



### Recipe of the Week

#### Stir-fried green beans

-Margie Pikarsky, Bee Heaven Farm

- |   |                           |
|---|---------------------------|
| Green beans, washed & endtips snapped off   | 1 tsp soy or tamari sauce |
| 1 hot pepper, seeds removed & thinly sliced | 1 tsp corn starch         |
| 3 cloves garlic, sliced thinly              | 1 tbsp toasted sesame oil |
| 1 Tbsp peanut oil                           | Salt & pepper to taste    |

Heat the peanut oil in a wok or deep skillet. Add garlic & hot pepper (your choice of pepper— anything from mild to super hot will work), stir-fry quickly until slightly browned. Add beans and stir-fry briefly until they turn bright green. Mix the soy sauce and corn starch with 1/4 cup water. Reduce heat, pour mixture and cook 1 minute, stirring well. Add salt & pepper to taste. Just before serving, add sesame oil and toss to coat well.

#### Collards—Ayib be Gomen

-a traditional Ethiopian dish

- |   |                            |
|---|----------------------------|
| 1 bunch of collard greens stripped of stems | 1 1/2 tablespoons butter   |
| 1 cups goat, kefir cheese or cottage cheese | 1/4 teaspoon salt to taste |
| 1/2 teaspoon black pepper to taste          | Hot pepper to taste        |

Wash collards and chop. Boil in water until tender. Do not overcook! Drain. Mix all together and serve. Traditional Ethiopian food is eaten using your hands to pick up the food with pieces of a soft thin floppy bread, reminiscent of a very large buckwheat crepe.

#### **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](mailto: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](http://www.redlandorganics.com), click on CSA, then Newsletters.

**Please share your recipes!** Please email your recipes to: [Kavetchnik@aol.com](mailto: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 124<sup>th</sup> St just east of US1). And now, Monday afternoons 2-5 at Gardner's Market in Ocean Reef (key Largo).



### Farm News



**Happy Valentine's Day!** Enjoy the nasturtium flower in your mesclun mix!

Last week the driver was 1 1/2 hours late to pick up at the farm. He wasn't the regular driver, and he mixed up two of the Broward sites, to boot! Those of you used to coming early to meet the driver had to wait an inordinate amount of time. We apologize for the inconvenience. Victor, our regular driver, assures us he won't let it happen again. Of course, this being Miami, traffic doesn't always cooperate, so he may not arrive at exactly the same time each week.

There's been some hot weather days—not good for the lettuces & spinach. They start to bolt (go to seed) when it gets hot. The lettuce becomes too bitter to eat when it bolts. The spinach dies. We're always looking for heat-resistant, non-hybrid varieties that are grown in tropical countries. If you have a hand-me-down (heirloom!) seed of something that you or your parents or grandparents grew in this area or a similar climate, we'd love to get some from you to try on our farm.

**Welcome!** To our new WWOOFers, Caroline & Evan. They just arrived from the frozen North, and are busy thawing out and getting into the farm routine.

We're planning another Farm Day at the end of the season—look for details soon!

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

#### Featured Item of the Week: Sunburst Squash

You've had these flying saucer-like things earlier in the season. How to cook them? Any yellow squash recipe will work, as it's a tender summer squash. They're good raw in salads, too.



*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	.....Red Leaf Lettuce (LMF)..... A tender crisp looseleaf lettuce with red tips	1 head
1 1/2 lb bag	..... Green Beans (HOF) ..... Stringless, yummy	3/4 lb bag (RED DOT)
2 heads	.....Broccoli (LMF)..... Green goodness	1 head
1 lb bag	.....Collards (BHF) ..... Large, waxy leaves	1/2 lb bag (RED DOT)
1 Large Bag	.....Mesclun Mix (BHF)..... A mix of lettuces, frisee endive, red kale, mizuna, spinach, and mustard florets	1 zip bag (RED DOT)
1 large bunch	.....Cilantro (BHF)..... The best seasoning for salsa!	1 small zip bag (RED DOT)
3 squash	.....Sunburst Squash (LMF)..... <i>FULL SHARES ONLY!</i> ... A sweet yellow summer squash reminiscent of a flying saucer	-NONE-
1 each	..... This Newsletter .....	1 each

**Xtras!! (Take some ONLY FROM THE EXTRAS box/cooler)**

**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 \* / LMF=Lady Moon Farms (Ft. Myers) / HOF=Homestead Organic Farms\* /

\*Redland Organics founders & grower members