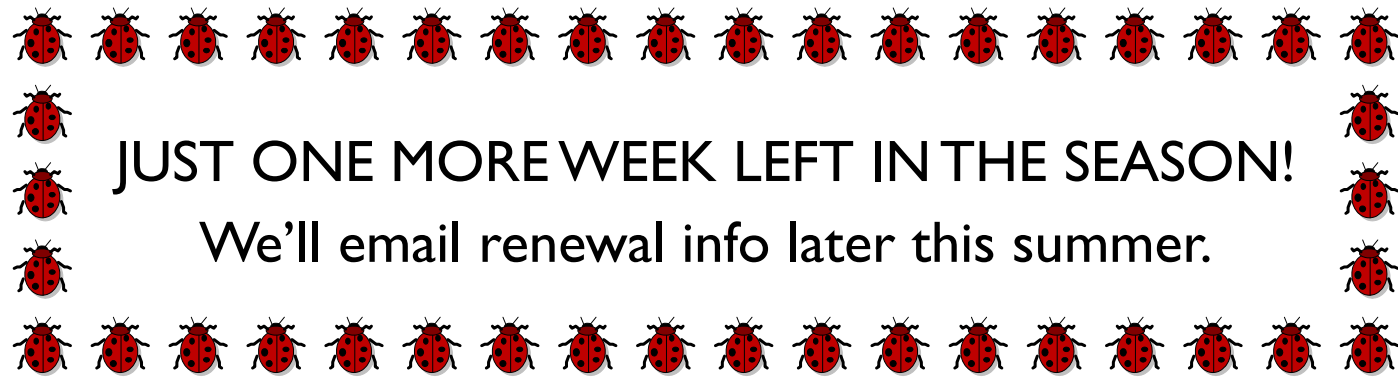




RECIPE OF THE WEEK

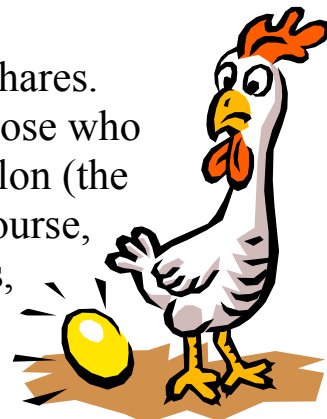
There is no recipe this week—we need YOUR recipes! You’ve made all sorts of yummy things with the produce we’ve been giving you all season, so give it up! Send your recipes in (the email address is at the bottom of this page). It’s time to assemble the CSA cookbook, and we need all those simple, quickie, homey recipes. Remember to include the original source if the recipe has been adapted from a book.



JUST ONE MORE WEEK LEFT IN THE SEASON!
We'll email renewal info later this summer.

Egg Corner

Egg shares will be ending at the same time as the regular shares. We’re looking at the possibility of one pickup site in town for those who wish to continue with eggs during the off-season. Theine Tea Salon (the Gables pickup site) has offered to be the ‘city connection’. Of course, you can also pick up eggs at the farm. If you’re interested in this, please drop us a line, addressed to: eggs@beeheavenfarm.com. Depending on the response, we’ll set up a program!



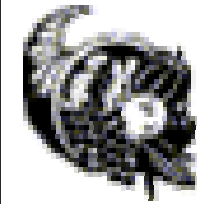
Tidbits

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

I was just drinking my coffee and looking out the window at the most amazing sight— a whole bunch of American Goldfinches and some Painted Buntings. The male painted bunting looks like it cannot be real— his bright blue iridescent head, fluorescent green wings, and bright red body makes you wonder who applied the paint to a plain finch. The goldfinches with their little black-capped face, bright yellow bodies and barred wings offer a pretty contrast. Such colors! The feeders also host a family of cardinals, blue jays, sparrows, flickers (woodpeckers), red-winged blackbirds, and monk parakeets. Mourning and Asian doves gather on the ground below to feast on the dropped seeds. I only put black-oil sunflower seeds and white proso millet in my feeders. The other seeds in the common commercial feed mixes are cheap filler, mostly wasted on the birds we get here in the deep southern end of the continent. The tube feeders seem to do best for us. And yes, we cannot keep the squirrels from eating—even the so-called squirrel-proof seeders (hah!). This year we also had three weeks of robins all over the place—I’ve never seen anything like it! And now we have lots of Cedar waxwings flitting about in formation from tree to tree. When they land in the treetops, they blend in so well you have to look twice to notice them there. The mockingbirds are singing their hearts out, and in the distance I can hear the peacocks calling out their mating calls (“pah-keee-oh”) to the peahens (the closest ones I to us are about 1/2 mile away). **SPRING HAS SPRUNG!**

What’s in my share?

What do I take today?

See inside!



*****NOTE * NOTE * NOTE * NOTE * NOTE * NOTE*****

Please take a moment to check the list that went out to all the pickup sites. It shows the number of makeup weeks we have on file for you. If you think it’s wrong, please email me immediately (office@pikarco.com), so we can correct our records. If I don’t hear from you, I will assume it is correct.

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

Featured Item of the Week

Brocco-Mix sprouts— We've been experimenting with growing sprouts— the mix you have in your shares today is our first full-scale sprout project. They're a mix of assorted seeds from the Brassica family— full of antioxidants. Sprouts contain much higher quantities of these chemicals than the mature plants.



Yellow Squash— They're back, just in time for the end of the season!

Grape Tomatoes—Here's your chance to decide for yourself if all the hoopla about grape tomatoes is warranted!

<u>FULL SHARES</u>	<u>SHARE ITEM</u>	<u>HALF SHARES</u>
1 bunch	Red Turnips (WF & BHF) - the tops are starting to get spotty in this hot weather, but the turnips are great	1 bunch
1 bunch	Collards (BHF) -FULL shares ONLY	-NONE-
1 pint box	Brocco-mix Sprouts (BHF) - this is an assortment of sprouts from the Brassica family- very yummy	1 half-pint box (RED DOT)
1 large bag	Salad Mix (BHF) - mixed lettuces, red kale and mizuna	1 small bag (RED DOT)
5 squash	Yellow Squash (HOF) -	3 squash
1 pint	Grape Tomatoes (SF) - red grape tomatoes	1 pint
1 zip bag	Genovese Basil (BHF)	1 zip bag (RED DOT)
4 tangerines	Honey Tangerines (UM) - sweet, juicy tangerines—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 / WF*=Worden Farms / HOF=Homestead Organic Farms / SF=Somerset Farms / UM=Uncle Matt's *Redland Organics founders & grower member