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### **Recipe of the Week**

Sorry, y'all-we're fresh out of recipes this week. Now it's time for YOU to send in your recipes to Jen. We're itching to see that cookbook materialize! If you've already sent one to her, thank you!

### SUMMER SHARES? MEAT SHARES? WE NEED YOUR FEEDBACK!

Are you interested in a summer share? How about a meat share?

We're going to have a fruit share this summer (limited), but we're also exploring the idea of a Sister CSA partnership with some family farms in North Carolina. They would be able to provide us with vegetables during the summer months, and in turn they would like some of our tropical fruit in summer, and some of our produce in winter. We need YOUR feedback on this- would you buy a summer vegetable share, even if this means that most of the veggies would be coming from out-of-state (NC)? In order to be feasible, we would need a large enough number of subscribers to be able to afford the refrigerated truck and the driver making the weekly trip. Please let us know your feelings on this by emailing to: sisterCSA@redlandorganics.com

Thanks!







#### **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 124<sup>th</sup> St just east of US1). And now, Monday afternoons 2-5 at Gardner's Market in Ocean Reef (key Largo).



# 2003-2004 CSA Shares Newsletter ~ THE COM munify POST ~

Tomorrow is Farm Day! Look in last week's newsletter for directions. If you don't have it handy, check the newsletter archive on the website.

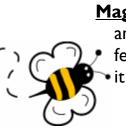
The season has come to a close. This is the last week! We will have two makeup weeks- you should have received an email about it. If you did not, please send us an email (office@pikarco.com) with your correct email address and check to make sure that our mail isn't getting put into a spam folder. Thank you all, and special thanks to our site coordinators.

We've said "Goodbyes" to two wonderful WWOOFers who have been with us the whole season, Sky and Aaron. We are sad, but they have promised to return next year. We'll be looking forward to their return, and will miss them. Our Dutch WWOOFers, Harold and Mirjiam, are also leaving, so we'll be left with no one for awhile.

Harold constructed three chicken tractors to house of future flock of 50 chickensthese are moveable, bottomless pens which protect the chickens from predation, while allowing them to pasture. We move them to fresh greenery as soon as they've 'tilled' up each area- they get to eat the bugs and the grass, and we get fertilized, cleared land in return! We'll be offering an EGG SHARE next fall, but ONLY for people who pick up at the farmthe thought of many dozens of eggs jostling about in the truck is just too scary!

Our new bees are busy making their combs so they can get down to the business of making honey. Miguel is doing a great job- you can see them when you come on Sunday.

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



**Magda Squash** This is a variant of a zucchini squash. Its skin is very tender, and since it's light in color, the slightest bruise shows up on it. It's still perfectly good to eat, but since it's so delicate, please don't let it sit around- eat it right away!

Week 20 **April 3rd, 2004** 

#### FARM NEWS

#### **Featured Items of the Week**



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

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	What's in my share today?
FULL SHARES	SHARE ITEM
3 squash	
	A short, light green zucchini
5 squash	Green Patty Pan Squash (LMF)
	A green flying saucer squashed flat!
1 large bag (1 lb)	Collard Greens (BHF)
	Southern vitality
1 bunch	Lacinato Kale (LMF)
	Black or dinosaur kale
1 bunch	
	Dark green, vitamin-packed crunchy greens
3 peppers	Green Peppers (LMF)
5 oranges	
	The last of the crop!
1 each	This Newsletter

Xtras!! (Take one or two items FROM THE EXTRAS box/cooler <u>ONLY</u>) 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) /





# HALF SHARES

1 squash

3 squash

# 1 small (RED DOT) bag (1/2 lb)

# 1 small (RED TAPE) bunch

1 bunch

1 peppers

3 oranges

1 each

# Note: If there's something in your share that you don't