



**Recipe of the Week**

**BOK CHOY CREAMY SOUP**

-inspired by Kyra, from *Theine Tea Salon*

- |  |                          |
|--|--------------------------|
| 1 head Bok Choy (or 1/2 if very big)       | 1 Tbsp Butter (optional) |
| 4-6 cups Chicken Broth (or mushroom broth) | Freshly-ground Nutmeg    |
| 1/3 c Heavy cream (or cashew cream)        | Salt & Pepper to taste   |

Chop up the bok choy and boil in chicken broth until tender. Blend the mixture and strain to remove any fibrous pieces. Bring to near-boiling and gently add the cream, stirring constantly. Serve immediately with a sprinkle of nutmeg, salt & pepper to taste, and dot with a bit of butter (optional). Enjoy!

**EGG CORNER**

The hens have been laying fairly well for several weeks. Have you noticed— most eggs are large now. We have a few hens that will continue to lay small eggs (their breed’s natural size). We still do not have enough extra eggs to add more egg shares, but we are finally able to eat some of our own eggs once a week— Yay!!

One of our roosters thinks the person feeding them is one of his flock and must keep her in line with a well-placed greeting peck!



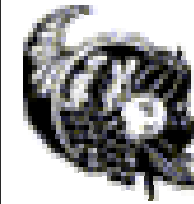
**Tidbits**

**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](mailto: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.

**It’s Farmers’ Market season!** See us every Sunday through March from 9am to 1pm at the South Florida Farmers Market located at Gardners’ Market in Pinecrest, just east of US1 on SW 124th Street.

**Find our newsletters online!** Go to [www.redlandorganics.com](http://www.redlandorganics.com) ,click on CSA, then Newsletter archive.

**Please share your recipes!** Please email your recipes to: [Kavetchnik@aol.com](mailto:Kavetchnik@aol.com).



**FARM NEWS**

I sometimes worry that something will happen to the produce on its way to you. Last Saturday, one of my fears came true— the driver (Victor’s partner) had an accident. It affected the Miami Beach, North Miami/Miami Shores, East Broward, and West Broward pickup sites. Many eggs were crushed, and the tomatoes went everywhere. The driver was OK, except for a pretty banged-up knee. His van had to be towed. Victor and his partner had split the route, planning to finish early and go to help break down a plant show at the Beach, and Victor raced to the rescue after delivering to the other sites. Needless to say, some of the deliveries were late and a bit scrambled. After they completed the run, they went on to the other job, which they finally finished in the wee hours of the morning. The best-laid plans..... To those who replied with notes of concern to our email, thank you. I have passed your sentiments on to them.

We had a frost scare the other day. We recently purchased a couple of rolls of light-weight Reemay (expensive, but great stuff!), so we were prepared. The Reemay will help protect cold-sensitive plants like basil, beans, and tomatoes from light frosts. Ron remarked that the Reemay looks like gigantic rolls of dryer sheet material— a pretty good description!

We’re still waiting for all the new baby crops to get bigger. We have a few carrots and some beets coming in (barely enough for Farmer’s Market— nowhere near enough for the CSA yet). And hopefully coming soon— new potatoes!!!

This past Wednesday we participated in the second Miami-Dade College Harvest Fair, organized by the Earth Ethics Institute. It’s very gratifying to be able to show people the wonderful array of produce that CAN be grown here organically. It’s an educational experience for students and faculty alike, and we hope that by attending events like this, we’ll be fostering a greater awareness and desire to maintain an earth-friendly lifestyle.

***What’s in my share?***

***What do I take today?***

***See inside!***



**VOLUNTEER NOTES**

We bid adieu to Bruni, and welcomed Louis and Frans this week. Sky & Aaron have been driving our truck the past two weeks part-way along US27 in order to meet the Wordens to ‘transfer the goods’ so we can include their wonderful produce in your shares.

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

**Featured Item of the Week**

**Kabocha Squash:** What a funny-looking squash! This Japanese squash is not well-known here in the United States, but it is a great squash for making soups, pies or for roasting.



**Scallions:** These baby onion relatives never make a bulb, but they're full of flavor! Use the bottom in dishes—chop up the tops and use to garnish soups or mix into your salads. Or, stir them into a cup of cottage cheese, along with some diced cucumber and a sprinkle of fennel seed and black pepper.

Scallions keep well in the refrigerator inside a plastic bag, or wrapped in a moist paper towel in the vegetable drawer.

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

-NONE-

**Tatsoi (BHF)** - HALF Shares ONLY -a tender, crispy rosette also known as "Japanese Spinach"

1 small bunch (RED TAPE)

1 bunch

**Bok Choy (WF)** - FULL shares ONLY—This great veggie is a good source of calcium, folate and fiber!

-NONE-

1 bunch

**Pei Tsai (BHF)** - FULL shares ONLY—the "Chinese lettuce" cabbage

-NONE-

2 peppers

**Green Peppers (LMF)** - sweet and oh! so crispy

1 pepper

1 head

**Red Leaf Lettuce (WF)** - these lettuces are very tender and very tasty

1 head

1 squash

**Orange Kabocha Squash (LMF)** - a round winter squash

1 squash

1 large bunch

**Scallions (WF)** - tender, young green onions

1 small bunch (RED TAPE)

1 bunch

**Parsley/Sage (BHF)** - FULL shares ONLY

-NONE-

3 carambolas

**Carambolas (SF)** - a sweet-tart carambola—this is probably the last of the season- wait 'til they get good and ripe for max sweetness (a deep orange color in the body)

2 carambolas

1 each

This NEWSLETTER

1 each

→ Eggs are for EGG SHARE SUBSCRIBERS ONLY!! - look for your name on the carton ←

**Which farms supplied this week's shares? (all share items are certified organic unless otherwise specified)** BHF\*=Bee Heaven Farm / WF\*=Worden Farm / LMF=Lady Moon Farms (Ft.Myers) / SF\*=Sawmill Farm

\*Redland Organics founders & grower member