



Recipe of the Week—White Bean Soup with Greens

2 Tbsp olive oil	Optional: hard sausage, sliced into coins
1 large onion chopped	2 bay leaves
1/2 bell pepper minced	Salt & pepper
2 stalks celery chopped	4 cups cooked white beans (canned, rinsed & drained is OK)
5 cloves garlic minced	1 bunch chopped greens (chard, collards, kale or combination)
3 carrots diced	Chopped cilantro & parmesan cheese

In a large soup pot, saute the onion, pepper, garlic, celery & bay leaves in olive oil. When onion is golden, add carrots and 6 cups water. Bring to a boil, cover, lower heat & simmer for about 15-20 minutes, until carrots are tender. Add beans and cram the greens as well as you can into the pot. If they don't fit, cover, wait a few minutes, then stir and add the rest. Repeat if needed. Add salt and pepper to taste (a bit of hot pepper is nice too). The soup will be ready in a few minutes. Serve piping hot topped with a sprinkle of cilantro and parmesan cheese. Optional: add your favorite hard sausage, sliced into coins, with the onions.

Cucumber Raita

This is a cooling Indian side dish, served with hot curries to quell the fires. It's very simple

1 cucumber, shredded	Cumin seed
1/2-3/4 cup plain yogurt	Salt & freshly ground white pepper

to prepare, and you can adjust the seasonings to your individual taste. Wash and coarsely shred a cucumber (peeling is optional with organic cucumbers— the only coatings allowed are edible waxes). Add yogurt. Season with cumin seeds, salt and a bit of ground white pepper. Serve in small dishes accompanied by a spoon.

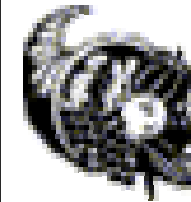
Tidbits

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.

Find our newsletters online! Go to www.redlandorganics.com, click on CSA, then Newsletters.

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).



Attention Trial Shares- it's decision time!

It's time to send in your balance due if you want to continue for the rest of the season. This is week 3 of your trial shares— next week will be your LAST week, UNLESS you send us your money right away! To continue receiving shares for the remaining 9 weeks, please mail your check or money order for \$216.00 to: Bee Heaven Farm, PO Box 924095, Homestead, FL 33092-4095. WE **MUST RECEIVE YOUR PAYMENT BEFORE FEBRUARY 1**. WE CANNOT GUESS OR READ YOUR MIND, so if you want to continue without interruption, please do it right now while you're thinking about it. Thank you!

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

Featured Items of the Week: Collards, Chard, Rapini

Southern Soul Food....perhaps your idea of **collard greens** involves a giant pot of greens cooked to death for hours and hours with big hunks of ham or possibly bacon.... Now you can improve on it and save a lot of time, too! Collards are at their best cooked for a short period of time. They shouldn't turn 'army green'. And DON'T throw away the 'hard' center ribs— just put them in to cook first, a few minutes before adding the chopped leaves, and they'll come out wonderful. This is true for any green.

Ah, that beautiful red color of **Swiss chard**. This beet without a beet is mild and delicious. Those supposedly 'tough stems' are really quite juicy and tender. AND, they taste good.

Also known as **broccoli raab**, **rapini** looks like turnip greens with broccoli flower-lets. It was popular in Roman times, and can be prepared like any other green (see above). It's good over pasta. Roast garlic and red pepper flakes until golden in a skillet with olive oil; add sun-dried tomatoes cut into thin strips and briefly soaked in hot water to soften. Add 3 Tablespoons toasted pine nuts to skillet, then add blanched and drained rapini. Sautee quickly until thoroughly mixed and warmed through. Serve with your favorite pasta.

Member News

One of our CSA members, Kristin Jayd, invites us all to an exhibition of her "Heavenly Bodies", a belly mask art exhibit with a pre-show reception at Birthroot in Coconut Grove Jan. 30 from 7-9pm. The Gallery showing runs Feb 7 through 29 at Homestead Art Club Studio 100, located in the Prime Outlets shops in Florida City. The gallery reception will be Feb. 21 from 7-9pm. All events are free and open to the public.

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

What's in my share today?

FULL & TRIAL SHARES

SHARE ITEM

HALF SHARES

1 large bag Collards (BHF)... FULL & TRIAL SHARES ONLY Dark green rounded leaves with a waxy coating- traditional 'soul food'	-NONE-
1 cucumber Cucumbers (ECO) Crispy cool cukes!	1 cucumber
1 bunch Red Chard (LMF) Deep red stems and bright green leaves	1 small bunch (RED TAPE)
1 bunch Rapini / Broccoli Raab (LMF) A popular Italian vegetable, similar to broccoli, leaves look like turnip greens	1 small bunch (RED TAPE)
1 bunch Red Breakfast Radishes w/tops (BF) Sweet crunchy long red radishes, tipped in white- use the tops too!	1 bunch
1 quart (large box) Heirloom Tomatoes (TSF & BHF) A wonderful assortment of colorful heirloom tomatoes	1 pint (small box)
8 oranges Hamlin Oranges (WF) Sweet juicy oranges with very few seeds- great for juicing or eating	4 oranges
1 large bunch Cilantro (BHF)... FULL & TRIAL SHARES ONLY An essential tomato salsa ingredient, used in many countries	-NONE-
1 each This Newsletter	1 each

Xtras!! (Take some) oranges Note: If there's something in your share that you don't want to take, trade it for something in the extras box — someone else will be happy to take it. **But remember: 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 * / WF=Worden Farm* /

LM=Lady Moon Farms (Ft. Myers) / BF=Blumenberry Farm (Sarasota) / ECO=East Coast Organics(Punta Gorda)

*Redland Organics founders & grower members