



Recipe of the Week

Instead of a recipe this week, here is a simple way to preserve your greens for use later in the summer, when our gardens are fallow. Bruni, one of our WWOOFers, participated in a CSA in New York City, and used this method to preserve her extra bounty.

Getting an enormous amount of greens all at once, for some, is a cause for celebration. For others, it may be a bit overwhelming. What will you make with all these greens, and will you be able to eat them all before they go bad? A good solution for this is to freeze them. This is a simple process:

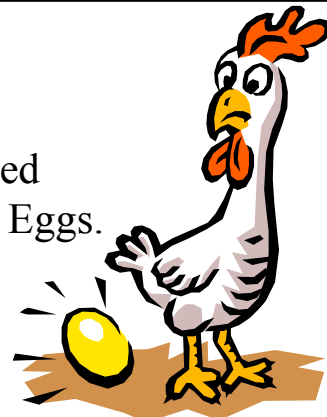
- 1) Rinse the leaves, and chop them up as you would when you cook with them (I prefer to remove the thick part of stems)
- 2) Boil water in a large pot. Once it is boiling rapidly, turn off the heat, and throw the greens into the pot. Leave them in for 30 seconds, and then strain them in a colander (this is called blanching).
- 3) Once the greens have cooled, put them in a zip-lock plastic bag, and label it with the type of greens and the date. Put them in the freezer.

Blanched, frozen greens will keep well for about one year. Put them into the dish you are preparing, as needed, directly from the freezer. They will need very little cooking. Do not defrost. Enjoy!

EGG CORNER

Drum-roll, please.....

It's official! We have received organic certification for Rachel's Eggs.

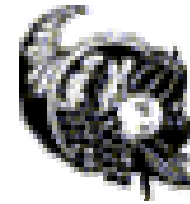


Tidbits

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

Well, it seems I am now a celebrity of sorts. If you listened to WLRN's Topical Currents program this past Thursday, you heard me answer questions about organic vegetables and our CSA program. One of our members from Miami Shores called in to praise our program— thank you, Gilda!

I am really glad that interest in organically-grown and locally-produced foods is increasing. This is something that I believe we can all help with to do our bit to preserve this planet for future generations. Whether it's growing it or eating it— we need both!

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

See inside! →→→

VOLUNTEER NOTES

The next couple of weeks will see a turnover in our WWOOFers. Bruni is leaving next week. We hope that her experience with us has strengthened her resolve to start her own farming operation. Bruni developed a close relationship with our chickens— she has been their primary caretaker during her tenure with us. They will miss her, and so will we!

Frans and Louis will be arriving from Europe in a few days. Ron and Lola will be leaving the following week, while Micca and Erika will be joining us from up North. We also welcome Oscar, a recent graduate looking for experience.

We have a couple of graduate students working with us this year— Cary, from FIU, who will be studying the variation in beneficial compounds between heirloom and organic vs 'conventional' crops (specifically, tomatoes). Giddy, also from FIU, will be looking at various aspects of our operation as part of his graduate studies.

We're looking forward to some very interesting projects!

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

Featured Item of the Week

Braising Mix: What do you do when you have a little of this, a bit of that, and a dab of something else? You put it together! That's how our braising mixes come to be— and it'll be different every time. These greens combine very well in a braised dish or a casserole. And they freeze admirably! Check out Bruni's freezing instructions to defend against greens withdrawal when the season is over.



Dill: Dill is a much-under-appreciated herb. This ferny leaf is often used just as a garnish. It's a wonderful accompaniment to fish dishes, just about anything in cream, and of course, the old stand-by: potatoes with dill and butter. Throw some dill into an onion and cottage-cheese bread recipe and you'll draw a crowd while it's baking.

FULL SHARES**SHARE ITEM****HALF SHARES**

1 bag

Braising Mix - a mix of Pei Tsai (BHF), green Kale (WF), red chard (LMF), and collards (WF)

1 bag (RED DOT)

1 bunch

Mustards(BHF) - a gourmet mix of mustard greens (FULL shares ONLY)

-NONE-

1 bunch

Broccoli (LMF) - green bouquets full of nutrition!

1 bunch

1 bag

Green & Purple Bean duo (HOF, BHF) - these are the last of the beans for a while

1 small bag (RED DOT)

1 head

Green Leaf Lettuce (WF) - these sturdy bright-green lettuces just LOVE cold weather

1 head

3 tomatoes

Red Tomatoes (LMF)

2 tomatoes

1 bunch

Cilantro (WF) - FULL shares ONLY

-NONE-

1 large bunch

Dill (WF) - this ferny, aromatic herb is perfect for seasoning soups, fish, dips, or potatoes

1 small bunch (RED TAPE)

1 each

This NEWSLETTER

1 each

→ **Eggs are for EGG SHARE SUBSCRIBERS ONLY!!** - look for your name 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 / WF*=Worden Farm / OM=Omega Mushrooms (Palmetto) / LMF=Lady Moon Farm (Ft.Myers)

*Redland Organics founders & grower member