



Recipe of the Week

Simple Ratatouille — Margie Pikarsky

- 2-3 squash (any summer squash works)
- 1/2 green pepper, diced
- 1 c corn kernels (frozen in best)
- 1 or 2 tomatoes, chopped
- 1 onion, chopped
- Salt & pepper to taste

Saute onion & peppers in oil, until half-cooked. Add remainder of ingredients. Cook on medium heat until squash begins to look translucent, but not falling apart. You can adjust quantities or change ingredients to suit what's available, but this dish should always include squash and tomatoes.



YOUR RECIPE SHOULD BE HERE!— by CSA members

Now that the season is almost over, surely you've come up with some recipes of your own. Send them to Jen (at the email address below), to add to our cookbook collection. Let's get a bunch of recipes in, and maybe we can have the first printing of our CSA cookbook ready by the fall! Don't worry that your recipe is too plain, or too 'homey' - that's just the kind of thing we're looking for! And if you have a favorite recipe of our grandma's or your mom's, or dad's, or whoever, share it!

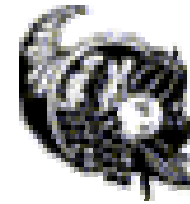
Tidbits

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

Well, the bananas are in the ground, and next week we plant the ginger. With both of these crops, it's a little like being pregnant— you wait nine months and then you get to find out what you grew!

We thought you'd be getting beans this week— the last of the season, but it didn't work out—Homestead Organic Farms had only half their expected harvest and it was sold before we could pick them up—so, feeling badly, they decided to provide us with black sapotes, but, alas! Not as many as we'd hoped to have!

We expect the second wave of cucumbers to start maturing before our CSA season is over, and you'll see some in your shares in a couple of weeks.

It looks like we'll be shorthanded for the last official week of the season, and the subsequent extra makeup weeks. Our WWOOFers will be departing for various points north, following the start of the growing season up there. This is your chance to volunteer a day or half-day for your CSA. If you want to help us get the shares ready, come out early on Thursday, April 1st (no, it's not a joke). Or, after the main season ends, we'll be winding down the gardens, harvesting and saving seeds, removing irrigation, and planting cover crops to prepare for next season, so there will be other options too.

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

Featured Item of the Week: !

Tomatoes. Yep, they're plain ol' red tomatoes, but let them ripen, and they'll be really nice! Heartland Organics grew these— either in LaBelle or in Homestead.

Eight-ball squash. This cutie is really a zucchini that grows small and round. It's an heirloom, but not well-known here. Treat it just like a zucchini.

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

What's in my share today?

FULL SHARES

SHARE ITEM

HALF SHARES

1 headRomaine Lettuce (LMF)..... Sweet & crispy	1 head
3 squash Yellow Squash (HO)..... <i>FULL SHARES ONLY!</i> The quintessential summer squash	-NONE-
-NONE-Eight-ball Squash (HO).... <i>HALF SHARES ONLY!</i> A round dark-green baby zucchini	5 squash
1 bunchRed Radishes w/tops (BF)..... Round red crispy globes	1 bunch
1 large bagSalad greens Mix (BHF) A mix of lettuces, red kale & arugula	1 (RED DOT) bag
5 TomatoesRed Tomatoes (HO)..... Salad, sandwiches, sauce...	2 tomatoes
1 large zip bag Basil (BHF) A mix of Genovese Italian, Opal and Thai basil	1 small (RED DOT) zip bag
1 sapoteBlack Sapote (HOF)... <i>FULL SHARES ONLY!</i> Green with brown-black insides, mushy when ripe!	-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**

Which farms supplied this week's shares?

BHF=Bee Heaven Farm * / LMF=Lady Moon Farms (Ft. Myers) / BF=Blumenberry Farms/HOF*=Homestead Organic Farms/

HO=Heartland Organics

*Redland Organics founders & grower members