

Bee Heaven Farm ~ Redland Organics
CSA 2002-2003: Week of January 25th
What's in my box today??

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

Bok Choy- FULL shares ONLY- Worden Farm
Napa (Chinese) Cabbage- HALF shares ONLY—Worden Farm
Misticanza Salad Mix (Lettuce, Arugula, Frisee Marchiere, Russian Kale, Dandelion)- FULL shares:
Large / HALF shares: Small —Bee Heaven Farm, Worden Farm, Paradise Farms
Rosemary- FULL shares ONLY— Bee Heaven Farm
Mung & Radish Sprouts Mix- FULL shares ONLY—Paradise Farms
Heirloom Tomatoes-FULL shares: LGbox/HALF shares: SMbox—Three Sisters Farm*
Grapefruit- FULL shares: LG bag (4) / HALF shares: SM bag (2) —(Frostproof, FL)
Sunflowers- FULL shares: Large / HALF shares: Small —Worden Farm

NOTE: The HALF SHARE portion size is MARKED with a *RED DOT*

*not organic, pesticide-free

Please wash all items 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, Beets

Featured item: Sunflowers! The sunflower is a cheery blossom. Many varieties have large edible seeds which are treasured by people, birds and squirrels. Although some have been bred to minimize pollen shed, we don't recommend putting a vase of sunflowers on your good antique furniture!!

Recipes & Links: Roasted Rosemary Potatoes by Margie Pikarsky

Scrub clean (leave skin on) and cut medium-sized potatoes (one per person) into wedges. Dice a small onion and crush one or two garlic cloves. Cut up 1/2 sprig of rosemary into small pieces using scissors. Heat a small amount of olive oil in a large shallow pan. Add potatoes, onion, garlic, black pepper and salt to taste. Cook over medium-high heat, stirring often, until potatoes are well-browned on all sides. Spritz with water during cooking if it gets too dry. Cover for the last few minutes, until potatoes are easily-pierced with a fork.

Rosemary Garlic Toast by Margie Pikarsky

Cut a loaf of French, Italian, or Cuban bread lengthwise in half. Brush with melted butter, to which you've added lots of chopped fresh garlic, a dash of salt, and a sprig of rosemary finely cut (use scissors, right over the bowl Place under the broiler and toast until golden-careful not to burn the bread. (For a shortcut, use garlic powder instead of fresh garlic.)

PLEASE SEND US YOUR RECIPES- no matter how simple or 'commonplace'. WE WANT THEM ALL!!!!
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!