

Bee Heaven Farm ~ Redland Organics  
CSA 2002-2003: Week of March 8th

What's in my box today??

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

Daikon w/tops-ALL-Worden Farm  
Parsley- ALL- Worden Farm  
Spinach- ALL- Bee Heaven Farm  
Green Leaf Lettuce-ALL-(Punta Gorda, FL)  
Heirloom Tomatoes- FULL shares ONLY-3 Sisters Farm\*  
Eggplant asst- FULL shares ONLY- 3 Sisters Farm\*  
Sylvetta Arugula- FULL shares ONLY-3 Sisters Farm\*  
Mung Sprouts - ALL - Paradise Farms  
Scallions- ALL-Bee Heaven Farm  
Calabacitas-FULL shares ONLY-local\*  
This week's sheet-for All- to READ!

\*not organic, pesticide-free

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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.

Snow Peas, Tomatoes, Tatsoi, Squash

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**Featured itema:** Calabacitas These very young, tender winter squashes are great cut into quarters and boiled in soups or a pot of beans.

Sylvetta Arugula This variety of arugula has narrow leaves, more like the wild form, and a different flavor.

Eggplant The hot weather's here and they're starting to come in now. Here's some early ones- the skinny purple are 'Ping Tung Long', the long green ones are "Louisiana Long Green", the round white (green) are Italian White, and the round purple are young "Imperial Black Beauty", all heirloom varieties. Great in stir-fries with LOTS of garlic. Hopefully you'll also get to see "Turkinsh Orange" and "Bianca Rossa"—depending on the weather.

GIVE  
US  
YOUR  
RECIPES

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**Recipes & Links:** Wilted Salad with Garlic & Nuts (adapted from a Rock Spring Farm recipe)

Fresh spinach; fresh arugula; 4 Tbsp olive oil; 1 garlic clove, peeled and pressed; 1/2 cup coarsely chopped hazelnuts- or almonds; 2 Tbsp balsamic vinegar; salt; freshly ground pepper. Heat the oil in a small skillet. Add the nuts and cook over low heat for about five minutes, stirring occasionally. Add the garlic near the end. Pour over the spinach & arugula, scraping in as much of the oil as possible. Toss until greens are coated and the nuts are well distributed. Sprinkle in the vinegar and salt and pepper, toss again, and serve.

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**Upcoming events:** The last weeks of Farmers' Market at Coral Gables & Pinecrest...

Remember we're collecting recipes.

THANK YOU FOR YOUR RECIPES - . WE WANT MORE!!!!

Just e-mail them to Kavetchnik@aol.com or office@pikarco.com for inclusion in our cookbook. Don't put it off- we'd like to publish it in time for next year's CSA season.

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