

Bee Heaven Farm ~ Redland Organics
CSA 2002-2003: Week of April 5th

What's in my box today??

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

Cabbage— ALL— Worden Farm

Daikon- FULL shares: LG bag/HALF shares: SM bag-Worden Farm

Garlic Chives - ALL—Bee Heaven Farm

Collards—FULL shares ONLY: Three Sisters Farm*

Cucumbers - FULL shares: LG bag/HALF shares: SM bag- Homestead Org Farms

Honey—FULL shares: LG/HALF shares: SM—BeeLand Honey*

Luffa Sponge- HALF shares ONLY—Bee Heaven Farm

Calabacitas—HALF shares ONLY—Pacheco sisters*

Mamey—FULL shares: LG/ HALF shares: SM—Health & Happiness Farm

This week's sheet, SURVEY & Farm Day Flyer-for All- to READ!

* pesticide-free, not organic

Trade/Xtras at the Farm: Notice there's no soft leafy greens- the heat of the past three weeks and the bugs got everything! Only a few hardy survivors are left...

Featured items: MAMEY— Call it mamey, mamey sapote, sapote, or whatever...Mamey sapote is native to Central America. It is an interesting fruit that often takes 18-23 months from bloom to maturity. The fruit is heavy and hard with a rough brown skin. There are one or two large shiny black seed inside, and varying shades or range or red pulp. **Mameys are ready to eat when they feel VERY soft to the touch.** As the mamey ripens, the skin may begin to split or wrinkle. This is normal. Once it is ripe, it is best eaten fresh, but you can refrigerate the soft ripe fruit for several days, or freeze for later use. To serve, cut the fruit in half, remove the seed and any hard areas that remain inside the fruit. You will often see color variations- maybe a darker stripe near the seed. As long as it's soft, it will taste just as good as the rest of the fruit. Otherwise, remove it. Some fruit are naturally pale orange, some are dark red, even rust-colored. Taste, not color, is your guide to good eating quality! Eat mamey plain or with a sprinkle of salt, or maybe lemon juice. It is good in fruit salads and blender drinks. Experiment to find your preferred taste. Many people insist that the absolute best way to eat a mamey is in a milkshake. The mamey pulp makes the milkshake very thick. Or course, mamey ice cream is also heavenly. And you can make wonderful custards, cheesecake and mousse as well. Generally, mamey in any dairy dish tends to bring out the best of both.

**DON'T
FORGET
THE SURVEY!**

CUKES!!-Juice your heart out! These cukes are great for eating in salads, pickling, or juicing. If you still have some pickle cukes left from last week, try this simple recipe: Thinly slice some cukes and onions. Marinate in the refrigerator in a solution of vinegar, sugar (or other sweetener) to taste, crushed garlic, salt pepper and some pickling spice (or allspice berries, whole cloves, a crumpled bay leaf, mustard or fennel seed). Or, make raita, a cooling Indian dish with plain yogurt, well-chopped cucumber, fennel seed, a bit of curry powder to taste.

It's not too late to send in your recipes to Kavetchnik@aol.com or office@pikarco.com for inclusion in our cook-book. Don't put it off- we'd like to publish it in time for next year's CSA season.

COME MEET YOUR FARMERS AT FARM DAY, Sunday, April 13th, 10-4. Bring the kids!