



Recipe of the Week

Cuke and Onion salad — Margie Pikarsky

Wash and score the skin of a cucumber by dragging a fork making grooves along its length (this makes a pretty pattern when the slices are cut and lets the flavors infuse better). You don't need to peel these cukes— they're not coated with wax or oils! Slice thinly. Thinly slice half an onion. Put cukes and onions into a bowl. Pour over them a mixture of vinegar, sugar, salt, pepper, and a small amount of cilantro (or dill) finely chopped. For a spicy salad, add hot pepper to taste. Marinate in refrigerator overnight. Enjoy!

FARM DAY

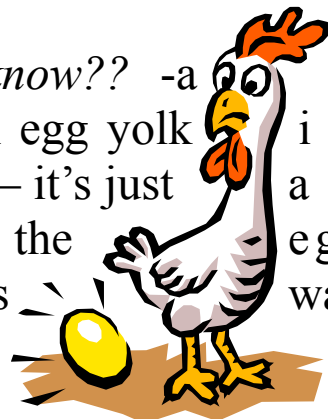
One more week until our winter Farm Day on Sunday, Dec. 19th, from 11am to 5pm. Bring a covered dish to share—we'll provide the refreshments and the grill (we have a meat side and a veggie side, so all can enjoy!)

Remember to bring funky old clothes, crazy hats, funny shoes, and junk jewelry to dress up the scarecrows (which you can take home afterwards).

EGG CORNER

The first eggs went off to the full egg shares last week— just a half-dozen each. This week, every egg share member gets some eggs. We're not yet up to the full complement for shares, but they're coming!

Did you know?? -a red speck on an egg yolk is NOT an embryo— it's just an inclusion that the egg gathered on its way out .



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

We've bid goodbye to the Ducasses, who are returning to the frigid north. Guirec and Lisa Marie are also departing. Never have our gardens looked so good! They really brought us up to date on our weeding. Lisa Marie adopted the beans and has kept them picked clean & productive. Gui-"rock" removed more rocks from our garden than everyone else put together the past two years! He also took over the chicken and egg duty from Bethany. Together with our long-term employee Curtis, they have seen the hens through their first egg-laying efforts. Now we welcome Bruni, joining us from New York for a time. You will get to meet her as well as our interns Sky & Aaron, on Farm Day, December 19th.

This year seems to be the year of the Asian greens. Most of these wonderful greens are Cruciferous vegetables (fancy words for relatives of broccoli and cabbages). They are packed full of nutrition, tender, and versatile. The other family often represented in Asian greens is the Mustard family. Now, lest you think all mustards are sharp and spicy hot, keep a sharp eye when you get our salad greens for a frilly green leaf. That's mizuna, a very common salad mix ingredient which is totally mild, but a mustard nevertheless! Tatsoi is another mustard family member that's mild and crunchy— one you will also see in our salad mixes. In our gardens we currently have: Pei Tsai, Tatsoi, Hon Tsai Tai, Boy Choy, Mizuna, Tai Tsai, Daikon....(there'll be a quiz later!)



Holiday Schedule:

NO delivery Sat. Dec 25

Mid-week delivery WED, Dec 29

NO delivery Sat, Jan 1st

Back to Saturdays on Jan 8th

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

See inside! →→→

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

Featured Item**this Week**

Black Sapote. This fruit is a type of persimmon! It's ready to eat when it's VERY, VERY, VERY SOFT. At that point, the green skin will look dull and will be turning brown in places, and the inside of the fruit will be dark brown-even shiny! Only then is it really ready to eat.

Scoop it out with a spoon.

Sprinkle a bit of cinnamon on it.

Or blend it with a bit of cocoa or carob, avocado (really!), cinnamon, a dash of lime juice, and honey to taste for a really yummy 'pudding'.

Mustard Greens. Our gourmet mix of heirloom varieties—Osaka Purple, Giant Red, Florida Broadleaf Evergreen, Green Wave and Purple Wave make a colorful combination. Spicy raw greens add a kick to salads or veggie juices—cooked, they tone down to a muted roar. Mustard greens combine very well with sweet dried fruits. Look in our newsletter archive for some great recipes using these nutritional powerhouses!

What's in my share today?

<u>FULL SHARES</u>	<u>SHARE ITEM</u>	<u>HALF SHARES</u>
1 bunch	Pei Tsai (BHF)— crisp lettuce heads	1 bunch
1 bunch	White Asian Salad Turnips w/tops (BHF)—FULL shares ONLY!!	-none-
Large bag	Mustard Greens (BHF)- a mix of heirloom mustard varieties	Small Bag (RED DOT)
3 cukes	Cucumbers (HOF)	2 cukes
1 eggplant	Eggplant (LMF)	1 eggplant
1 large bunch	Cilantro (BHF)	1 small bunch (RED TAPE)
1 sapote	Black Sapote (TSF) - a black persimmon!	1 sapote
1 each	This NEWSLETTER	1 each
1/2 dozen	EGG SHARE SUBSCRIBERS ONLY!!-look for your name on the carton	1/3 dozen (4 eggs)

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 * / HOF= Homestead Organic Farms* / TSF=Three Sisters Farm**

/ LMF = Lady Moon Farm

*Redland Organics founders & grower members **transitioning to certified