



Recipe of the Week

Spinach Strawberry Salad

-courtesy of CSA member Annette Zimmerman-Wells

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|---|---------------------------------------|
| Fresh spinach (well washed & drained) | White wine or rice wine vinegar |
| Fresh Strawberries, sliced | 1 tsp sugar or honey |
| 1/2 bunch scallions, sliced thin | 1 Tbsp finely chopped fresh tarragon |
| 1/2 c light oil (such as canola or grapeseed) | (tarragon vinegar may be substituted) |
| | Salt & pepper to taste |

Lightly toss all ingredients together and serve immediately.

Baked Acorn Squash Halves

-courtesy of Margie Pikarsky,. Bee Heaven Farm

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|-----------------------------------|----------------|
| 1 acorn squash, halved and seeded | 2 Tbsp butter |
| 2 Tbsp brown sugar or honey | Dash of nutmeg |

Preheat oven to 350°F. Place squash, cut side up, on a baking sheet (trim bottoms of squash halves slightly if needed so that they sit flat on the sheet). Place 1 Tspb butter and sprinkle brown sugar or honey on top. Top with a dash of nutmeg. Bake 30-40 minutes, or until flesh is soft. (This dish can also be prepared in the microwave, covered.)

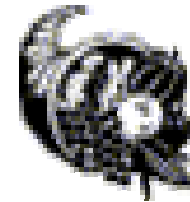
Tidbits

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).



Last week for trial shares

This will be your LAST week, UNLESS you sent us your money! 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. Any checks received on or before Wednesday will continue without interruption. Checks received after Wednesday will NOT get a share next Saturday, so rush to your post office right now!

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

Featured Items of the Week: Boy Choy, Heirloom Carrots

Boy Choy? Do they have Girl Choy too?? Boy Choy is a much-loved Asian vegetable, a miniature bok choy, pale green in color. It's tender and tasty. Try it cooked, or raw, too!

And what kind of weird carrots are those????? Well... there's the Thumbelinas (can you guess which ones?— they're the round ones), a popular Paris Market carrot, little known here in the United States. Then, there's Oxheart, those big but short, stubby carrots, reminiscent of a heart shape. Finally, there's the Nantes-types carrots, of which there are several varieties growing, including Nantes coreless, Scarlett, and "Little Finger", the tops of which tend to break off when you try to pull them up. All of these carrots are sweet and tasty, and they DO NOT NEED TO BE PEELED!! Just scrub them to get the dirt off, and eat raw or cooked to your favorite recipe. And DON'T THROW THE TOPS AWAY— use them like parsley (they're related), in soups, as a garnish, or as a substitute for parsley in any pesto recipe.

Member News

From Ellen Garrett: Ellen is a speech pathologist. On Saturdays, she works with an occupational therapist and they do hippotherapy. This involves working with children with disabilities, on horseback. They do not teach riding, but rather, use the movement of the horse for therapy. They are seeking volunteers on a rotating basis to either lead the horses or walk beside the horse to assist the therapist with the child and the activities. They work from 8:30 to 1:30 at Heavenly Acres Farm in horse country in Southwest Miami. Anyone who loves horses, children or the outdoors would really enjoy it, and community service hours are available for high school students who might wish to volunteer. Anyone interested should email Ellen Garrett at ellengarrett@mac.com or call 305-725-3882.

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 head Romaine Lettuce (LMF) Traditional lettuce of Caesar Salad fame	1 head
3 squash Green Acorn Squash (LMF) Dark green winter squash with yellow-orange flesh	1 squash
1 bunch Semi-Savoy Spinach (LMF) dark-green, somewhat crinkly leaves	1 small bunch (RED TAPE)
1 bunch Boy Choy (BHF).. FULL & TRIAL SHARES ONLY	-NONE-
	A pale green baby bok choy	
2 peppers Green Peppers (LMF)	1 pepper
	Sweet bell peppers	
1 quart (large box) Heirloom Tomatoes (TSF & BHF)	1 pint (small box RED DOT)
	A wonderful assortment of colorful heirloom tomatoes	
-NONE- HALF SHARES ONLY Pea Shoots (PF)	1 pint box
	Crunchy tender green shoots	
1 bunch	... Assorted Heirloom Carrots (BHF).. FULL & TRIAL SHARES ONLY ...	-NONE-
	Sweet, crunchy, and NO PEELING REQUIRED!	
1 each This Newsletter	1 each

Xtras!! (Take some) peppers, chard, spinach, pea shoots 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. **Remember: IF THE EXTRAS ARE EMPTY, DON'T TAKE SOMETHING 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 * / PF=Paradise Farms* / LM=Lady Moon Farms (Ft. Myers)

*Redland Organics founders & grower members