

Bee Heaven Farm ~ Redland Organics  
CSA 2002-2003: Week of February 8th  
What's in my box today??

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

Carrots-ALL-Bee Heaven Farm  
Cilantro-FULL shares ONLY- Bee Heaven Farm  
Green Beans—FULL shares: 2 lbs/ HALF shares: 1 lb- Homestead Organic Farms  
Heirloom Tomatoes-FULL shares: Large/HALF shares: Small—Three Sisters Farm\*  
Microgreens- ALL- Paradise Farms  
Tangerines-FULL shares: Lg (10)/ HALF shares: Sm (5)—Eagle's Nest Grove  
Red Leaf Lettuce: ALL -Lady Moon Farms

**Note: HALF share portions have a RED DOT**

**\*not organic, pesticide-free**

Please wash all items (except microgreens) before using.

Did  
You  
Read  
Me??

**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, Snow Peas, Yellow Pear Tomatoes

**Featured item:** Carrots There is nothing like a fresh young carrot. Did you know you can use the tops too? Carrots are in the parsley family. Use them as a garnish on soups. Include some in your salad mix.

**Recipes & Links:** Balsamic Glazed Carrots from [allrecipes.com](http://allrecipes.com) Serves 4

3 cups baby carrots; 1 tablespoon olive oil ; 1 1/2 tablespoons balsamic vinegar; 1 tablespoon brown sugar  
Heat oil in a skillet over medium-high heat. Saute carrots in oil for about 10 minutes, or until tender. Stir in balsamic vinegar and brown sugar, mix to coat and serve.

You'll note there is nothing in your box from **Worden Farm** this week. That's because Chris & Eva Worden were VERY busy having a baby this past Wednesday. **Congratulations—it's a boy!**

**Upcoming events:** The South Beach Wine & Food Festival, Feb 28-March 2nd. Visit the Redland Organics booth at the South Florida Farmers' Market on Sunday March 2nd at the Festival—thanks to Gardner's Markets.

Remember we're collecting recipes for our cookbook.

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!.