



Recipe of the Week

Wilted Red Cabbage and Bell Pepper Slaw

—from the Minnesota Dept of Agriculture

½ cup distilled white vinegar	3 Tbsp mustard seeds
½ cup water	½ head red cabbage, shredded (about 3 cups)
1/4 cup sugar	2 red or yellow bell peppers, cut into 1 inch julienne strips
3/4 tsp salt	½ tsp Dijon mustard

In a saucepan bring vinegar and water to a boil with sugar, salt and mustard. Simmer, stirring occasionally, 3 minutes. In a large heavy skillet, heat oil over moderately high heat until hot but not smoking. Add mustard seeds and saute until they begin to pop. Stir in cabbage and peppers, and saute, stirring, 1 minute. Add vinegar mixture and simmer vegetables 1 minute. Drain vegetables in a large fine sieve set over a saucepan and transfer them to a bowl. Boil liquid over moderately high heat until reduced to about 3 Tbsp. Stir liquid into vegetables. Chill slaw, covered, at least 1 hour or overnight.

Okonomi-yaki (Osaka style Japanese Pankakes)

—by Annette Zimmerman-Wells

Mix a batter of 1 c flour, 3/4 c broth or water & 1 egg. Gently fold into the batter: shredded red cabbage, chopped scallions, chopped lightly steamed green beans, and anything else you like: mung bean sprouts, grated carrots, chopped greens, grated zucchini, parsley, diced cooked shrimp, bacon, chicken, whatever is around the kitchen. Add salt and seasonings to taste. Drop by spoonfuls onto a hot oiled griddle, turn once. Serve hot with soy sauce 'kicked up' with a bit of sugar, a few drops roasted sesame oil, and some grated fresh ginger.

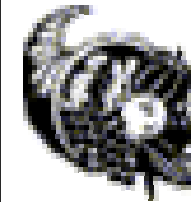
Tidbits

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.

Please share your recipes! 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. See us at the South Florida Farmers' Market held every Sunday at the Gardner's Market in Pinecrest from 9-1, through March. 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).



And we have a winner!

Thanks for all the cute suggestions for naming the newsletter. We had names like "Bee Heaven Buzz", "The Heavenly Buzz", "the Organic Oracle", the "Pikarco Picayune-Times", the "Organic Community", and "ROCSAN-Redland Organics CSA Newsletter". But 'The Community Post (aka the ComPost)', submitted by CSA member Valerie Ferguson, really spoke to us. We're all about community, and compost is our middle name, so what better moniker to give the ragsheet in which we'll post our news! And Valerie wins....tadaa!.... A bag of our very own homemade compost!

It's rich, "organic", down-to-earth, user-friendly, and nourishing!

What's in my share today? - See inside! →→→

Featured Item of the Week—Heirloom Tomatoes

They're starting! Just a pint for full shares and 1/2 pint for half shares this time, but they're soooooo good! Here's a VERY brief description so you can tell them apart.

Green Zebra: medium-sized green tomato with tiger stripes. Green with slight yellow undertones when ripe.

Speckled Roman/Roman Candle: medium-sized oblong tomato with a pointed tip. All yellow (Roman Candle) or orange with red stripes & green specks (Speckled Roman).

Tim's Rose: creamy pale medium round cherry tomato.

Matt's Wild Cherry: very small bright red cherry tomato.

Sun Gold (hybrid): small to medium round orange cherry tomato.

Yellow Pear: small to medium pear-shaped yellow, meaty tomato.

Cherokee Purple: large with green shoulders and dark reddish-purple bottom. C-shaped scarring on top is characteristic.

Black Plum: medium-small plum tomato with green shoulders & dark red color throughout.

Reisenstrabe: small to medium round cherry with a pointed tip-red when ripe.

Black Prince: medium round tomato, dark green shoulders with deep red, almost black undertones.

Amish Paste: red oblong paste tomato-variable size from big & fat to long with pointed tip.

Pusa Ruby: small to medium round tomato-red when ripe.

Red Calabash: small to medium flattened tomato, lobed like a small pumpkin. Clear red & very juicy.

What's in my share today?

<u>FULL & TRIAL SHARES</u>	<u>SHARE ITEM</u>	<u>HALF SHARES</u>
1 head Romaine Lettuce (LMF) A crunchy loose head lettuce for great Cesar salads	1 head
1 head Red Leaf Lettuce (LMF) FULL & Trial SHARES ONLY A pretty, red-tipped crisp looseleaf lettuce	-NONE-
1 eggplant Eggplant (LMF) Traditional vegetable used in many countries	1 eggplant
2 lbs Green Beans (HOF) Tender stringless green snap beans, great raw or lightly cooked	1 lb
1 head Red Cabbage (LMF) A wintertime treat, rich in	1 head
1 pint	Heirloom Tomatoes (TSF & BHF) A wonderful assortment of colorful heirloom tomatoes	1/2 pint (RED DOT)
8 tangerines Dancy Tangerines (ENG) Tasty tangerines sweetened by the recent cold spells	4 tangerines
1 large bunch Curly Parsley (LMF) Rich in vitamins, parsley makes a tasty garnish—use generously	1 small bunch (RED TAPE)
1 each This Newsletter	1 each

Xtras!! (Take some) Green Beans, Eggplant, Lettuce, Red Cabbage, Parsley, Kohlrabi

Note: If there's something in your share that you don't want, you're welcome to add it to the Extras box. **You can trade it with something from the extras box — IF THE EXTRAS ARE EMPTY, DON'T TAKE SOMETHING ELSE FROM THE SHARES-YOU'LL BE STEALING SOMEONE ELSE'S FOOD!!**

Which farms supplied this week's shares?

BHF=Bee Heaven Farm * / TSF=Three Sisters Farm * / LM=Lady Moon Farms (Ft. Myers) / ENG=Eagle Nest Groves /

BF=Blumenberry Farm (Sarasota) / HOF=Homestead Organic Farms *

*Redland Organics founders & grower members