



RECIPE OF THE WEEK

Peas with scallions -by Margie P.

- Peas, shelled
- 2 Scallions, chopped into 1/4" lengths
- 1 tsp Butter
- Freshly-ground pepper

Place all ingredients together in a saucepan, with approx 1/3 c water. Gently steam, stirring well after a minute or so, to coat peas with the butter. The light coating of fat will help the peas keep their bright green color. Serve as soon as the peas are 'al dente'. DO NOT OVERCOOK!

Potatoes with scallions -by Margie P.

- 3-4 Potatoes, quartered
- 2 Scallions, chopped into 1/4" lengths
- 1 Tbsp Butter (just enough to add flavor)
- Freshly-ground pepper

Scrub, but DO NOT PEEL, new potatoes. Quarter and boil gently until a fork pierces them easily, but not so long that they fall apart. Drain, and combine with remaining ingredients in the (still warm) pot. Stir gently to coat potatoes and scallions with the butter. Serve immediately.

Al's Beef Update

Have you been wondering "Where's the beef?" It's patiently waiting to fatten up! Since it's grass-fed beef, Al has to wait until we get some nice rains and the grass starts growing again, so they can fill up (and out). So, pray for some rain, and when it comes, get ready! (to order, go to redlandorganics.com, click on "our growers", and select "Al's Natural Beef" to access ordering information.

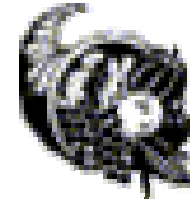
Tidbits

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 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 ,click on CSA, then Newsletter archive.

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



Farm News

Since many of you haven't met us in person, I thought some pictures would be in order... That's us-- the Pikarsky family, of Bee Heaven Farm-- Margie on the left, Nick in the middle, and Rachel on the right. You won't catch Nick in the field, but you can see him selling the honey at the farmers' market.



This is the last week for the February trial shares. Those of you who renewed for the rest of the season-- thank you! If you decided not to continue, we'd really like you to reply to our emails, and let us know why.

It's been hot this past week (though cool at night), and very, very dry. The grass is brown and crunchy, and everything is getting dusty. The avocados and mangoes are blooming now, as are all sorts of little weedy plants that the bees like. And I caught a whiff of a heavenly scent this morning--it's the citrus trees (yes, we're lucky to still have some!) beginning to bloom.

What's in my share?

What do I take today?

See inside!



Our Farm People

Hi! I'm Curtis, and I've worked at Bee Heaven Farm for 5 years. I'm single and enjoy plants and animals. I look forward to meeting many of you at the farm in the future. *(ed: Curtis tends the chickens three days a week. He spends much of his time battling weeds, especially in the summertime. This is Curtis, holding one of our roosters --the rooster was supposed to be a hen...but Curtis loves him anyway!)*

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

Featured Item of the Week

Radishes—Ah, there's so many kinds of radishes! The ones in your shares this week are all very mild ones. They grow VERY quickly— they're ready 3 to 4 weeks from seed. They're beautiful colors, and, like with pretty much everything else we grow, you can eat the tops!! They're good in a stir-fry or a quick braise.



English Peas— There's only a short window of time during which peas will grow well here. They like cooler weather, and this is their time. We were lucky to find a farm that grew enough to supply the whole CSA— all 195 shares' worth! Enjoy these beauties. And if you have a pet bird, give it a pod and watch what happens.

<u>FULL SHARES</u>	<u>SHARE ITEM</u>	<u>HALF SHARES</u>
1 bag	New Potatoes (WF) - a mix of red and white potatoes with tender skins (dug on Tuesday) - FULL SHARES ONLY	-NONE-
1 bag	English Peas (BF) - This is the only time of year we can grow these in Florida!	1 small bag (RED DOT)
-NONE-	Greenleaf Lettuce (WF) - a tender sweet lettuce — HALF SHARES ONLY	1 head
1 bag	Salad Mix (BHF & WF) - salad mix of red, green and speckled lettuces, mizuna, red kale - FULL SHARES ONLY	-NONE-
1 bunch	Red Russian Kale (EFF) - a tender mild kale—we often use this	1 small bunch (RED TAPE)
1 bunch	Radishes (WF) - your choice of ONE from an assortment of varieties (long red and white French Breakfast, round Red, or round White Hailstone) -FULL SHARES ONLY	-NONE-
2 zucchini	Zucchini (SO)	2 zucchini
1 bunch	Scallions (WF & BHF)	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 / EFF= Earth Friendly Farms (Alachua) / SO=Somerset Organics (LaBelle) / BF=BlumenBerry Farms (Sarasota)

*Redland Organics founders & grower member