



### Recipe of the Week

#### Watercress Soup — Margie Pikarsky

- |   |   |
|---|---|
| 4 cups chicken broth                          | 1 can water chestnuts, sliced           |
| 1 bunch watercress, rinsed & coarsely chopped | 1 can straw mushrooms, rinsed & drained |
| 1/2 onion, chopped                            | Salt & pepper to taste                  |

Saute onions until golden in 1/2 cup broth. Add remainder of broth, and rest of ingredients. Heat gently until soup comes to a boil. Immediately remove from heat and serve.

#### Roasted Peppers— Margie Pikarsky

- |   |                                |
|---|--------------------------------|
| Several sweet peppers, seeded and cut into chunks | 1 tsp fresh thyme or basil     |
| One onion, cut into wedges                        | Cayenne pepper & salt to taste |
| Several cloves of garlic, chopped                 | Olive oil for drizzling        |

Preheat oven to 400°F. Mix together peppers, onion & garlic and spread evenly on a large cookie sheet or shallow roasting pan. Sprinkle thyme, hot pepper and salt on the mixture; drizzle with olive oil to coat peppers, and place into oven. Roast until the edges of the peppers begin to char. Serve as a side dish or use to make a pasta topping. Add chopped or sliced black olives and sprinkle with Parmesan or Romano cheese. Or, cool and use in a salad or antipasto.

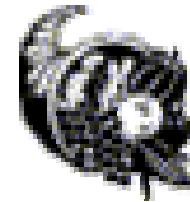
#### **Tidbits**

**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

Would you believe, there are only weeks left in the season! Those of you who suspended your shares one or more weeks will continue on, but the main season will be over April 3rd. The Farmers' Market will be over the previous week, and we'll get a well-deserved rest (we'll get to sleep in on Sundays!).

Our end-of-season Farm is scheduled for Sunday, April 4. Bring the kids and spend a fun day with us!

We've been busy getting an area ready to plant 30 banana plants, removing weeds and adding lots of compost. We'll be picking up the plants this coming week. Hopefully we'll begin having bananas before the end of next year's CSA season. It takes approximately 8 months to 1 year for them to bear. We are putting in 3 varieties: Misi Luki, Dwarf Nam Wa, and Mysore. These are wonderful, mostly short, fat and slightly tart bananas (like the Apple bananas that we can't grow here because of Panama Disease). We're also putting in one each of a few other interesting varieties like 1000-fingers, Goldfinger, FHIA-18 and Hua Moa. We're purchasing our plants from Don & Katie Chafin of Going Bananas, right around the corner from our farm. All these bananas are disease resistant and should grow very well for us.

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

#### Featured Item of the Week: !

**Blue Ballet Squash.** This is a miniature version of the Hubbard Squash. Use it like any other winter squash. Bake it or add it to soups or beans. Pull out your old newsletters and make the watercress salad recipe with this squash (if you lost the recipe, you can find it online in the newsletter archive). The plump seeds are great roasted, too!

**Watercress.** This true nasturtium (*Nasturtium officinale*) shows its parentage in the slightly spicy rounded leaves. They grow best in pure, running water, along the edge of streams. Farmers who aren't lucky enough to have running streams on their property simulate the effect by providing shallow wet beds. You've had this nutritious crispy green before in your shares. Besides their use in salads, use watercress for soup or as a garnish.

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

## What's in my share today?

<u>FULL SHARES</u>	<u>SHARE ITEM</u>	<u>HALF SHARES</u>
1 head	.....Green Cabbage (LMF)..... Sweet & crispy	1 head
1 squash	..... Blue Ballet Squash (LMF)..... <i>FULL SHARES ONLY!</i> ..... A miniature Hubbard winter squash with grey-blue skin	-none-
1 bunch	.....Watercress (B&W)..... Dark green, spicy leaves	1 bunch
1 eggplant	.....Eggplant (LMF)..... <i>FULL SHARES ONLY!</i> ..... Large purple ovoids	-none-
1 large bag	.....Greens Mix (BHF) ..... A mix of lettuces, mizuna, endive, red kale & mustard greens	1 zip (RED DOT) bag
7 peppers	..... Green Peppers (LMF) ..... Small green sweet bell peppers	4 peppers
6 tangerines	.....Honey Murcott Tangerines (ENG)..... A large sweet tangerine	3 tangerines
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) / B&W= B&W Quality Growers/ENG=Eagle's Nest Groves

\*Redland Organics founders & grower members