

Bee Heaven Farm ~ Redland Organics  
CSA 2002-2003: Week of March 29th

What's in my box today??

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

Braising Mix (Collards, Mustard, Kale, Tatsoi, Chard)-ALL-Bee Heaven Farm Tatsoi- HALF shares  
ONLY- Bee Heaven Farm

Red Kale- ALL -(from Alachua, Florida)

Scallions-ALL-Worden Farm

Roasting Roots Mix (Rutabagas, Turnips, Carrots)- FULL shares: LG bag

/HALF shares: SM bag- Bee Heaven Farm & Worden Farm

Pickle Cucumbers - FULL shares: LG bag

/HALF shares: SM bag- Homestead Org Farms

Microgreens- FULL shares ONLY - Paradise Farms

Luffa Sponge- FULL shares ONLY—Bee Heaven Farm

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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. are ONLY available at the farm.

Tatsoi, Eggplant.

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**Featured itema:** Luffa Sponges- These vegetable sponges are grown right on our farm. They are vining members of the squash family, and look a lot like large zucchinis. They're great for scrubbing yourself or your vegetables!

**FARM DAY  
SUNDAY  
APRIL 13th**

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**Recipes:** Roasted Root Vegetables by Margie Pikarsky

Wash and scrub carrots, turnips & rutabagas. Peel any tough skin on the rutabagas and the turnips. Slice into 1/4" slices. Add coarsely chopped scallions. Oil a shallow roasting pan and layer the slices. Sprinkle all with garlic salt and pepper to taste, drizzle olive oil on top, and place in a hot (450°F ) oven. Check and turn after 15-20 minutes. Vegetables are done when soft but not mushy.

Look back on earlier sheets for a great braising mix recipe. If you lost it, remember that these greens combine very well with sweet items like raisins, dried cranberries and apricots, and nuts or soynuts. Plus, of course, a dash of balsamic vinegar or wine.

It's not too late to send in your recipes! 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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News from the farm: **Next week is the last full week of the season. Those of you who were away one or more weeks and has notified us to suspend your shares will continue to receive shares over the next one to three weeks. There will be a list at each pickup site next week, indicating how many more weeks to expect shares.**

We'll be having a farm day on Sunday, April 13th. We'll have fun activities for the kids, and a yard sale to benefit The Cat Network. Look for the flyer in next week's box, and mark your calendars now!