



RECIPE OF THE WEEK

Thai Shiitake Mushroom Soup -by Kelly

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| 1 can coconut milk | 1 clove garlic, chopped |
| 1 can stock (or milk or cream) | Basil (thai or lemon) |
| 1 stalk lemongrass, cut in 3" sections | Hot pepper flakes |
| 1-2 inches ginger root, thinly-sliced | Asian greens &/or other veggies, chopped |
| 1 c sliced shiitake mushrooms, lightly steamed | 1 c Extra-firm tofu, cubed (optional) |
| 2-4 scallions, cut in 1/4" slices (onion tops OK) | Soy Sauce or Braggs Liquid Aminos |

Smash lemongrass to release flavor. Combine coconut milk & broth. Add ginger, garlic & lemongrass. Simmer a few minutes. Strain, return to stove and add shiitakes, scallions, basil, tofu and other greens/veggies if desired (tatsoi, Pei Tsai, or mizuna are good choices and cook very quickly). Simmer a few minutes until veggies are tender. Add hot pepper and soy sauce to taste.

Egg Corner

Did you know? When baby chicks hatch, professional chicken sexers examine their vents (yes, that's what it's called) to determine whether they will become pullets (hens) or cockerels (roosters). These experts travel from hatchery to hatchery, are well-paid, and VERY fast. Their error rate is usually less than 5%! Some breeds of chicken have sex-linked coloring—a trait which allows them to be sexed simply by looking at the color and pattern of their baby feathers.



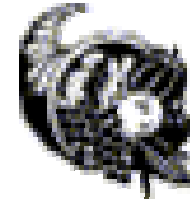
Tidbits

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

Were you one of the unlucky folks who didn't get any radishes last week? It was entirely my fault. When we packed the radishes, we found that we had enough for full shares only. But I goofed, and put in the newsletter that everyone should take a bunch—both full and half shares! So, every site was short, by the number of half-shares at the site. I apologize.

The Florida Keys Green Living & Energy Expo will be held on March 12-13, 2005, in Tavernier. We will be there, selling our salad mixes and a bit of produce. The Expo will feature 30 workshops on renewable energy, alternative building methods, energy-efficient architectural design, green lodging, hybrid vehicles, clean boating, and promoting sustainable government. There will be lots of exhibitors, entertainment and special activities for children, too, such as Solar Car races and a kid's recycling poster contest with prizes, and a Recycled Art Show. The event will be held at the Coral Shores High School, located between Key Largo and Islamorada, just a short drive into the Keys. Check out their website for more details: www.keysglee.com. See you there!

What's in my share?

What do I take today?

See inside!



Volunteer News

Kelly & Alex have been here nearly 3 weeks already. Daniela, who is from Italy, has just arrived and will be spending a month. Louis should be back with us by the time you read this. So we'll be able to catch up with the weeding again, which was beginning to get out of hand. And we've had some extra help thanks to returning visitors Ish & Elli (plus Rebecca), who have stopped in for a few days.

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

Featured Item of the Week

Watercress—This tender pungent true nasturtium makes a great salad ingredient. Prepare it simply, with thinly-sliced onion and drizzled with balsamic vinegar and olive oil.



Mamey Sapote— This tropical fruit is just beginning its season here. The Magaña, a huge variety, starts the season. The Pantin, or Key West, is a much smaller mamey and ripens later, in the summertime. The season usually ends around September or sometimes October. Mameys are very expensive fruit, since they are so large. Those in your shares are the smallest Sal could find for us in his grove! And he could barely find enough for full shares this time. Perhaps by next month he will have enough small ones so everyone can enjoy them. Going for \$3.50 a pound and up at the start of the season, a single fruit can easily cost \$15!! One baby (I mean, mamey) weighed 9 lbs!!!

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

1 bag	Salad Mix (BHF) - a mix of lettuces, mizuna, red kale, frisee, and arugula	1 zip bag (RED DOT)
1 bunch	Watercress (B&K)	1 bunch
2 onions	Spring Onions with Tops (BF) - Use their tops, too! —FULL SHARES ONLY	-NONE-
1 sleeved bunch	Arugula (B&K) - FULL SHARES ONLY	-NONE-
2 bunches	Tatsoi (BHF)	1 bunch
1 large bag	Japanese Shiitake Mushrooms (OM)	1 small bag (RED DOT)
1 bunch	Thai/Lemon Basil (BHF) - Thai basil for full shares; half shares are a grab-bag of Thai or Mrs. Burns' Lemon basil	1 Small zip bag (RED DOT)
-NONE-	French Breakfast Radishes (PF) - these are the 'bottom of the barrel' - HALF SHARES ONLY	1 zip bag
1 mamey	Mamey Sapote** (HHF) - Eat this fruit only when it's very, very soft! - FULL SHARES ONLY	-NONE-
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 / PF*=Paradise Farms / HHF*=Health and Happiness Farm (**naturally-grown, pesticide-free) / B&K=B&K Farms / OM=Omega Mushrooms (Palmetto) / BF=BlumenBerry Farms (Sarasota) *Redland Organics founders & grower member