



Recipe of the Week

Things to do with Radishes — from several sources

Spread Bagels with cream cheese and sliced radishes for a quick appetizer or snack

Bake radish halves brushed with oil at 450°F for 15 minutes. Great with roast beef

Combine mayonnaise and chopped radishes- makes a tangy instant spread for ham

Slip some thinly slivered radishes stirred into rice pilaf

Toss radish greens (full of vitamins A, C, and B!) into mixed vegetable soups or

FARM DAY

It's just around the corner— Sunday, Dec. 19th, from 11am to 5pm. Come join us for a relaxed time in the country. Get ready to pull weeds, stake tomatoes, play around, make scarecrows to take home (bring funky old clothes, crazy hats, funny shoes, junk jewelry to dress 'em up). If it's cold, we'll make music and a campfire after dark.

EGG CORNER

We're getting a lot of requests to sign up for egg shares! We can't accept any more now, but we've started an 'egg share waiting list', and when our hens are going full blast and we're caught up with the current egg shares, we'll open it up— sometime after the first of the year....

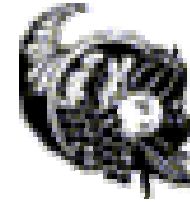


Tidbits

Going out of town? Please let us know by email no later than 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. There is a max of 2 credits per season, and 2 makeup weeks at the end to redeem your credits.

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.



FARM NEWS

New members may not know that we are putting together a cookbook from our recipes. The idea came up 3 years ago, and we've been collecting recipes ever since. Jen Karetnik is spearheading this effort, and she's provided us with the following update:



We are currently at 65 recipes, culled from direct contributions to Jen and the newsletters. Jen would like to at least double that amount to make it worthwhile going to press. She's currently looking into custom community cookbook publishers that offer a looseleaf notebook option, so we'll be able to add updates every year or two.

Jen has divided the chapters into the following; recipes are filed into them by loose interpretations of the starring ingredient: Beans / Greens / Grains* / Cukes & Zukes / Flowers & Florets* / Chicken & Eggs* / Roots* / Fruits*. Those with an asterisk are especially needful of recipes. We also have NO desserts— something we must remedy immediately!!

Any recipe that uses a South Florida farm product in it is eligible, whether it be fruit, veggie or even the all-natural beef that was raised on the farm. Any type of dish is welcome. You need not shy away from using dairy, fish, poultry, or meat in the recipes; not every CSA'er is vegetarian or vegan. Send your recipes to office@pikarco.com or to Kavetchnik@aol.com. We'd love to see our first 'edition' printed this season.

Holiday Schedule:

NO delivery Sat. Dec 25

Mid-week delivery WED, Dec 29

NO delivery Sat, Jan 1st

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

See inside! →→→

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>
Large bunch	Hon Tsai Tai (BHF) - a tender, Chinese green	Small Bunch (RED TAPE)
Large bag	Green Beans (HOF) — crisp green beans	Small bag RED DOT)
Large bag	Mesclun Mix (BHF) - our wonderful salad mix of lettuces, arugula, pei tsai, frisee endive, tatsoi, mizuna	Zip Bag (RED DOT)
6 squash	Yellow Squash (HOF) - ever tried 'em pickled?	3 squash
1 bunch	Radishes w/tops (WF & BHF) — Your choice of either Round Red or long white-tipped D'Avignon radishes, deliciously mild- everyone gets ONE bunch	1 bunch
3 peppers	Green Bell Peppers (LMF) - these deliciously sweet green peppers are so fresh and crisp they'll crack loudly if you squeeze them	1 peppers
1 each	This NEWSLETTER	1 each
1/2 dozen	EGG SHARE SUBSCRIBERS ONLY!!!!	None today- Next week!!

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 * / WF=Worden Farm* / HOF= Homestead Organic Farms* / TSF=Three Sisters Farm** / LMF = Lady Moon Farm
*Redland Organics founders & grower members

Featured Item of the Week

Hon Tsai Tai. This beautiful Chinese green, a flowering bok choy relative, has green leaves with pretty purple stems and yellow flowers. The flowering stems are used along with the leaves. It makes a wonderful stir-fry ingredient. *Conscious Choice's* website has an interesting article about this family of Asian greens titled "Choy to the World", with some great recipes, at: <http://www.consciouschoice.com/cooking/cooking1310.html>