



**Recipe of the Week**

**Shiitake Pei Tsai**—by Margie

- |   |   |
|---|---|
| Pei Tsai, coarsely chopped                            | Crushed Hot Pepper (or fresh) to taste                |
| Shiitake Mushrooms, cut in thirds                     | Peanut or Canola Oil                                  |
| Snap or Romano-style Beans (any color), cut in thirds | Hoisin Sauce (1 Tbsp) -or substitute 2 Tbsp Soy Sauce |
| Garlic Chives, chopped                                | Cornstarch (1 tsp)                                    |

Mix Hoisin or Soy Sauce with Cornstarch in 1/3 c water. Set aside. Stir well before using. Heat oil in a wok or large frying pan. Throw in hot pepper. Add Pei Tsai and sitr-fry quickly for 1 minute. Add beans, mushrooms and garlic chives. Cook for another minute. Slowly add Cornstarch mixture while stirring constantly. Cook until thickened and serve immediately over brown rice. Optional: add 1/3-1/2 c chopped walnuts together with the mushrooms. Number of servings depends on the amount of Pei Tsai and beans used.

**EGG CORNER**

**Did you know?** We roll the chicken tractors to a new location in the grove twice a week. The hens have learned that there's fresh pasture coming and they move right along. Once in a while, a spunky hen gets out, and then we have quite a time rounding her up! We don't dare leave them totally loose, as we have many predators around, including foxes, owls, raccoons, hawks, neighbor dogs...



**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 Newsletter archive.

**Please share your recipes!** Please email your recipes to: Kavetchnik@aol.com.



**FARM NEWS**

Trying to get share items from Worden Farm, our member farm in Punta Gorda, makes us appreciate the role of the distributor. Unfortunately, inserting that convenient middleman means adding more time, more costs, and often a lot more travel for the produce. That translates to older produce which is not nearly as fresh and flavorful as what we strive to bring you. So, we're trying to figure out how to get the food over here ourselves, quickly and directly. Worden Farm is looking for a refrigerated small trailer or a small refrigerated box truck to bring their produce over for the CSA and for the Coral Gables Farmers' Market, which starts today. If you see or know of one for sale, please let them know by emailing them at: wordenfarm@aol.com. Their Southwest Florida CSA is growing- if you have friends or relatives in the Naples/Ft.Myers/Sanibel/Port Charlotte/Punta Gorda area, please refer them to our sister CSA. Contact information is on their website at www.wordenfarm.com.

We're in a transition from our first big 'wave' of crops to the next 'wave'. Although we've been pulling and replanting rows for some weeks already, it seems like we've been doing a lot more of it all at once. The Hon Tsai Tai bolted and became woody- so that's out. This week's Pei Tsai is the last of it- it's fully mature and ready to harvest for the final time. Last week we pulled the Chinese Kale (normally, we would harvest it a couple of times before pulling, but it bolted prematurely). A couple of other crops need turning over now, too, and Aaron has been busy preparing a whole new area for planting. Some crops were complete 'duds'- a row of red kale remained stunted and useless, and a test planting of Red Orach didn't even come up! Oh, well- something else will take their place soon!

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

**See inside! →→→**

**VOLUNTEER NOTES**

-by Lola

**What's on Lola's mind?** "Bee Heaven Farm is by far my favorite of the 3 farms where I have 'WWOOFed'. I have learned the most here while having the best time. The CSA and Farmers' Market experiences have been extremely interesting and fun. The daily weeding and harvesting are also joys of mine. While the rest of the U.S. is shutting down for

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

## Featured Item of the Week

**Shiitake Mushrooms:** These Shiitake mushrooms might not look like the ones you've come across before. They are sweeter and juicier because they have not opened and lost their spores. These are the "#2" selections— smaller and untrimmed, but just as tasty as their much more expensive 'big brothers'! Enjoy these in salads, omelets, stir-fries, soups—your imagination is the limit!



### **Yellow Pear & Red Pear Tomatoes:**

Contrast these cherry tomatoes for flavor— the yellows are mild and sweet, while the reds have a slightly tangy finish. Choose either one— they're both great on salads with a bit of balsamic drizzled on them!

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winter, we have a wonderful season that's only begun a short while ago. I will look back at my time in and around Bee Heaven Farm with fond memories."

<u>FULL SHARES</u>	<u>SHARE ITEM</u>	<u>HALF SHARES</u>
1 large(!) bag	<b>Salad Mix (BHF)</b> - a mix of lettuces, mizuna, frisee, red kale	1 small bag (RED DOT)
-NONE-	<b>Arugula (BHF)</b> - HALF shares ONLY -a spicy dark green	1 zip bag (RED DOT)
1 bunch	<b>Tatsoi (BHF)</b> - FULL shares ONLY—a rosette of dark green spoon-shaped leaves with white ribs, also known as "Japanese spinach"	-NONE-
1 bunch	<b>Pei Tsai (BHF)</b> - the "Chinese Lettuce", a pale green Chinese cabbage-type with white ribs	1 bunch
1 bag	<b>Japanese Shiitake Mushrooms (OM)</b>	1 Small bag (RED DOT)
1 pint	<b>Yellow &amp; Red Pear Tomatoes (LMF)</b> - your choice of yellow pear or red pear cherry tomatoes—yum!	1 pint
1 bunch	<b>Garlic Chives (BHF)</b> - also known as Chinese Leeks	1 bunch
1 small zip bag	<b>Basil (BHF)</b> -FULL shares ONLY	-NONE-
7 tangelos	<b>Orlando Tangelos (ENG)</b> -sweet	4 tangelos (RED DOT)
1 each	<b>This NEWSLETTER</b>	1 each
→ <b>Eggs are for EGG SHARE SUBSCRIBERS ONLY!!</b> - look for <b>your name</b> on the carton ←		

**Xtras!!** Feel free to take something from the extras box. If there's something in your share that you do not want, put it in the extras box for someone else to enjoy.

**Which farms supplied this week's shares? (all share items are certified organic unless otherwise specified)** BHF\*=Bee Heaven Farm / ENG\*=Eagle's Nest Farm / OM\*=Omega Mushrooms (Palmetto) / LMF=Lady Moon Farm (Ft.Myers)

\*Redland Organics founders & grower member