

Bee Heaven Farm ~ Redland Organics
CSA 2002-2003: Week of March 1st

What's in my box today??

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

Carrots-ALL-Worden Farm

Green Beans- FULL:2 lb/HALF:1 lb- Homestead Organic Farms

Kale-FULL shares ONLY- Worden Farm

Tatsoi- FULL shares ONLY- Bee Heaven Farm

Romaine Lettuce-ALL-(Punta Gorda, FL)

Heirloom Tomatoes- FULL shares: LG/ HALF shares: SM-3 Sisters Farm*

Mung Sprouts - FULL shares ONLY - Paradise Farms

Green Onions- FULL shares ONLY-Bee Heaven Farm

Canistel (Eggfruit) - ALL-Homestead Organic Farms

This week's sheet-for All- to READ!

*not organic, pesticide-free

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, Tatsoi, Spinach

Featured item: Canistel Also called "eggfruit" due to its resemblance to a hard-boiled egg yolk in color & consistency, this tropical fruit can be eaten plain, or used in custards, shakes, or pies. Wait until it is SOFT before eating, and DON'T eat the skin (it has gummy latex). Canistel mates well with cinnamon, nutmeg. Some claim it tastes like sweet potato.

GIVE
US
YOUR
RECIPES

Recipes & Links: Crunchy Kale (from Rock Springs Farm recipe collection)

Preheat the oven to 375. Stem and chop a bunch of kale. Put the kale on an oiled cookie tray, spreading it out evenly. Sprinkle with salt. Bake for 10 minutes, tossing once or twice during that time. If you wish, top with parmesan, then bake for 10 to 15 minutes longer, tossing occasionally, until it is crisp. The kale will shrink and soften then it will begin to turn crisp. Remove from oven and let cool on the tray.

Upcoming events: **THIS 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. Come see us there between 11 and 6, on the beach at Ocean Drive & 12th St.

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!