



RECIPE OF THE WEEK

Quickie Cabbage Stir-fry

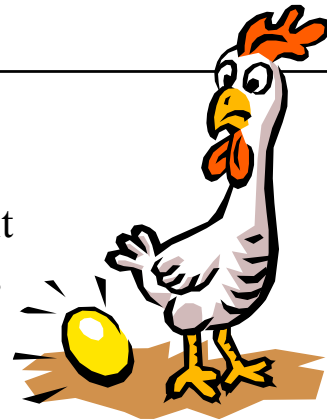
-by Margie Pikarsky

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|-----------------------------------|------------------------------------|
| 1 small or 1/2 large head cabbage | Small piece ginger |
| 1-2 carrots | Hot Pepper |
| 1/4-1/2 tsp cornstarch | Soy sauce or Braggs Liquid Aminos |
| Canola or peanut oil | Optional: chopped peanuts & chives |

Chop cabbage into roughly 1" squares. Scrub and slice carrots thinly at an angle to make elongated slices. In a small cup, put cornstarch with 1/4-1/3 c water and 1 tsp soy sauce. Stir well and set aside. Heat oil in a wok or a deep frying pan. Grate or slice ginger thinly (frozen ginger slices very thinly and keeps a long time) into hot oil. Add hot pepper to taste, then add cabbage and carrots. Stir-fry until the cabbage just begins to look translucent. Add the cornstarch solution (stir it up first), and continue stir-frying until all surfaces of food are coated and the sauce is thickened. Top with chopped peanuts and finely-chopped chives, and serve immediately.

EGG CORNER

How can you tell an egg is fresh? When you crack it open, you can see how well the yolk 'stands up' - the older it is, the flatter and 'runnier' the egg.



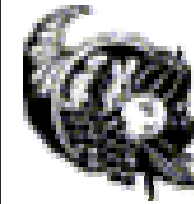
Tidbits

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.

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.

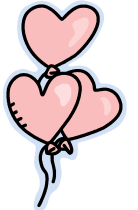
Find our newsletters online! Go to www.redlandorganics.com, click on CSA, then Newsletter archive.

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



Farm News

Happy Valentine's Day!



We're still waiting for some of our new baby crops to take off. In the meantime, we hope you enjoy our wonderful local wildflower honey.

Did you know? Organic certification standards require that the bees have a 5 kilometer (about 3 miles) in all directions free of any potential contaminants (cities, non-organic farming, exhaust fumes). That pretty much rules out just about everywhere in the South Florida area!

Our bees like to hang around our place, because we provide lots of different blooming things for them— both in the gardens and in the grove. And they don't suffer any losses due to pesticide poisoning when visiting the flowers. We encourage wildness— the result is a lot of happy, busy, buzzy bees.

The cold spell should help the lettuces and the brassicas, though the tomatoes won't like it much. The fruit trees are bursting into bloom now. Hopefully the yearly seasonal "Lenten winds" won't blow off all the mango blossoms.

We've purchased a large dehydrator, so we can dry all the bits of fruit we accumulate during the season, and the tomatoes that are too ripe or too funky to pack. Look for some dried tomatoes in your shares sometime in the next few weeks.

What's in my share?

What do I take today?

See inside!



VOLUNTEER NEWS

Things are pretty quiet right now. Micca and Erica are here and they've pitched right in with the farm chores. We're expecting Alex and Kelly soon. Frans has returned to Holland, bearing several of our edible flower mix boxes in hand (funny— you'd think, with Holland's reputation for wonderful flowers, that Frans would want to take something else back with him!).

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

Featured Item of the Week

Red Salad Turnips—These beauties are tender, crisp and very mild. Enjoy them raw in salads, or cook them



Honey for Your Honey—This is our very own wildflower honey. Miguel Bode, our beekeeper, is very dedicated to his hobby. You may see him at various local fairs selling the honey he harvests from his various hives around Miami. This honey is from our very own beehives, which we acquired last March. It is raw, not pasteurized, not filtered (only strained to remove debris from the harvesting process). The honey will change in color and taste depending on the time of year and what is blooming around us at the time. Now that the avocados are starting to bloom, the honey will become a dark color. Later, it will turn very light when the lychee trees are blooming. We hope you enjoy our honey!

<u>FULL SHARES</u>	<u>SHARE ITEM</u>	<u>HALF SHARES</u>
1 bag	Salad Mix (BHF) -a mix of lettuces, frisee, pei tsai, red kale, tatsoi, mizuna with a nasturtium flower for your sweetie!	1 bag
1 bunch	Chard (WF) - an assortment of green and red chards - FULL shares ONLY	-NONE-
1 bunch	Red Salad Turnips w/tops (WF) - tender, crisp and very tasty turnips, scarlet on the outside, pinkish-white on the inside, with great tops for cooking	1 small bunch (RED TAPE)
1 medium cabbage (with 'wrapper' leaves)	Green Cabbage (WF) - this young cabbage is tender and sweet	1 small cabbage (no 'wrapper' leaves)
1 bunch	Chives (WF) - Full shares ONLY	-NONE-
5 grapefruit	Ruby Grapefruit (PG) - the cold snaps have sweetened them up	2 grapefruit
1 lbhoney	Honey for Your Honey (BHF) - raw, unfiltered wildflower honey from our own beehives!	8 oz honey (RED DOT)
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

Which farms supplied this week's shares? (all share items are certified organic unless otherwise specified) BHF*=Bee Heaven Farm / WF*=Worden Farm / PG= Pressley Groves

*Redland Organics founders & grower member