

SHARE PICK-UP CALENDAR

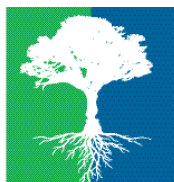
# August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	Pick-Up 4-7pm 🏠	3	4	5	Pick-Up 10am -1pm 🏠
7	8	Pick-Up 4-7pm 🏠	10	11	12	Pick-Up 10am -1pm 🏠
14	15	Pick-Up 4-7pm 🏠	17	18	19	Pick-Up 10am -1pm 🏠
21	22	Pick-Up 4-7pm 🏠	24	25	26	Pick-Up 10am -1pm 🏠
28	29	Pick-Up 4-7pm 🏠	31			

# September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	Pick-Up 10am -1pm 🏠
4	5	Pick-Up 4-7pm 🏠	7	8	9	Pick-Up 10am -1pm 🏠
11	12	Pick-Up 4-7pm 🏠	14	15	16	Pick-Up 10am -1pm 🏠
18	19	Pick-Up 4-7pm 🏠	21	22	23	Pick-Up 10am -1pm 🏠
25	26	Pick-Up 4-7pm 🏠	28	29	30	

ABOUT ELIJA FARM



**ELIJA FARM CSA**  
Growing Roots for a Sustainable Future

ELIJA Farm is a sustainable, non-profit farm in South Huntington, NY committed to using environmentally responsible practices to raise high quality produce. The ELIJA Farm CSA is dedicated to enriching the health and wellness of our community through dynamic learning opportunities to its diverse membership.

- 🏠 43 Foxhurst Road  
South Huntington, NY 11746
- ☎ 516.216.5270
- ✉ info@ELIJA.org
- 💻 www.ELIJAFarm.org
- 📱 @ELIJAFarm
- 📷 @ELIJAFarm



# ELIJA THYMES

Growing Roots for a Sustainable Future

IN THIS ISSUE

- Weekly Harvest
- Crop of the Week
- Farmers Corner
- Sights and Scenes from the Farm
- Tips and Tricks
- Veggie Profile
- Make the Most of Your Share
- Reusable Bags
- Pick-Up Schedule



ELIJA FARM TEAM

- Debora Thivierge**  
Founder & Executive Director
- Katie Tota**  
Director of CSA and Farm Learning
- Chris Potter**  
Farm Manager
- Rudy Angebrandt**  
Farm Maintenance Mechanic Manager
- Suzie Rust**  
Director of Baking & Culinary Arts
- Jennifer Turner**  
Assistant Baking Teacher
- Gabby Esquibel**  
PR Media Relations
- Rena Lee**  
Farm Hand
- Devlin McGuinness**  
Farm Hand
- Jen Najman**  
Farm Hand
- Chase Northrop**  
Farm Hand
- Chloe Northrop**  
Farm Hand
- Alfred Sgambati**  
Farm Hand
- Clara Silberman**  
Farm Hand
- Jenn Marsh**  
Volunteer Coordinator

CROP OF THE WEEK ESCAROLE

Popular in Italian cuisine, Escarole is a leafy green vegetable and a member of the chicory family. The broad, curly green leaves have a slightly bitter flavor, containing vitamins A, K, and C; as well as being an excellent source of fiber. Escarole is often sauteed or braised down and served along side beans. It can be used in salads, as well as soups and pastas as a deep and fibrous addition to your carbs.



**\*WARNING ALL PRODUCE IS FRESH FROM THE FIELD AND SHOULD BE WASHED.**

**FARMERS CORNER** MICROGREENS

As we near the end of our summer CSA, it is time for me to talk about our amazing microgreen CSA! During the fall and winter months, we grow super healthy microgreens! Microgreens are essentially baby plants. We harvest these greens only after 2 weeks from when they are planted. Microgreens actually offer more nutrients than their mature counterparts. This makes sense because these little babies are storing all the nutrients the plant needs to develop. You can use microgreens on almost anything! They go great as a garnish, in a salad, omelet, or even in a smoothie. Our microgreen share offers a wide variety of greens; sunflowers, peas, arugula, kale, basil and so many more! I hope you will join us this fall to experience these tasty and nutritional greens. Visit our website for more information!



**TIPS AND TRICKS: WINTER SQUASH**

Not all foods are as comforting, flavorful, and nutritious as the winter squash. Whether your favorite is pumpkin, butternut, or acorn, they all have a plenty of striking health perks. Winter squash is a wonderful source of vitamin A, which is important for good vision and immune function. Squash can be roasted, baked, sautéed, boiled, microwaved, and made into a variety of tasty soups and casseroles. The choices are almost endless!



**VEGGIE PROFILE** ARUGULA

Arugula is a common salad vegetable in many parts of southern Europe and has grown in popularity around the world for its peppery, nutty taste and its nutritional content. You will find it not only in our Summer CSA, but also in our various micro-green seasons! Arugula is full of antioxidants -- compounds that can protect against or reverse damage to your cells.



**MAKE THE MOST OF YOUR SHARE**

ESCAROLE AND CHERRY TOMATO PIZZA

**INGREDIENTS**

- 1 small head escarole, torn into 1/2-inch pieces (about 3 cups)
- 1 to 2 heads Treviso radicchio, thinly sliced (about 2 cups)
- 1 tablespoon vinegar-packed capers, drained
- 1/4 teaspoon red-pepper flakes
- 1 tablespoon extra-virgin olive oil

- 1/3 recipe Basic Pizza Dough, or 3/4 pound store-bought dough
- 6 slices provolone
- 10 cherry tomatoes, halved
- Coarse salt

**INSTRUCTIONS**

1. Preheat oven to 475 degrees. In a bowl, toss escarole with radicchio, capers, red-pepper flakes, and oil.
2. Form dough (as directed in Basic Pizza Dough recipe) in a 9-by-13-inch rimmed baking sheet.
3. Arrange cheese slices side-by-side to cover dough, then top evenly with escarole mixture.

4. Bake until cooked through and crust is golden on edges and bottom, about 22 minutes.
5. Using a metal spatula, slide pie onto a cutting board.
6. Scatter cherry tomatoes on top, squeezing each to release a bit of juice onto pie.
7. Sprinkle with salt. Slice into 6 pieces and serve.
8. Enjoy!



**REUSABLE BAGS**

**PLEASE REMEMBER TO BRING BACK YOUR BAGS EACH WEEK!**

Besides saving the environment, as many of you know we are a working farm that integrates individuals with autism and other disabilities in the daily and necessary tasks. Our farm apprentices need you to bring your bags back so they can maintain and wash them to further provide vocational opportunities for our learners!

