



RECIPE OF THE WEEK

**Tomato-parsley salad** -by Margie Pikarsky

If tomatoes are not completely ripe, let them ripen at room temperature first!

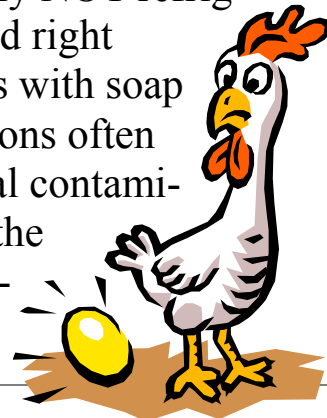
- 2 tomatoes
- 1/4 c parsley chopped (stems included)
- Olive oil
- Balsamic vinegar

Slice tomatoes. Arrange on a plate. Sprinkle chopped parsley over the tomatoes, followed by drizzling olive oil and balsamic vinegar over all.

Variations: 1) Season with coarse ground pepper; 2) Add crumbled feta cheese before the dressing; 3) Add sliced salad turnips (white or red); 4) Start with a bed of finely-shredded cabbage, then continue with recipe.

EGG CORNER

**Why do our eggs sometimes look dirty?** Eggs keep best if they are not washed. This preserves the ‘bloom’ on the shell which helps the egg breathe and protects it from contamination. We do not wash our eggs— we gently wipe off any globs of dirt. **And why chilled?** In Europe, eggs are usually NOT refrigerated. Here in the US, the law requires that eggs be refrigerated right away. Why? Because commercial egg operations wash the eggs with soap solutions to remove the dirt, and because ‘factory farm’ conditions often result in hens that harbor salmonella, listeria, and other bacterial contaminants, which they pass on inside the eggs. Refrigeration keeps the bacteria from multiplying quickly. This is also why they recommend that you never use a raw 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](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 Gardner's Market in Pinecrest, just east of US1 on SW 124th Street, and on Monday afternoons at Gardner's Market in Ocean Reef from 2-5pm.

**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**

Every week the TMH (Training Mentally Handicapped) students from Miami Southridge High School come to our farm to spend the morning carrying out farm tasks. Sometimes they weed, sometimes they help prepare planting flats, or pack vegetables. This week they helped to bunch up the parsley for your shares. The students have been coming to the farm for 3 years now. They practice skills such as counting, comparing, and sorting. These experiences will greatly expand job opportunities for students who perhaps could only look forward to ‘bagboy’ jobs before participating in the program. They are a lively bunch, and, like typical teenagers, tease the teachers and each other and complain about the heat or the work (sometimes after working a mere 10 minutes!). The students eat lunch at the farm and then return to the classroom for the afternoon.

**Desperately seeking a home!** Our unexpected litter (2 puppies) of Labrador Retrievers need a home. One (yellow male) is a special needs puppy—he's blind- with a prospect of a long, full life, provided he finds the right home. He needs a secure yard (large preferred, so he can run to his heart's content, but not escape to unknown territory), and a companion ‘seeing-eye dog’ to ‘show him the ropes’. His black sister can be his companion, or he will bond with your existing dog. They are 8 1/2 weeks old, current shots, vet reference, and ready to go! Please email Margie at [office@pikarco.com](mailto:office@pikarco.com) if interested.

**What's in my share?**

**What do I take today?**

**See inside!**



VOLUNTEER NEWS

Hello, CSA members! My name is Aaron. This is my second season working on Bee Heaven Farm. It is really nice watching everything grow from seeds into nice produce. I hope you enjoy eating our vegetables as much as we enjoy growing them; especially the collards, which I love, and which required much labor. Thank you! (*ed. Aaron also loves the radishes and Asian salad turnips, which are his special ‘babies’*)

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

**Featured Item of the Week**

**Tatsoi**—We've talked about these before, but our trial share members have not had the opportunity to enjoy them until now. These little rosettes make a great stir-fry ingredient. Others use it as a spinach substitute. A couple of leaves in a sandwich (instead of lettuce) adds variety, flavor and color to your sandwich or burger.



**Braising Mix**—The collards and the chard are sweet and tender from the cold weather. But we don't have enough of each for everyone, so we've prepared a braising mix which you can enjoy in a simple dish, using olive oil, garlic, the chopped greens, pepper and salt to taste. To this base you can add a chopped tomato with Italian seasoning, or ginger with scallions and soy sauce for an oriental flavor. Or, serve simply with a drizzle of balsamic or a squeeze of lime.

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

2 bunches

**Tatsoi (BHF)** -a tender vegetable rosette, often called Japanese Spinach, with dark green spoon-shaped leaves

1 bunch

1 head

**Bok Choy (WF)** - It's bok choy season. Enjoy these cooked as well as raw, like you would celery sticks!

1 head

1 head

**Redleaf Lettuce (WF)** - a tender sweet lettuce  
— FULL SHARES ONLY

-NONE-

-NONE-

**Greenleaf Lettuce (WF)** - a robust sweet lettuce  
- HALF SHARES ONLY

1 head

1 bag

**Braising Mix (BHF)** - a cooking mix of collards, pei tsai, mizuna, mustard and chard- FULL SHARES ONLY

-NONE-

1 large bunch

**Parsley (SG)** - a full-flavored, flat-leaf Italian parsley

1 small bunch (RED TAPE)

1 bunch

**Broccoli (LMF)** - the cold snaps have sweetened them up

1 bunch

4 tomatoes

**Tomatoes (LMF)** - Let them get nice and ripe on the counter- NEVER in the refrigerator!

2 tomatoes

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 / LMF= Lady Moon Farm / SG=Sukey Gardens (pesticide-free) \*Redland Organics founders & grower member