brussel sprouts

1 bunch of scallions

1 bunch of orange carrots

1 bunch of lemon thyme

optional bonuses:

4 ears of sweet corn

1 bag of spinach

1 spaghetti squash

Recipe

Maple-Glazed Carrots With Lemon Thyme

Serves 4

6 large carrots 6 tbsp. butter or 5 tbsp. olive oil scant ¼ cup maple syrup salt and freshly ground black pepper 2 tsp. fresh lemon thyme leaves

Cut carrots into 2-inch lengths, then halve or quarter the pieces lengthwise so that all the carrots are in equal-size strips. Melt butter in or pour oil onto a medium-size, heavy sauté-pan over medium-low heat. Add carrots, cover, and braise, stirring occasionally, until carrots are fork-tender, 20-30 minutes. Increase heat to medium, and stir in syrup. Cook for two minutes, then season to taste with salt and pepper. Add thyme and mix well.

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