

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

What's in my box today??

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

Red Radishes w/tops-ALL-Worden Farm

Tatsoi- ALL- Bee Heaven Farm

Chinese Cabbage- ALL-Worden Farm

Yellow Pear/Sun Gold Tomatoes-ALL-Bee Heaven Farm & Worden Farm

Red Tomatoes- FULL shares ONLY-Worden Farm

Broccoli- FULL shares ONLY-Worden Farm

Mung Sprouts - FULL shares ONLY - Paradise Farms

Potatoes (Red or Yellow)*- FULL shares: 5#/HALF shares:2.5#

Green Peppers- FULL shares: 5 / HALF shares: 3-Punta Gorda, FL

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

*not local

Trade/Xtras at the Farm: These are limited quantity items (not enough to include in the boxes), or extras of seasonal items. are ONLY available at the farm.

Snow Peas, Tatsoi, Eggplant

Featured itema: Mung sprouts The sprouts you know from Chinese food, but grown in light to retain its nutrition & vitality.

3 WEEKS
'TIL END
OF SEASON

Recipes & Links: Tatsoi & Swiss Chard from Mountain Harvest Organics CSA recipes

1 bunch of swiss chard; 1 bunch of tatsoi; 1 Tbsp Oil – peanut or safflower (or other light oil)

1 garlic clove; 1 Tbsp. fresh ginger; 1 C. vegetable stock; 1 Tbsp soy sauce or tamari

1 tsp honey; 1 Tbsp rice vinegar; 1 tsp sesame oil;

2 tsp arrowroot or cornstarch dissolved in ¼ cup cold water; sesame seeds as a garnish

This is quick to prepare and makes a light side dish that may be served with any meal

1. Wash chard and tatsoi and coarsely chop stems and leaves

2. Measure oil into a small bowl and press garlic and grate ginger into oil

3. Combine stock, soy sauce, mirin, vinegar and sesame oil into a small bowl.

4. Heat wok or large skillet to medium high heat. Add oil-garlic-ginger mixture and immediately add chard and tatsoi. Toss greens to coat with oil and cook until just wilted. Add stock mixture and bring to a boil, stirring constantly until greens are tender but still bright in color.

5. Add thickener and allow sauce to bubble and thicken. Pour in serving dish and serve immediately, sprinkled with a light dusting of sesame seeds for garnish. Serves 4

Remember we're collecting recipes-If it's your favorite comfort food recipe- WE WANT IT!

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.

News: The end of season is fast approaching. The last date is April 5th. If you suspended delivery at any time during the season, you will receive one extra week for each week you skipped.

Look for the survey in the next two weeks. We really want your feedback to plan for next season.

The students from Miami Southridge Senior High's TMH program will be here one more week!