

Bee Heaven Farm ~ Redland Organics
CSA 2002-2003: Week of January 4th
What's in my box today??

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

Red Radishes—Worden Farm

Greenleaf Lettuce—Worden Farm

Carrots- FULL & TRIAL shares ONLY—Bee Heaven Farm

Cilantro— Bee Heaven Farm

Microgreens— Paradise Farms

Bok Choi—Worden Farm

Braising Mix #3 - Bee Heaven Farm & Worden Farm

(Collards, Komatsuna, Chicories, Indian Chard,

with a bit of Tai Tsai & a Mustard accent)

Carambola- FULL & TRIAL shares: 2 / HALF shares: 1 — Old Geezer Farm*

*not organic

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.

Chayote, Carambola, Snow Peas, Sugar Cane, Mustard Greens

Featured item: Microgreens These delightful mixes of different VERY young greens is Paradise Farms' specialty. Previously sold only to gourmet chefs, CSA members get to experience them at home! There are many different possibilities—from spicy to bland, specific flavors, or general blends. Sprinkle some on your salads, or in your sandwich, on pita.

Recipes & Links: Carrot Salad with Lime & Cilantro

(from Mariquita Farm's CSA online collection of recipes)

4 medium carrots

1/8 tsp. finely grated fresh lime zest

1 tbsp .fresh lime juice

1 tsp. vegetable oil

2 tbsp. finely chopped fresh cilantro leaves

plus some fresh cilantro sprigs for garnish

Finely shred carrots and in a bowl toss together with remaining ingredients and salt and pepper to taste.

Serve salad garnished with cilantro.

Bok Choi Salsa (contributed by Gail Hardeman)

1 med diced ripe tomato

2 stalks chopped bok choy, stems and leaves

1/2 diced avocado

1/2 Cubanelle (or other mild) pepper, diced

1/2 jalapeno pepper (or to taste), finely chopped

2 Tbsp finely chopped cilantro

Pinch sea salt (to taste)

Combine. Let sit awhile to blend flavors. Enjoy!

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!.