

Bee Heaven Farm ~ Redland Organics
CSA 2002-2003: Week of February 22nd

What's in my box today??

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

Broccoli-ALL-Worden Farm
Chinese NAPA Cabbage-ALL- Worden Farm
Misticanza Salad Mix-FULL: LG/ HALF: SM- Bee Heaven Farm
Turnips-FULL shares: LG/ HALF shares: SM-Worden Farm
Heirloom Tomatoes- FULL shares: LG/ HALF shares: SM-3 Sisters Farm*
Microgreens - FULL shares ONLY - Paradise Farms
Edible Flower Mix- HALF shares ONLY-Bee Heaven Farm
This week's sheet-for All- to READ!
HALF-share sizes have a RED DOT.

*not organic, pesticide-free

Please wash all items (except microgreens) 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.

Snow Peas, Tomatoes, Tomatoes, Tomatoes

Featured item: Chinese Napa Cabbage This lettuce cabbage can be enjoyed raw or cooked. Include it in your salads, stuff the ribs with peanut butter & raisins, make a stir-fry, add it to a pot of beans, make cole slaw, make a soup—the possibilities are endless.

six
weeks
of to
end
season

Recipes & Links: Broccoli with Oil and Lemon (from Rock Spring Farm recipe collection)

1 Large bunch broccoli, separated into florets, stems trimmed, peeled, and cut into 1/8 inch-thick disks; 3 cloves garlic, minced; 1 Tbsp balsamic vinegar; 2 Tbsp fresh lemon juice; 2 teaspoons olive oil; 1/3 teaspoon kosher salt; 1/2 teaspoon pepper

Stem the stem pieces over boiling water in a covered pot for 3 minutes. Add the florets and steam for 5 to 7 minutes more, until broccoli is tender. Prepare the dressing by combining all the remaining ingredients in a small dish and whisk until blended. When the broccoli is cooked, place in a serving bowl, and toss with the dressing. Serve immediately.

Upcoming events: **NEXT WEEK!** 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.

SO WHERE ARE YOUR RECIPES? - . WE WANT YOURS!!!!

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

The students from Miami Southridge Senior High's TMH program are back to pack for you!