



Recipe of the Week

Carrots Glazed with Orange Juice — Margie Pikarsky

Carrots	Juice from an orange
1/4 cup dried cranberries or raisins	1 tsp aged balsamic vinegar

Scrub (don't peel) carrots. Slice thickly. Place carrots in a saucepan with approx 1/4 cup water. Cook covered on medium heat. After two minutes, add the juice from an orange and the cranberries or raisins. Continue cooking until the carrots are almost soft. Uncover the pan and let the remaining liquid evaporate, being careful not to let it burn. Add balsamic vinegar, stir gently, and serve. Kids will LOVE this naturally sweet dish.

Carrot and Raisin Slaw—Margie Pikarsky

2-3 carrots, scrubbed and coarsely shredded	1/4-1/2 cup raisins
1 small can crushed pineapple, drained	1 Tbsp mayonnaise OR juice from pineapples

Put raisins in a deep bowl and pour hot water over them. Let sit for a few minutes to plump up a bit. Drain. Mix together all the ingredients and chill. Serve cold.

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

Three more weeks to go after today! Did you suspend one or more weeks? If you did, you will continue to receive a share. We'll be sending you an email to confirm, so be sure we have your current email address and check that we're not in your spam filter!!! We'll be sending out a survey soon for you to complete— please give us the feedback so we can incorporate your suggestions in our plans for next season.

Everything is blooming like crazy! If the trees set as well as they're blooming, we'll have a bounty summer for avocados, lychees, longans and mangoes. As CSA members, we'll be offering our summer bounty for pickup at the farm on several dates through the summer months.

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

Featured Items of the Week

Carrots These carrots were locally-grown by Michael at Coptic Farms in a natural hammock in the East Everglades. This is a piece of privately-owned land surrounded by National Park, and there is evidence of long-term occupation on the site— pottery shards and clamshells are constantly turning up in the deep loamy muck soil. These carrots are a Danvers type, which grow long, with an earthy flavor. Enjoy them! And remember, you can use the carrot tops the same way you would use parsley— be creative! If you have rabbits or a horse, they like the tops too.

Kohlrabi This vegetable looks like a UFO. We think they're really alien spaceship escape pods— the leaves act like a gyroscope as they float down to earth, so they land with their bottoms down and ready to take root. There are two races— the purples and the greens. Kohlrabis are mild and crispy. Peel the tough outside skin and eat it raw or cooked. Don't forget to eat those tops, too!

Purple! Cauliflower! It LOOKS like broccoli, but it's cauliflower-and it's purple! How weird can you get??

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 headGreenleaf Lettuce (LMF)..... Sweet & crispy	1 head
1 kohlrabi Kohlrabi w/tops(BF)..... <i>FULL SHARES ONLY!</i> The UFO vegetable!	-NONE-
2 headsPurple Cauliflower (LMF)... <i>HALF SHARES ONLY!</i> Unusual cauliflower resembling a purple head of broccoli	1 head
1 bunchCarrots w/tops (CF)..... Earthy Danvers carrots	1 bunch
3 peppersGreen Peppers (LMF) Crisp sweet green peppers	2 peppers
1 boxPea Shoots (PF)..... <i>FULL SHARES ONLY!</i> Salad, sandwiches, stir-fry...	-NONE-
1 dozen (12) oranges Valencia Oranges (WF)..... Nearing the end of the season on fresh Florida citrus	1/2 dozen (6) oranges
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) / BF=Blumenberry Farms / CO=Coptic Farms /
PF=Paradise Farms* / WF=Worden Farm* *Redland Organics founders & grower members