



Recipe of the Week

Broccoli Raab (Rapini) Quick Stir-fry—by Onion (aka Annette)

#1: Heat 1 Tbsp grapeseed or canola oil in a wok. Sauté chopped garlic and red pepper flakes. Add chopped broccoli raab and stir fry until leaves are glossy. Stir in 1 tsp Hoisin sauce and serve.

#2: Heat 1 Tbsp oil in a wok. Sauté chopped shallots with walnuts, almond slivers, or sesame seeds. Add chopped broccoli raab and stir fry until leaves are glossy. Add salt to taste, raisins and a dash of balsamic vinegar. Serve.

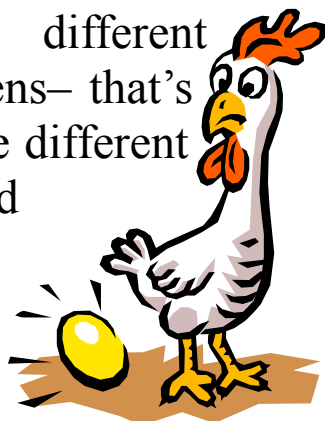
Al's Beef update— the next steer should be ready in January. You must order ahead of slaughter-time, so contact Al to place your orders now for this great grass-fed beef from a small family farm. Order form and phone number are on the website at www.redlandorganics.com.

FARM DAY

Tomorrow from 11-4. Bee Heaven Farm is at 19000 SW 264th St., approx 4 miles north of Homestead. Go south on US1 or Krome Ave to Bauer Drive (264th St) and head west. Look for the signs after crossing 187th Ave. Bring a dish to share and come have fun!

EGG CORNER

Did you know? We have an assortment of different breeds of chickens— that's why the eggs are different sizes, shapes, and colors!

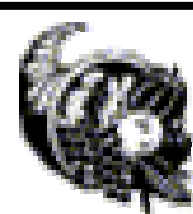


Tidbits

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. **(The deadline for Dec 29th is Sunday, Dec. 26th)**

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

All of us on the farm wish you a happy holiday season!

Are you stumped for a special gift? GIVE A TRIAL SHARE! \$125 will get your loved one 4 weeks of our great produce, starting January 8th. Sign up and pay online by Dec 28th.

Welcome to Bruni, down from New York City to learn about organic farming. Come meet her, your farmers, and fellow CSA members tomorrow at our third winter Farm Day event. Mineko will be there with her massage chair- \$1 a minute will buy you a wonderful massage. Onion (aka Annette) will bring her easels, paints and blank canvas for those who would like to paint some farm scenes. We'll have hay rides for all. Share your favorite dish with us. We'll have fun decorating sun visors to take home, and, of course, we'll be making up scarecrows! The address is on the back page.

There seems to be some confusion regarding the eggs. If you bought a separate egg share, you get eggs; if you didn't buy an egg share, you don't get eggs. That's pretty simple, but it seems that some members are sending family and friends to pick up their shares without explaining everything fully. Please make sure that anyone you send understands they **MUST** read the newsletter **FIRST** to see what they're supposed to pick up, and please make sure they know whether you have a Full or a Half share, if you have an egg share, and whether said egg share is a full or a half egg share.

Holiday Schedule:

NO delivery Sat. Dec 25

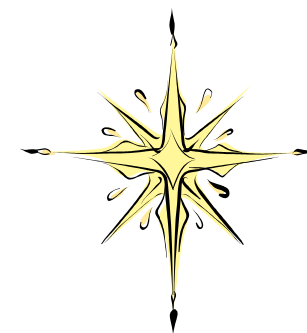
Mid-week delivery WED, Dec 29

NO delivery Sat, Jan 1st

Back to Saturdays on Jan 8th

We're expecting some cold weather Monday. Let's pray we don't have any freezes this season!!

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 of the Week

Pak Choy / Mei Quing Choy. Bok choys, pak choys, boy choy, choy sum—pretty much anything choy are crispy crunchy veggies which are packed full of calcium. They make great raw snacks. Choys shine in stir-fry dishes, by themselves or in combination with other vegetables. They even make great salsa (look in our newsletter archive CSA2002-2003 Week 7 for a recipe). Bok Choy has long pale green stems with light green leaves. Mei Quing Choy has much shorter stems with darker green leaves. Choi sum is short with white stems with dark green leaves, Bok choy has long whitish stems and pale green leaves, and so on...

Heirloom Beans: Did you know string beans came in so many colors? We have purple, yellow, green, and streaked beans in our collection, plus some yellow Italian-style pole beans. The dark coloration changes to green when the beans are cooked, so steam very lightly or serve raw to maintain the full color impact. Fresh raw beans are crispy and crunchy, and taste great!

What's in my share today?		
<u>FULL SHARES</u>	<u>SHARE ITEM</u>	<u>HALF SHARES</u>
Large bunch	Broccoli Raab/Rapini (BHF)- tender, like you've never had it!	Small Bunch (RED TAPE)
1 head	Greenleaf Lettuce (WF) - tender heads	1 head
7 squash	Yellow Squash (HOF)	3 squash
1 bok choy	Pak Choy (WF)- a large bok choy with elongated heads Full shares ONLY!!	-none-
-none-	Mei Quing Choy (WF) - short (stubby, all-green heads) Half shares ONLY!!	1 mei quing choy (RED TAPE)
Choice of 1 bag	Heirloom Beans (BHF) - choice of Royalty Burgundy Purple-Pod, Dragon's Tongue (yellow, purple-streaked), Golden of Bacau & GoldMarie vining (yellow Romano-type pole beans), or green	Choice of 1 bag
1 bunch	Italian Basil (WF) - Full shares ONLY!!	-none-
5 tangerines	Sunburst Tangerines (ENG)	3 tangerines
1 avocado	Choquette Avocados (SF) - FULL shares ONLY!!	-none-
1 large soap	Natural Soaps** (TSF) - fragrant, hand-made glycerin soaps using herbs, flowers and luffas from the farm	1 small soap
1 each	This NEWSLETTER	1 each
➔ Eggs are for EGG SHARE SUBSCRIBERS ONLY!! - look for your name on the carton ➔		

XTRAS!! Sorry, no extras this week— everything got doled out in the shares! **Remember– next pickup is Wed, Dec 29th!**

Which farms supplied this week's shares? BHF*=Bee Heaven Farm / WF*=Worden Farm / HOF*= Homestead Organic Farms / TSF*=Three Sisters Farm** / SF*=Sawmill Farm** / ENG=Eagle's Nest Groves *Redland Organics founders & grower member **not certified organic– pesticide-free