

Bee Heaven Farm ~ Redland Organics  
CSA 2002-2003: Week of February 15th

What's in my box today??

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

Arugula-FULL shares ONLY-Bee Heaven Farm  
Thai Basil-ALL- Bee Heaven Farm  
Spinach-FULL shares: LG/ HALF shares: SM-Bee Heaven Farm  
Heirloom Tomatoes- FULL shares: 1 Large PLUS 1 Small  
/HALF shares: 1 Small-3 Sisters Farm\*  
Microgreens - ALL - Paradise Farms  
Red Russian Kale- FULL shares ONLY- Paradise Farms  
Zucchini -FULL shares: 2 / HALF shares: 1-Lady Moon Farms  
Daikon Radish-FULL shares: Pak of 3 / HALF shares: 1- Worden Farm  
Edible Flower Mix- FULL shares ONLY-Bee Heaven Farm  
Book Flyer- for ALL-a GREAT book!  
This week's sheet-for All- to READ!

\*not organic, pesticide-free

Please wash all items (except microgreens) before using.

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**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, Tomatoes

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**Featured item:** Edible Flowers! Nasturtiums, Borage, Coriander, Mustard— can you guess which are which? The wonderful fragrance of the 'nasty urchins' and their peppery taste, not to mention their size and colors, serve to uniquely identify these flowers. Borage tastes like cucumber! Coriander looks like a delicate lacy tapestry, and Cheery Mustard flowers spice up the bouquet. Eat them individually, or mix them in your salad for a WOW! Presentation.

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**Recipes & Links:** Baby Spinach This delicate green doesn't need a recipe. Prepare a fresh spinach salad with some thinly sliced red onion, crumble some gorgonzola cheese on top, and drizzle with raspberry vinegar dressing.

**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.

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The students from Miami Southridge Senior High's TMH program were off this week- they had a Valentine's Day luncheon to attend!

HAPPY  
VALENTINE'S  
DAY