



Recipe of the Week

Raita — a traditional Indian dish

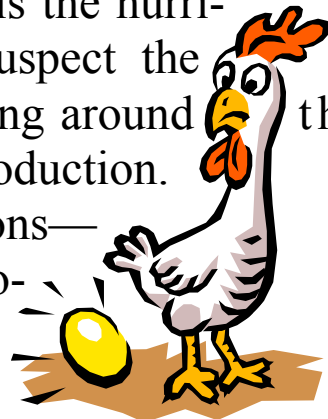
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|--------------|------------------------|
| Cucumber | Cumin or Fennel Seed |
| Plain Yogurt | Salt & Pepper to taste |

Run a cucumber through the shredder (or chop it finely). Mix with plain yogurt. Add salt to taste, and (optional) cumin or fennel seed, pepper. Chill and serve as an accompaniment to spicy foods.

EGG CORNER

We tried and tried, but could not round up enough eggs to provide everyone with a complete egg share. It seems we're not the only ones having production problems. The producer near Tampa, from whom I had hoped to round out our supply, is also having difficulty supplying eggs. Why? The common denominator is the hurricanes. We actually lost several hens, and we suspect the trauma from the storms, coupled with their moulting around the same time, conspired to really mess up their egg production.

I've just sent out an email explaining our options—please read it and let me know how you want to proceed for this season.

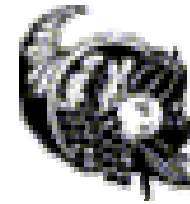


Tidbits

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.

Find our newsletters online! Go to www.redlandorganics.com, click on CSA, then Newsletters.

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



FARM NEWS

Finally! Our first harvest of the season. I was beginning to think it would never happen!

Everything is growing nicely now. The plantings are looking pretty good. Barring any new catastrophes, I expect lots of flowering and fruiting this year. Plants have a survival strategy-when they're stressed (hurricanes) they react by reproducing (flowers and fruit) in order to ensure continuation of the species.

We have a whole new group of WWOOFer (World-wide Working Opportunities on Organic Farms) volunteers this year. Adam and Ashley, from Michigan, have joined us for the season. Annette and Edeltraud, both from Germany, are seeing us through the first several weeks of the CSA. Jaime was with us for a month, on break from her Americorps service tour. Joe and CJ were here early on, helping with the bed preparations, hurricane cleanup, and initial plantings.

Elizabeth and Jon have just joined us, bringing CSA experience with them, to help out the first couple of harvest weeks. Others will be coming later in the season. You will have a chance to meet our current WWOOFers on Farm Day.



Our winter Farm Day is on Sunday, Dec. 18th, from 11am to 5pm. Bring \$5 or a covered dish to share. We'll provide refreshments and the grill (we have a meat side and a veggie side, so all can enjoy!)

Remember to bring funky old clothes, crazy hats, funny shoes, and

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Holiday Delivery Schedule:

- Sat Dec 17 -YES
- Sat. Dec 24 -NO
- WED, Dec 28 -YES (mid-week)
- Sat, Dec 31st -NO
- Sat, Jan 7th -YES

What's in my share? What do I take today?
See inside! →→→

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

Featured Item
this Week

Asian Mix. Many different greens comprise our Asian Mixes, and they change according to what's ready for picking. They are all great for cooking or eating as a salad green, especially when small.

This week's mix contains an assortment of brassicas: mizuna (the spiky, soft light green leaf), komatsuna (the flat large medium green leaf), red kale (the spiky, somewhat stiff, green with purple leaf), tatsoi (the dark spoon-shaped leaf with narrow pale stem), and topper (a non-bulbing turnip with large deep green serrated leaves).

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junk jewelry to dress up the scarecrows (which you can take home afterwards). We hope to have pony rides, and of course, hay rides.

We expect to have some produce and honey available for purchase. Bring your kids and friends.

What does it look like? Some pictures to help you identify those strange things in your shares...

Courtesy of Marian Wertzalka, CSA member and CSA video documentary producer (in the works)

This week's Asian Mix, and Mustard



Red Kale



Komatsuna



Topper



Tatsoi



Mustard



Mizuna

What's in my share today?

<u>FULL SHARES</u>	<u>SHARE ITEM</u>	<u>HALF SHARES</u>
1 large bag	Asian Mix (WF&BHF) - a crispy mix of mizuna, komatsuna, red kale, tatsoi, and topper	1 small bag (RED DOT)
1 head	Lettuce (WF) — choice of red leaf or romaine	1 head
1 Large bag	Mustard Greens (BHF) - a mix of heirloom mustard varieties	1 Small Bag (RED DOT)
3 cukes	Cucumbers (HOF)	1 cuke
1 large bag	Green Beans (HOF)	1 small bag (RED DOT)
1 large zip	Italian Basil (WF)	1 small zip (RED DOT)
1 bunch	Assorted Radishes with tops(WF) - FULL SHARES *ONLY* Remember to USE those tops!!	-NONE-
1 large box PLUS 1 small box	Tomatoes (ECO)	1 large box
1 each	This NEWSLETTER	1 each
?—>	Did you buy a cookbook?- Look for your name on the cover	<—?
10 eggs	EGG SHARE SUBSCRIBERS ONLY!! -look for your name on the carton	1/3 dozen (4 eggs)

Xtras!! (Take a goodie ONLY FROM THE EXTRAS box/cooler) **Note:** If there's something in your share that you don't want to take, trade it for something in the extras box —someone else will be happy to have it. **Remember: IF THE EXTRAS ARE EMPTY, Please DON'T TAKE SOMETHING FROM THE SHARES-YOU'LL BE DEPRIVING SOMEONE ELSE OF THEIR FOOD!!**

Which farms supplied this week's shares? BHF=Bee Heaven Farm * / HOF= Homestead Organic Farms* / ECO=East Coast Organics

*Redland Organics founders & grower members