



### Recipe of the Week

Ah, the wonderful taste of luscious strawberries! Below are a couple of 'tart' recipes. For a quick sweet one, dip strawberries in melted chocolate. Place on wax paper to cool. Don't wait to eat!

#### Grapefruit & Strawberry Salad— Margie Pikarsky

- |  |                               |
|--|-------------------------------|
| 1 grapefruit, peeled and cut into segments | 1 Tbsp honey                  |
| 1/2 cup strawberries, cleaned and sliced   | 1/4 c grapeseed or canola oil |
| Whole lettuce leaves                       | 1/4 c wine vinegar            |
| 1/4 c walnut pieces                        | Coarse pepper                 |
| 2 strawberries, finely chopped             | Salt to taste                 |

Arrange grapefruit sections and slices of strawberries on a bed of lettuce leaves. Sprinkle walnut pieces on top. Whisk together oil, chopped strawberries, honey and vinegar, salt & pepper to taste. Drizzle on top of fruit.

#### Balsamic Strawberries — by Chef Peg, Peg's Pantry

- |   |                     |
|---|---------------------|
| 1 pt. strawberries, cleaned and sliced or quartered | 1 T. sugar or honey |
| 1 T. balsamic vinegar                               |                     |

Sprinkle strawberries with balsamic vinegar and sugar or honey. Stir to combine. Refrigerate for two hours before serving.

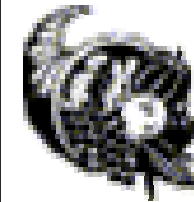
#### **Tidbits**

**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

The lettuce is starting to bolt, the cilantro looks like Queen Anne's Lace. The mustards wave their spicy yellow flowers. The broccoli insists on opening beautiful tasty yellow blossoms. The bees are in heaven— after all, THIS BEE HEAVEN! And end-of-season garden takes on a whole new dimension. As we harvest the last crops, retire beds from production, and wait for the seeds we will save for next season, a sense of renewal, hope and anticipation fills us..

Speaking of bees—our new beekeeper, Miguel Bode, just installed a bunch of young hives at our farm and also at Paradise Farm. The bees are busy checking everything out, and this year EVERYTHING is blooming like crazy!

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

### Featured Items of the Week

**Radishes.** Those red round spicy globes (sometimes other colors and shapes), grow so fast, they're always one of the first and the last things we grow. The fastest ones take only 3 weeks— very few things grow that quickly to harvestable size, except for micro-greens and sprouts. Remember our mantra: "You can eat the tops, too!"

**Kale.** This vitamin-packed vegetable comes in many shapes, colors and sizes. You often see baby Russian Red Kale in your salad mixes— that kale has pretty purple overtones and funny spiky things coming out of different places on the relatively flat leaf. We also grow Lacinato, or black, kale, which has a long narrow somewhat crinkly bluish leaf (they also call it blue or dinosaur kale). There is the green kale you have in this week's share, which loves cold weather— the colder it gets, the sweeter this kale gets. Green kale also comes in variations— some more crinkly than others. There are varieties with white veins and petioles, too. Then there are the decorative kales— they ARE edible, but they're mostly used to decorate buffets and salad bars because they're so pretty with their white, pink or purple centers. Enjoy kale in hearty soups or bean dishes, or simply sauteed with seasonings of your choice. Don't pass this veggie up— pass it around the table!

**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	..... <b>Red Leaf Lettuce (LMF)</b> ..... Tender and Sweet reddish leaf lettuce	1 head
1 bag	..... <b>Gourmet Salad Mix (BHF)</b> .... <i><b>FULL SHARES ONLY!</b></i> ..... Beautiful mix of lettuces, endive, red kale, boy choy and edible flowers	-NONE-
1 large bunch	..... <b>Green Kale (LMF)</b> ..... This kale is sweet and tender	1 small (RED TAPE) bunch
1 pint	..... <b>Strawberries (JF)</b> ..... Sweet red ripe organic strawberries from Dover, Florida	1 pint
1 bunch	..... <b>Red Radishes (BF)</b> ..... Beautiful round red globes	1 bunch
1 zip bag	..... <b>Basil (TSF &amp; BHF)</b> .... <i><b>FULL SHARES ONLY!</b></i> ..... A mix of Thai and Italian basil tops	-NONE-
4 grapefruit	..... <b>Ruby Red Grapefruit (PG)</b> ..... Nearing the end of the season on fresh Florida citrus	2 grapefruit
1 each	..... <b>This Newsletter</b> .....	1 each

**Xtras!! (Take one or two items FROM THE EXTRAS box/cooler ONLY)**      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 / PG=Pressley Groves / Jordan Farms (Dover) / TSF=Three Sisters Farm\* / WF=Worden Farm\* /      \*Redland Organics founders & grower members