



Recipe of the Week

Steamed Broccoli

-Margie Pikarsky, Bee Heaven Farm

- 1 head of broccoli, rinsed and drained
- 1 medium onion, cut into wedges
- 3 cloves garlic, sliced thinly
- 2 Tbsp olive oil
- 2 Tbsp fresh basil, chopped
- 2 Tbsp hulled (white) sesame seeds
- 1/2 lemon or lime
- Salt & pepper to taste

Cut the broccoli into florets. Peel larger stems and cut lengthwise into long sticks. In a saucepan, sauté the garlic, onion, basil, salt, pepper and sesame seeds. Add the broccoli, placing the stems in first and the florets on top. If necessary, add no more than 1/4 cup water. Cover and steam for a few minutes. Check OFTEN, and stir it all up after the first minute. The broccoli must stay bright green, but will be fork-tender (if it turns olive green, it's overcooked!). Just before serving, squeeze lemon or lime over broccoli and toss well.

Delicata Squash with Rosemary, Sage & Cider Glaze

-source *The Herbfarm* cookbook

- 2 -3 delicata squash (about 2 pounds)
- 1/4 c fresh sage coarsely chopped
- 1 Tbsp fresh rosemary coarsely chopped
- 1- 1/2 c apple cider or juice
- 3 Tbsp butter
- 1 c water
- 2 tsp sherry vinegar
- Salt & fresh ground pepper to taste

Peel coarse skin if needed with a vegetable peeler, cut lengthwise in half & scrape out seeds with a spoon. Cut into 1/2 inch thick slices. Melt butter in a large skillet over low heat. Add sage & rosemary and cook until butter starts to turn golden brown. Add Squash to the skillet, then rest of ingredients. Cook, stirring occasionally, over medium heat until cider boils down to a glaze and squash is tender, about 20-30 minutes.

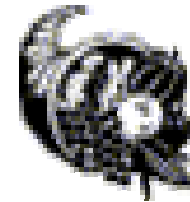
Tidbits

Going out of town? Please let us know by Wednesday night, as we start getting things ready very early on Thursday. Send us an email (office@pikarco.com) and cc: your pickup site coordinator. 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! 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. (SW 124th St just east of US1). And now, Monday afternoons 2-5 at Gardner's Market in Ocean Reef (key Largo).



Farm News

40% of the trial shares have elected to continue for the remainder of the year. That's an excellent retention rate. CSA's generally consider 20-30% good in their early years!

We've had some turnover in our WWOOFer group this past month. The Greens have left for colder climes, Sam & Janet were here for three weeks and just departed to continue their adventures in Arizona. Adam has just arrived, and we're expecting Caroline & Evan real soon! Sky, Aaron & Stephanie, along with our part-timer Curtis, continue to be our backbone workers. Come meet them at the Farmers' Market some Sunday.

☹ Three Sisters Farm's tomato plants have been hit with some sort of 'blight'. After the last cold spell, the plants have gone downhill really fast. A couple of varieties look like they might survive, but they won't be yielding much for a while. Hopefully, we'll have some of our own tomatoes again before the end of the season!

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

Featured Items of the Week: Delicata Squash & Bay Leaves

Delicata Squash is a very nice, surprisingly tender 'winter' squash. It's one of the very few winter squashes that has a skin tender enough to eat, especially when young. Its sweet flesh is delicious. Prepare this squash with the same recipe as last week's acorn squash.

Bay Leaves. This Mediterranean herb grows as a shrub or small tree. Although the culinary Bay Laurel is not native to this region, there are several native bays which make a very excellent substitute. Out native bays tend to like wet areas— there's some very large trees along 'Thunder Road' on the Deering estate and nearby hammocks. The Bay Laurel is a bit tricky to get established here (it likes Mediterranean climates). Sawmill Farms has managed to get them started in a spot that they really like, and YOU get the benefit!

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 Green Leaf Lettuce (LMF) A wonderful looseleaf lettuce	1 head
7 squash Delicata Squash (LMF) A sweet, tender heirloom winter squash with edible skin	3 squash
2 heads Broccoli (LMF) sweet, crunchy stalks	1 head
1 Large Bag Komatsuna/Mizuna Mix (BHF) A mild crunchy mix of green flat leaves (Komatsuna) & 'spiky, frizzy' (Mizuna)	1 small bag (RED DOT)
1 Large Zip Bag Basil (TSF)	1 small zip bag (RED DOT)
1 sprig only! Bay Laurel (SF) Quintessential aromatic leaves for stews & soups	1 sprig only!
1 bag Pineapple Oranges (RO)	1 bag
1 each This Newsletter	1 each

Xtras!! (Take some ONLY FROM THE EXTRAS box/cooler) lettuce, delicate squash, broccoli 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 have 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* / SF=Sawmill Farms* / LM=Lady Moon Farms (Ft. Myers)
/ RO=Rosler Organics *Redland Organics founders & grower members