

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

What's in my box today??

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

Cabbage-ALL-Bee Heaven Farm & Worden Farm

Tatsoi- FULL shares ONLY- Bee Heaven Farm

Lacinato (Black) Kale- FULL shares ONLY-Worden Farm

Garlic Chives-ALL-Bee Heaven Farm

Assorted Basil (Thai, Genovese, Lemon) - FULL shares: 2 bunches

/HALF shares: 1 bunch-Bee Heaven Farm

Eggplant assortment-FULL shares ONLY: 2-Three Sisters Farm*

Snow Peas- FULL shares ONLY-Bee Heaven Farm

Green Beans- FULL shares: 1.6 lb/HALF shares: 0.7 lb- Hmstd Org Farms

White Asian Salad Turnips- ALL-Worden Farm

Broccoli- FULL shares ONLY-Worden Farm

Microgreens- FULL shares ONLY - Paradise Farms

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.

Tatsoi, Eggplant, Tomatoes, Carrots

Featured itema: White Asian Salad Turnips These turnips have a very mild flavor and are great raw.

Recipes: Broccoli and Snow Peas with Olive Oil from the Rock Spring Farm CSA recipe collection

Some broccoli; Some snow peas; Some olive oil

Cut broccoli florets into small clusters. Peel and slice the broccoli stem. String the peas. Preheat a heavy skillet. Add a couple of tablespoons of oil, and some butter if a rich flavor is desired. Cook the broccoli stems until they just soften, then add the florets and peas and cook until they reach the desired tenderness.

Steamed Kale Wash and discard toughest stems. Chop coarsely. Steam until desired tenderness. Serve with tamari soy sauce.

Steamed Turnips Lightly steam quartered turnips until just barely fork tender—about 5 minutes. Don't overcook them! Serve with just a little bit of butter and salt. Or enjoy raw in salads.

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 from the farm: **We welcomed our first WOOFERS (Willing Workers On Organic Farms) at Bee Heaven Farm last week. Ursi and David are from Switzerland, here on a working vacation. They have already provided invaluable help—we're hooked! Paradise Farms has had WOOFERS on the farm for a couple of years now, and they can't do without them.**

We're planning a (long-overdue) farm day soon. Watch your email and your boxes for date & time!

2 WEEKS
'TIL END
OF
SEASON