



### Recipe of the Week

#### Simple Yummy Salad — Margie Pikarsky

Pei Tsai	Red Pepper, cut in strios
Arugula	Balsamic or your favorite dressing

Mix 2 parts Pei Tsai to 1 part Arugula. Decorate with Red pepper strips. Serve with your favorite dressing. Optional: Add Feta or Goat Cheese crumbles. Enjoy!



### FARM DAY

Mark your calendars— our annual winter Farm Day is scheduled for Sunday, December 19th. This is always a fun event. Bring a dish to share, family and friends, and join us for a day of fun. We'll have hay-rides, make-your-own scare-crow, and other fun activities.

### 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.

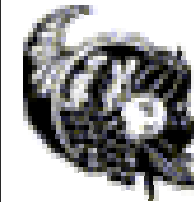
**Find our newsletters online!** Go to [www.redlandorganics.com](http://www.redlandorganics.com) ,click on CSA, then Newsletters.

**Please share your recipes!** Please email your recipes to: [Kavetchnik@aol.com](mailto:Kavetchnik@aol.com).



### Egg Corner

We have a flock of 50 hens that were hatched Memorial Day week-end. They're a funky mix of many different varieties of hens, and will be laying an assortment of white, brown, and tinted eggs. As they approach 6 months, they are beginning to lay, though not fast enough for us!! We already pre-sold some egg shares, and have a waiting list for more when they are all laying well.



### FARM NEWS

Welcome to the winter growing season! While most of the United States has shut down for the winter, we're just getting started. The last few weeks we've been watching the new seedlings emerge and grow amazingly quickly.

The rash of near-hurricane-misses put us all under stress. We got a late start in just about everything, but we're recovering now.

We have a great crew of WWOOFers to start the season. Sky and Aaron are back for a second year, bringing with them Cailey (the dog) and Mojo (the cat). Bethany was with us for a month, but has since left for colder climes. In the meantime, Guirec arrived from France via Pennsylvania, and just this week we welcomed the Ducasse family from Quebec, and Lisa Marie from New Jersey.

Our Southridge High TMH students are back for the third year, to help us weed, prepare flats, derock the rows, sort and pack the shares. These mentally-handicapped students are experiencing and practicing skills which may eventually help open job prospects for them beyond 'bag boys' work. They will be at the farm on Thursday mornings during the season.

**What's in my share? What do I take today?**

**See inside! →→→**

### WELCOME New Members

New to the CSA? Confused about the food? Find your name on the checklist and check off your name when you come to pick up your food each week. Bring some bags or boxes to carry your food.

Pay close attention to the list and the descriptions of the items, and you won't go wrong. Notice that when a half-share portion is different from the full share portion, the half-share is marked with a red dot or red ribbon, to tell it apart from the full shares.

Any time you're going to be away, please let us know **NO LATER than WEDNESDAY**, or your share will go out as usual. Email to: [office@pikarco.com](mailto:office@pikarco.com), and cc: your site coordinator, please.

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

## What's in my share today?

### FULL SHARES

### SHARE ITEM

### HALF SHARES

Large bag	Pei Tsai (BHF)—Looks and tastes like Lettuce, but it's a Brassica!!!	Bunch (RED DOT)
Large bag	Arugula (BHF)	Small bag RED DOT)
1.5 lb bag	Green Beans (HOF)	3/4 lb bag (RED DOT)
4 squash	Yellow Squash (HOF)	3 squash
2 cukes	Cucumbers (HOF)	1 cuke
1 bunch	Pink Beauty Radishes (BHF)—Full shares ONLY !	-none-
1 avo	Avocados (SG**)— Monroe, a late variety	1 avo
1 sprig	Bay Leaves (SF**)—Nothing like fresh!	1 sprig
1 each	..... This Newsletter .....	1 each

### **Xtras!! (Take a goodie 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 DEPRIVING SOMEONE ELSE OF THEIR FOOD!!**

**Which farms supplied this week's shares?** BHF=Bee Heaven Farm \* / HIF = Homestead Organic Farms\* / SF = Sawmill Farm\* / SG = Schmalbach grove

\*Redland Organics founders & grower members

\*\*pesticide-free, not organic

### Featured Item of the Week

**Pei Tsai.** The Tokyo Bekana variety of this Brassica vegetable is a beautiful light green lettuce leaf with a delicate white petiole. The taste is quite mild, and we've been eating it like lettuce here at the farm. Mixed with some arugula, it makes a great salad. You'll be seeing more of this wonderful vegetable in the salad mixes this season. As a member of the broccoli family, it's packed full of nutrition, too!