



### Recipe of the Week

**Cured Eggplant** –from the uncook book, *Raw*, by Juliano

- |                              |                           |
|------------------------------|---------------------------|
| 1 or 2 medium eggplant       | 1/2 c fresh chopped basil |
| 1-2 cups apple cider vinegar | 1 tbsp minced garlic      |
| 1 medium red bell pepper     | Approx 1 cup olive oil    |

Slice eggplant into very thin slices. Place in a wide-mouth jar with a tight-sealing lid. Add enough vinegar to cover all the slices. Allow to marinate in a cool, dry place for 2-4 days (in the refrigerator is fine). After 2-4 days, take out the eggplant. Squeeze all moisture from the eggplant slices and wash out the jar. Return the slices to the jar, add the remaining ingredients and fill with olive oil to cover all contents. Seal the jar and store in a cool place for a minimum of 3 days. For the best taste, wait six weeks! Cured eggplant keeps indefinitely in the refrigerator once opened. Makes approx 3-4 cups.



**Tomato & Parsley Salad** — by Margie Pikarsky

- |   |                                   |
|---|-----------------------------------|
| Roma or other firm tomatoes                           | Minced fresh garlic               |
| A handful of Italian (flat) parsley. Coarsely chopped | A thick balsamic vinegar          |
| Coarse ground Pepper                                  | Crumbled Goat's cheese (optional) |

Slice several tomatoes into medium-thick slices. On a platter, layer slices of tomato, minced garlic, and parsley. Crumble goat's cheese on top. Drizzle a good quality thick (old) balsamic vinegar over all. Let sit a few minutes and serve.

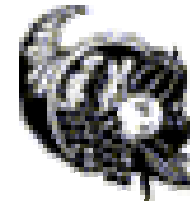
#### **Tidbits**

**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

This coming Sunday (tomorrow) is the last day of Farmer's Market in Pinecrest. If you've been meaning to drop by, this is your last chance for this season!

Sunday April 4th is our end-of-season FARM DAY! Join us from 11-4 for fun and companionship. Bring a dish to share, bring the kids and your inner child. Got some old or outrageous clothes lying around unused? Bring them, and we'll make some great scare-crows. There will be hayrides for the kids, and possibly some pony rides. We'll paint the barn, too! We'll provide hamburgers & hot dogs, and some refreshments (BYO beer/wine and some to share). Try our "Tomato Madness" wine (a little skunky...) And we'll have honey & limited produce for sale too. For those of you who didn't make it to our last Farm Day, our farm is located at 19000 SW 264th Street (Bauer Drive). South on US1 or Krome to Bauer then west 1.3 miles & follow the signs. See you then!

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

### Featured Items of the Week

**Italian Parsley** This flat-leaved parsley is much more flavorful than the curly-leaf kind. Parsley is a vitamin-packed green, and it has been used for centuries as a breath-freshener. Its bright green color garnishes many dishes. Include it in your omelets, salads, soups, pesto, pastas, stews, just about anything.

It seems that everything in the shares this week is round, cylindrical and pointy, except for the parsley (well, the honey isn't pointy). We didn't really plan it that way— it just happened!

All this is stuff you've had before— there's nothing strange or different this week in your shares. The tomatoes are Roma tomatoes, a great paste tomato which is awesome in sandwiches, as it won't drip all over the place and melt your bread. Of course, paste tomatoes are great for making tomato sauce, for the same reason. Your sauce will be thick much sooner, and tasty too.

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

## What's in my share today?

### FULL SHARES

### SHARE ITEM

### HALF SHARES

2 eggplant	.....Eggplant (LMF)..... Purple, big and meaty	1 eggplant
4 cukes	.....Cucumbers (HOF)..... The spring harvest of these crispy cool cukes has finally started!	2 cukes
2 yellow squash	..... Yellow Squash (LMF) ..... Summer squash	2 yellow squash
1 zucchini	.....Zucchini (LMF)..... Green long cylinders	1 zucchini
1 pint	.....Strawberries (JF)..... Yes! More Sweet red ripe organic strawberries from Dover, Florida	1 pint
1 bunch	.....Italian Parsley (BHF&LMF) ..... flat-leaf parsley is the most flavorful kind	1 small (RED TAPE) bunch
1 large (quart) box	.....ROMA Paste Tomatoes (LMF)..... ripe red tomato torpedoes	1 pint (the smaller) box
1 large (12oz) jar	..... Local Wildflower Honey (BLH)..... This sweet local honey is strained, nor filtered or pasteurized	1 small (8oz RED DOT) jar
1 each	..... This Newsletter .....	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**

**Which farms supplied this week's shares?**

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

BLH-BeeLand Honey / Jordan Farms (Dover) /

\*Redland Organics founders & grower members