

Bee Heaven Farm ~ Redland Organics
CSA 2002-2003: Week of December 28

What's in my box today??

SALAD EXTRAVAGANZA!!!

Please make sure you take one of each item listed below:

Red Radishes—Worden Farm

Tatsoi-FULL & TRIAL SHARES: Large / HALF SHARES: Small - Worden Farm

Greenleaf Lettuce—Worden Farm

Mizuna- FULL & TRIAL SHARES ONLY: 1 — Worden Farm

Garlic Chives— Bee Heaven Farm

Microgreens— Paradise Farms

AND for FULL & TRIAL SHARES ONLY

~~ONE ONLY~~ (YOUR CHOICE) OF EITHER:

Heirloom Tomato assortment (1 box) - Three Sisters Farm**

~~OR~~

Snow Peas (1 bag)—Bee Heaven Farm (but NOT both, please!)

**Three Sisters Farm is not certified organic, but grows naturally without the use of chemicals.

Please wash all items (except microgreens, which are ready to eat) before using.

Trade/Xtras at the Farm: These are limited quantity items (not enough to include in the boxes), or extras of seasonal items. They will vary greatly, but are **ONLY** available at the farm.

Beans, Chayote, Carambola, Snow Peas, Sugar Cane, Okra

Featured itema: Tatsoi Tatsoi is a mild Asian vegetable eaten raw in salads or lightly cooked in Oriental stir fries.. It has a crispy texture and blends well with many flavors.

Heirloom Tomatoes They're here! The first ones are just starting to ripen, so we're passing them on to you. There are Yellow Pear, Sun Gold (orange cherry), Black Plum, Bonnie's Best, Speckled Roman and Roman Candle (the long pointy ones), Black Russian and Cherokee Purple, in a mix 'n match. Not enough for everyone yet, so first come-first served—you choose between tomatoes and snow peas (also wonderful).

Recipes & Links: Pesto Many different herbs can be used to make distinctive pestos. Here's a garlic chive pesto adaptable to your favorite herb, from **Pestos!** by Dorothy Rankin. This is a great little book—ask for it at your local bookstore.

1/2 cup chopped garlic chives 3 T walnuts 1 cup parsley 5-6 T olive oil

3 T grated parmesan Salt and Pepper 1 clove garlic

Put all ingredients except oil in food processor and blend. While machine is running add the oil and blend until desired consistency.

Go to our website for links to recipes. Your recipe can be included too! Just e-mail it to us.

Do you share your box with someone? Here's some tips on ways to share your box:

Take turns each week taking the entire box · Take some items one week, and other items the next week · Don't try to split everything down the middle- when there are small quantities of something, neither one of you will have enough. However, you might want to split a big bunch of turnips, or maybe a big bag of beans...

Thanks to the students from Miami Southridge Senior High's TMH program for their help packing and labeling the shares!
Check out this past Thursday's Miami Herald Neighbors section (south). It featured our students' very special program and their teacher, Joanie Halberg!