



RECIPE OF THE WEEK

Baba Ganoush

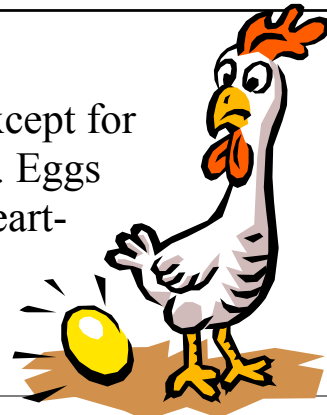
-Margie Pikarsky

1 or 2 eggplant	1 tsp ground cumin (or 2 tbsp cilantro)
1 Tbsp tahini (optional)	Salt & pepper to taste
1 Tbsp lemon or lime juice	1 Tbsp Olive oil (optional)
1 garlic clove, finely chopped or grated	

Preheat oven to 425°F. Wash eggplant, pierce in several places with a fork, and arrange on a baking sheet. Place in center of oven and bake, turning once, until skin becomes brown and eggplant is very soft. Cool completely (so you don't burn yourself), then peel eggplant and place pulp in a bowl. Add remaining ingredients and mix well. Let sit in refrigerator for at least 1/2 hour (several hours is best) for flavors to blend. Serve as an appetizer or a snack with whole wheat pitas or spread on crackers, or as a side dish. Goes well with lamb.

Egg Corner

Did you know? Eggs contain all the vitamins you need except for Vitamin C. They are the most perfect naturally-occurring food. Eggs contain very high protein, and a moderate amount of mostly heart-healthy fat. The cholesterol in eggs is found only in the yolk.



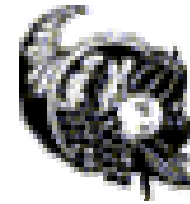
Tidbits

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. Last week will be April 10th, with a party to benefit CHARLEE.

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

The plantings are winding down. We're putting some areas to bed now. Others, we have been replanting with crops that mature rapidly (3-4 weeks)—radishes, baby greens... The tomatoes really took a beating this year—we were not able to have enough tomatoes, even if we had combined all our farms' output, to provide even one week's shares. Of course we produced more tomatoes than that, but, not all at once; in order to have a share, they all need to be ready at the same time! Therein lies the rub. Many things that wind up going to Farmers' Market we never get in enough quantity to put into the shares.

We're pleased to tell you that the puppies have found a loving home— together! They went to a family who previously had a deaf dog. First reports had him sleeping in their bed— they'll be spoiled rotten!!

What's in my share?

What do I take today?

See inside!



Some of you who skipped one or two weeks (and notified us in time) have been asking about the makeup weeks. Those pickups will be at the usual time and place. Next week we'll be sending out a list with the number of makeup weeks (if any) that we have on record for you, so you will know your last pickup date for the season. Please review it and let us know if there's any discrepancies.

The Keys GLEE event was fun and interesting, and busy on Saturday, but lightly-attended on Sunday. Next year, we hope the word will spread and it will be bigger and better!

Plan on attending the end-of-season party with us at the South Florida Farmers' Market on April 10th. Hosted by Gardner's Markets, the party will benefit CHARLEE. This program provides mental health and foster care for abused, neglected, and abandoned children in a family setting. Over 85% of funds collected go directly to support their 5 group homes.

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

Featured Item of the Week

Eggplant— Try the baba ganoush recipe. It's easy and versatile. You can serve it as a dip, on the side, or even as a main dish. You can also experiment and add different seasonings to change the flavors, from Indian to Middle Eastern to African to ???



Mini Rawies— These treats are made by Glaser Farms, using local fruit whenever possible. I've visited their place and watched the guys cutting open the coconuts with a couple of practiced swings of their machetes. Glaser Farms specializes in raw foods. The rawies are dehydrated at low temperatures. Glaser Farms also makes wonderful raw fruit pies, which are a treat for the eyes as well as the palate. Expensive, but really good!

<u>FULL SHARES</u>	<u>SHARE ITEM</u>	<u>HALF SHARES</u>
1 head	Greenleaf Lettuce (WF) - pretty soon the hot weather will make these lettuces bolt- meanwhile, enjoy them!	1 head
1 head	Assorted Cabbages (WF) - choose from an assortment of green, red, and semi-savoy- all young and sweet	1 head
1 bunch	Beets w/tops (BHF) - these little beets are really good—FULL shares ONLY	-NONE-
-NONE-	Fennel w/tops (WF) - next year we'll grow more of this great delicacy, so everyone can have some	1 bulb
2 eggplant	Eggplant (LMF) - these beauties like it when it warms up	1 eggplant
1 zip bag	Bag o'Radishes (WF) - an assortment of Red, French and Red Heart radishes	1 zip bag
1 box	Mini Rawies (GOF) - these chewy dried raw 'cookies' are made from fruit and nuts- your choice of mango, papaya, or banana	1 box
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 / GOF=Glaser Organic Farms / LMF=Lady Moon Farms *Redland Organics founders & grower member