

Bee Heaven Farm ~ Redland Organics 2003-2004 CSA
Week 7- January 3rd, 2004

Happy New Year! We wish you a year filled with prosperity, health and happiness.

Farm Day was great fun. We had gorgeous weather! Well over fifty people came, and made some great scarecrows. We had good food and wonderful company. One of our shareholders brought a Zucchini Pie (last week's recipe), and not a crumb remained. The children really enjoyed the hayrides, and painting the barn brought out the creative spirit in the kids.

What's in my share?

FULL SHARES

HALF SHARES

1 Large bag.....	Salad Mix (BHF).....	..	1 small bag (RED DOT)
1 large bunch....	Italian (Flat) Parsley (BHF)....		1 small bunch (RED tape)
3 squash	Yellow Squash (HO).....		2 squash
3 peppers.....	Sweet Green Peppers (HO).....		2 peppers
5 grapefruit	Ruby Red Grapefruit (PP).....		3 grapefruit
1 daikon	Daikon w/out tops (BG, BHF)		-none-
1 each	Newsletter		1 each

Xtras!! Green Peppers (HO), Oranges (WF), Zucchini (HO),
& **LIMIT ONE**->Microgreens: Blend and Radish shoots (PF)

Note: YOU CAN TRADE WITH SOMETHING ONLY FROM THE EXTRAS BOX- IF THE EXTRAS ARE EMPTY, DON'T TAKE SOMETHING ELSE FROM THE LIST- YOU'LL BE STEALING SOMEONE ELSE'S FOOD!!

BHF=Bee Heaven Farm / BG=Bellevue Gardens(Archer)/
LM=Lady Moon Farms (Ft. Myers) / WF=Worden Farm(Punta Gorda) / PF=Paradise Farms/
HO=Heartland Organics (Hmstd) / PP=Pressley's Pride(Frostproof)

Featured Item of the Week

Italian (Flat) Parsley: This is a sweet parsley full of flavor. Parsley is full of vitamins. Chop some into a morning omelette; sprinkle some at the last minute into a soup. Parsley makes a great pesto. It makes an effective breath-freshener, too- just chew some leaves or crunch on a 'stem'.

Recipe of the Week- Chive-Parsley Pesto

Blend together 1 cup flat-leaf parsley, ½ cup chives, ¼ cups pine nuts, 2-3 cloves garlic, and ½ cup Parmesan or Romano cheese with ½ c olive oil, adding the oil slowly until you get a smooth paste. Don't be afraid of varying proportions or substituting items- for example, you can use walnuts instead of pine nuts, omit the chives, add basil – experiment!

Recipe of the Week- Broiled Grapefruit

Cut a grapefruit in half and cut out the center. Remove seeds. Sprinkle with brown sugar, a bit of nutmeg, and 1 Tbsp good quality rum. Arrange on a cookie sheet and broil until the top is slightly browned. Garnish with a mint leaf. Enjoy!

More on Back-Check it Out! →→→→

Farm News

We are at a low point right now—the weather is too cold for some things and too warm for others. The broccoli loves the cooler weather; it has finally started to take off and grow rapidly. The lettuces also like this weather, but squashes and peppers don't. We'll probably be seeing less of them, and more of the cole crops (cabbages, kales, broccoli, and such). Some of the first round of crops are finished, and it's time to turn over the beds and replant with something else.

The weather has been warming up again, which means the tomatoes are going to start ripening soon. My mouth waters just thinking about them!

Recipe of the Week – Armenian Potato Salad with Red Onions and Green Pepper

by Karen Brewer from “Just Recipes”

3 lb red-skinned potatoes
1 med red onion, thinly sliced and separated into rings
1 green pepper, seeded and finely chopped
3 tbsp minced fresh parsley
juice of 1/2 lemon
1/3 c olive oil
salt, pepper and cayenne pepper to taste

Boil potatoes in their jackets until barely tender. Cool enough to handle, cut into generous bite-size pieces while still warm. Place potatoes in a large salad bowl along with onion rings and green pepper; mix well. Add parsley and lemon juice; carefully toss again. Dribble oil over the vegetables and season to taste with salt, pepper and cayenne pepper; toss and set aside for several hours for salad ingredients to mellow. If refrigerated, bring to room temperature before serving. (Goes well with roasted lamb, chicken or simple fish recipes).

Serves 8 to 12.

Tidbits

Les Dames d'Escoffier is helping us put together a cookbook featuring local foods. If you have a recipe you like or created, please submit it for inclusion. We hope to put together a yearly compendium which we'll make available to CSA members. Please email your recipes to: Kavetchnik@aol.com.

Farmers' Market season is here!

We'll be at the South Florida Farmers' Market held every Sunday at the Gardner's Market in Pinecrest from 9-1, beginning Sunday, January 4th. Come see us there. We'll have some of the same items you get in your shares, plus other things that we grow (and may not have enough to pass on to the CSA). And this year we'll have BeeLand Honey and royal jelly at our booth. (SW 124th St just east of US1).

Going out of town? Please send us an email (office@pikarco.com) and cc: your pickup site coordinator at least 48 hours in advance. This really means you have to let us know by Wednesday night, as we start getting things ready on Thursday. We'll suspend delivery of your share for that week and credit you for an extra week at the end of the season. If you don't notify us in time, we'll send your share as usual, and you will forfeit the credit.

Threw away a newsletter and forgot to save the recipe? The CSA newsletters are now online! Go to www.redlandorganics.com/newsletter.htm for links to all the newsletters from last season, and this season, too.