



### Recipe of the Week

#### I Can't Believe It's Not Crab- 'Crab' Cakes (Chesapeake Style)

-from *Cooking Fresh From the Mid-Atlantic*

- 2 c coarsely grated zucchini or squash
- Salt for sprinkling
- 1 c soft bread crumbs
- 1 egg, beaten
- 1 1/2 tsp Old Bay seasoning
- 1 tsp Dijon Mustard
- 1 Tbsp mayonnaise (preferably fresh made)
- Juice of 1/2 lemon
- 1/4 chopped parsley or cilantro
- Vegetable oil for frying

Put grated zucchini in a colander; sprinkle lightly with salt. Let stand for 30 minutes, allowing excess moisture to drain. Squeeze to remove additional liquid (zucchini should be fairly dry). Place squash in a large bowl, add bread crumbs and mix together well. In a small bowl, mix together the remaining ingredients. Pour this into the zucchini/bread crumb mix and mix gently and thoroughly. Form into patties the size of crab cakes (makes approx 8 patties). Heat a small amount of oil in a sauté pan and cook patties on both sides, browning well. Serve with tartar sauce (1 c mayo, 1 tsp mustard, 2 Tbsp sweet pickle relish, 1 Tbsp capers, 2 tsp parsley) and lemon wedges.

#### Ginger-Lemon Garlic Chicken

- by Sky Belland (Bee Heaven Farm WWOOFer)

- Chicken breasts (substitute fish or tofu)
- Lots of ginger, chopped
- A couple of lemons, squeezed, plus their zest
- Several cloves of garlic, chopped
- Cayenne pepper & salt to taste
- Olive or peanut oil for frying

Marinate chicken with remaining ingredients; if you have the time, leave it marinating for several hours in the fridge. Heat oil in a large skillet or wok. Fry chicken, along with the marinade goodies, until well-browned on both sides and cooked through. Serve, making sure to give everyone some of the tasty, toasty pan scrapings!

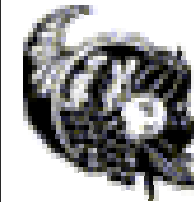
#### **Tidbits**

**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).



We dried fruit all summer long, in anticipation of the winter doldrums when fruit is scarce. Here it is— our “Fruits of Summer” mix— fantastic (dark red) mamey from Health & Happiness Farm, yummy Zill (orange) mangoes from Bee Heaven Farm, tart carambolas (dark yellow) from Three Sisters Farm and sweet carambolas (light yellow) from Bee Heaven Farm, little fat bananas (round cream-colored) (from Bee Heaven Farm), and a little bit of papayas and canistel (crispy bright yellow pieces) from Bee Heaven Farm. Can you tell which is which by its taste? Enjoy!

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

#### Featured Item of the Week: Ginger, ginger!

Arguably one of the most valuable and delicious spices in the world, ginger grows quite well here. Together with Dr. Ray Rafie, our local agriculture development extension agent, we conducted an experiment this past year, growing ginger under a variety of conditions. The ginger you have today was grown by Shenandoah Growers (formerly Herbonics of the Aberfoyle & Nith brand). They grew this ginger in hydroponic tables. Although not organic, it is pesticide-free, and oh, so good! We have several rows planted too, but ours is running behind (we don't have the rigid control over growing conditions that they have), so it's not ready to harvest yet.

How to use this bounty of ginger? You don't have to use it all at once. Ginger freezes quite well and keeps for months frozen. Just pop it in the freezer, peel and all. When you want to use some, take it out, wait a few minutes (don't let it thaw out completely!), scrape off the skin in the section you want to use, and shave off what you need. While still frozen, it's easy to shave really thin slices.

What to do with it? Ginger makes a wonderful tea— try boiling some sliced or shredded ginger together with a slice of lemon for a few minutes, then let steep as long as you can keep away from it (it just smells too wonderful to wait...), dilute and sweeten with honey to taste. Heavenly! Or, use ginger to cook any number of dishes— it's great with lemon and garlic on chicken or fish, curries and stir-fries.

If a recipe calls for ginger juice, squeeze a fresh chunk in a good, strong garlic press.

One caveat— if you start to eat a lot of ginger all of a sudden and are on medication for blood-clotting problems, be aware that ginger has a blood-thinning effect, so see your doctor— you might need to have your medication adjusted!

**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	..... <b>Green Leaf Lettuce (LMF)</b> ..... A tender crisp looseleaf lettuce	1 head
2 pieces	..... <b>Ginger Root (pesticide-free) (SG)</b> ..... A versatile, ancient spice, good for cooking, teas and fragrance!	1 piece
3 zucchini	..... <b>Zucchini Squash (LMF)</b> ..... Dark green tender summer squash!	2 zucchini
1 bag	..... <b>Mustard Greens Mix (BHF)</b> ..... A gourmet mix of Green Wave, Osaka Purple, Giant Red, Florida Broadleaf Evergreen, and Mizuna mustards- spicy and mild!	1 RED DOT bag
1 bunch	..... <b>Tatsoi (BHF)</b> .. <b>FULL SHARES ONLY!</b> ..... Dark-green spoon-shaped leaves with skinny pale green (almost white) petioles	-NONE-
1 box	..... <b>Pea Shoots/Buckwheat Sprouts Mix (PF)</b> .. <b>FULL SHARES ONLY!</b> .... A tender, tasty mix of young shoots	-NONE-
-NONE-	..... <b>Boy Choi (BHF)</b> .... <b>HALF SHARES ONLY!</b> ..... A pale green miniature bok choy -these are full-grown!	1 bunch (RED TAPE)
1 Zip Bag	..... <b>Fruits of Summer (BHF)</b> ..... A wonderful mix of dried mamey, mango, carambola, bananas and canistel!	1 small Zip bag (RED DOT)
1 each	..... <b>This Newsletter</b> .....	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,

**Which farms supplied this week's shares?** BHF=Bee Heaven Farm \* / LMF=Lady Moon Farms (Ft. Myers) / TSF= Three Sisters Farm(transitional)\* / SG=Shenandoah Growers (Redland)

\*Redland Organics founders & grower members