



### RECIPE OF THE WEEK

#### Bok Choy Burgers

Adapted by Worden Farm apprentice Miriam Latzer, from *Moosewood Cookbook*, by Mollie Katzen.  
Yields 4-5 servings

- |                                 |                               |
|---------------------------------|-------------------------------|
| 3/4 cup dry lentils             | 1/2 cup toasted nuts or seeds |
| 1 1/2 cups water                | 1/2 - 3/4 pounds of bok choy  |
| 2 tbsp. cider vinegar           | 1 tsp. mustard                |
| 1 tbsp. olive oil               | 1 tsp .salt                   |
| 1 cup scallions, minced         | 1/2 cup bread crumbs          |
| 4 or 5 cloves of garlic, minced |                               |

Add lentils and water to medium sized saucepan and bring to a boil. Lower heat and simmer until lentils are very soft. Add vinegar and mash.

While the lentils are cooking, finely chop bok choy leaves. Steam the leaves and drain any excess water.

Heat oil and sauté onions for 5 minutes. Add all other ingredients (except bread crumbs and bok choy) and continue to sauté for 5-10 minutes.

Add sauté, bread crumbs and boy choy to lentil mash. Mix well, and place in refrigerator for at least one hour before shaping patties.

When the mixture is sufficiently chilled, shape into patties and fry, bake or broil until golden brown. Serve with burger buns, on salad, or over a bed of rice. Alternative preparation is to lay mixture out in a cookie sheet or roasting pan and bake, then cut into squares and serve.

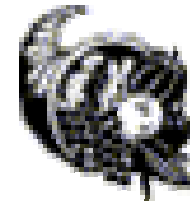
#### Tidbits

**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

Can you believe it? The season is winding down— only 3 more weeks after today! I hope you've been stocking up your freezer to help tide you over the summer.

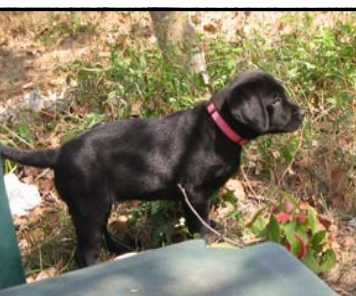
Last year we did a summer fruit share, with pickups at the farm. We'll probably do something similar this year, maybe starting in June— details will be forthcoming in a month or so, in an email, so please be sure we have your current email address on file.

And from the unsolved mysteries file—we couldn't figure out what happened a few weeks ago to the braising greens due for the Broward-West pickup site. They never arrived there. They didn't stay behind, and if I remember correctly, they were packed inside the coolers, together with other items. So..... Did some other pickup site get a whole bunch of extra braising greens in their cooler???? We haven't heard from anyone.... But this one we can solve: last week, the Church site's Xtras box got left behind in the cooler. It was shoved way up on a top shelf and got overlooked. Sorry, guys!

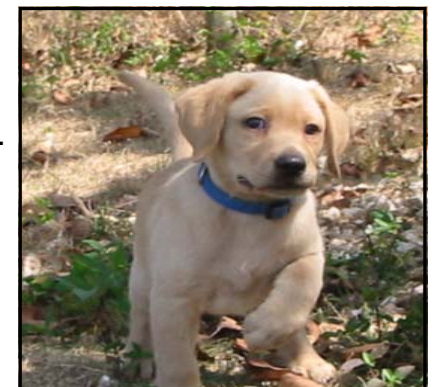
#### What's in my share?

**What do I take today?**

**See inside!**



Blind, Lovable, Yellow Lab male puppy, 10 weeks old, needs a loving, stable home environment with an enclosed yard, preferably with another dog companion to "show him the ropes".. Or, adopt him together with his irresistible Black Lab sister! Contact Margie at: [office@pikarco.com](mailto:office@pikarco.com)



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

**Featured Item of the Week**

**Daikon Radish**— This long radish is common in China and Japan, and is used there in many ways— raw, cooked, and pickled. Some varieties are very hot, and some are very mild. Ours is a mild variety. The tops on all daikons (all radishes, really), are good for cooking.



**Pak Choy/ Mei Quing Choy**— Bok choys are really good for crunching raw, like celery, or cooking in stir-fries. Check out the burger recipe we've provided this week— Eva assures us it's very good!

Choys keep very well in the fridge, so don't be intimidated, thinking it's just too big (Chris told me they were 'small' and 'big' - I think they are 'giant' and 'monster'-sized)

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

1 head

Redleaf Lettuce (WF)- FULL shares ONLY

-NONE-

1 bunch

Daikon Radish with Tops (WF) - a wonderful Japanese radish and the tops are great for stir-fries, too!

1 small bunch (RED TAPE)

1 bag

White Asian Salad Turnips (WF &amp; BHF) - these sweet turnips are as good raw as they are cooked

1 small bag (RED DOT)

1 bunch

Dill (WF) - watch out for caterpillars- we found a few, so likely there's more! (they LOVE dill- they won't hurt you, but you don't want to chop them up into your food)

1 small bunch (RED DOT)

1 head

Pak Choy/Mei Quing Choy (WF) -choose from long, tall Pak Choy, or short, squat and fat Mei Quing Choy

1 head

1 pint

Red Cherry Tomatoes (SF) - they're really nice ones

1 pint

1 bunch

Garlic Chives (Chinese Leek) (BHF) - the next best thing to garlic

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 Farms / SF=Somerset Farms (LaBelle) \*Redland Organics founders & grower member