

Small CSA Contents:

- 1 lb ground Italian sausage
- 1 large pizza dough shell
- 1 bag heirloom corn chips
- 1 pint jar of gourmet salsa
- Approx 1.5 lbs onions
- Approx 2 lbs sauce tomatoes
- 2-3 hot banana peppers

Vegatarian and Vegan Substitutes

- Carrots with tops
- 3# bag of red potatoes
- 2 green peppers
- 2 ct eggplant (vegan)
- 2 purple bell peppers (vegan)
- 1 bunch swiss chard
- 2 acorn squash

Large Add-Ons

- Traditional Small Bag plus the contents below
- 3# bag red norland potatoes
- 2 ct green peppers
- 1 bunch collard greens or white stem bok choy
- 1 bunch radishes
- 1 package mild Italian sausage links

About your pizza dough

Your pizza dough was made at Frickaccio's at the West Side Market. Your dough is a "living" product. The yeast helps it rise when it thaws. The product has a shelf life of about 3 months frozen before the yeast start to become ineffective. The best way to thaw the product, is to put it in the refrigerator for several hours to thaw, then take it out and let it rise at room temperature or above.

Your dough will not stay frozen on the drive home likely. It thaws quickly. You may immediately refreeze it or simply make a pizza!

Good Pizza Tips:

- 1) HOT HOT oven (or grill): 450 degrees or hotter for the best pizza.
- 2) Fresh ingredients. Use your tomatoes and make a sauce to your liking.
- 3) If you have a pizza stone, cover it with a dusting of cornmeal first to keep the crust from sticking. If you are baking it on a cookie sheet, you may use a very little of either vegetable or canola oil to create a stick-free surface, then dust it with cornmeal.
- 4) Add the cheese in the last couple minutes of baking or as soon as it comes out of the oven.

Parker's Pizza Sauce Recipe

In the recipe below, Parker Bosley presents a simple and rich pizza sauce. Everyone has their own method of making tomato sauce. I personally take the lazy route and don't bother with taking the seeds out. I peel and chop the entire tomato and cook it, then put it through the blender, and cook it more.

Ingredients:

- 4-5 tablespoons olive oil
- 1 medium onion, diced
- 1 small carrot, peeled and diced (opt)
- 3-4 cloves garlic, peeled and crushed
- 2 tablespoons dried basil
- Large pinch of red or hot pepper flakes (optional)
- 2 lbs roma tomatoes

Preparation Notes: When making sauce, remove the skin and seeds from the tomatoes. To remove the skins, score both ends of the tomatoes with a sharp knife. The score marks should make an X.

Place the tomatoes in boiling water for 2-3 minutes. Remove and submerge in an ice water bath (your hands will thank you). Let rest for 1 minute.

Take the tomatoes out of the ice water and peel the skins off. They should just push off with your thumbs. Cut the tomato in half and scoop out most of the seeds. Chop the tomatoes to make for faster preparation of sauce.

Sauce Procedure: In a heavy bottom pan heat the olive oil over medium low. Add the onions, carrot, basil and garlic. Cover and cook for about 20 minutes. Remove the lid and stir often. Lower the heat if vegetables are starting to color.

While the vegetables are softening, prepare the tomatoes. Slice Romas in half vertically, from stem to base. With your thumb, take out the pulp. Don't worry if a few seeds remain. (If you put the pulp into a strainer you can force the juice and pulp through the strainer and make glass of wonderful tomato juice.)

Add the tomatoes to the sauce pan and raise the heat to medium. Stir the vegetables and the tomatoes together. Cook the sauce just under the boil. It is important to evaporate much of the moisture.

When all the ingredients have cooked and become very soft run the mixture through a food mill or push it through a screen. If using a screen cook

the sauce a little longer to completely break down all the ingredients. If you do not have a food mill, this would be a great time to make that investment. It's not an expensive item.

After passing the sauce through the mill or the screen return it to the pan and place over low heat. Add a little salt and pepper. Stir the sauce occasionally. At this point all you are doing is evaporating liquid and thickening the sauce.

When the sauce has become thick remove it from the stove. Set aside. For pizza a thicker sauce is best.

Cheater Note: Put your tomato sauce in a crock pot on low overnight (or longer) to thicken up your sauce. Leave the lid off or cracked so the vapors can escape.

Options: Cut the Romas in half from stem to base. Scoop out the pulp. Oil a baking tray and place 5-6 peeled garlic cloves on the tray. Lay all the tomato halves on the tray, placing the garlic cloves under a tomato. Roast the tomatoes for 4-5 hours in a 250 oven. Check often to make sure the oven is no too hot. Lower the heat if the juice from the tomatoes is beginning to burn. Use the roasted tomatoes for the tomato sauce. Don't hesitate to adjust the ingredient list to your taste.

Rolling Pizza Dough

First flatten the ball of dough using your hand to create a circle. Dust the surface with a little flour. Lay the rolling pin across the dough as though it were the equator on the globe. Roll the dough from this center to the top and from the center to the bottom. Don't roll off the dough. Give the dough a quarter turn and repeat the rolling. Continue this process—rolling and turning to achieve the thickness you prefer.

Use corn meal when you place the pizza on a pizza stone or on a baking tray. Besides keeping it from sticking, the corn meal will toast and actually added a little taste variation.

You can load the pizza with various toppings before placing it in the oven or you can bake the pizza dough just until it is a bit dry—7-8 minutes then remove it from the oven and cover it with your choice of toppings. Remember, some items are best when cooked—softened—before putting them on the pizza, such as peppers. Also, if you are putting sausage on your pizza, you should partially cook it first in a skillet, drain off the excess fat, and put the sausage on the pizza when you put it in the oven to make sure the meat cooks thoroughly.