



### Recipe of the Week

(CSA Members) Sandy and Lisa's Excellent Dinner!

#### Seared Shellfish and Halibut in Coconut Broth (4 servings)

2 teaspoons canola oil	1 cup bottled clam juice
A few dried porcini mushrooms (or shiitakes or other 'shrooms)	1/2 cup unsweetened coconut milk
2 shallots coarsely chopped	1 teaspoon or more Asian sesame oil
2 tablespoons coarsely chopped fresh ginger	Asian Fish Sauce to taste
2 stalks of fresh lemongrass cut into 1-inch lengths (or a bit of lemon or lime juice)	2 plum tomatoes, chopped
2 springs of basil (or more)	Any combination of seafood - we used scallops, Shrimp and Halibut
2 springs of cilantro (or more)	Bok Choy (or Tatsoi or Pei Tsai)
1 cup chicken broth	Scallions

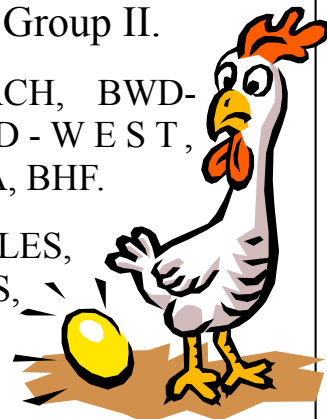
1. Reconstitute mushrooms in 1 cup of hot water for about 15 minutes (strain and save the broth it produces)
2. Heat oil and add shallots, ginger and reconstituted mushrooms. Cook until fragrant - about 2 minutes. Add the lemongrass, basil, cilantro, mushroom broth, chicken broth and clam juice. Bring to a boil. Reduce to low and simmer about 25 min.
3. Strain the broth and return to saucepan. Add coconut milk, sesame oil and tomatoes and simmer a minute - don't boil or coconut milk will separate. Stir in Asian fish sauce to taste and keep warm. You can also just season with salt.
4. Season the seafood with salt and pepper, and sear it in a small bit of Canola Oil- keep it slightly underdone. Add it to the coconut broth.
5. Sear the bok choy in the same pan with a little additional oil. Divide the bok choy among 4 bowls, divide the seafood among the bowls, arranging it on top of the bok choy and ladle the broth on top. Garnish with scallions sliced on the diagonal.

### EGG CORNER

This week = Group II.

**Group I:** BEACH, BWD-EAST, BWD-WEST, CHURCH, SoMIA, BHF.

**Group II:** GABLES, GROVE, KEYS, NoMIA, PalmettoBAY

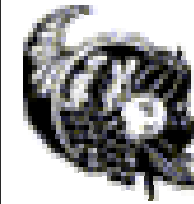


### Tidbits

**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.

**Find our newsletters online!** Go to [www.redlandorganics.com](http://www.redlandorganics.com), click on CSA, then Newsletters.

**Please share your recipes!** Please email your recipes to: [Kavetchnik@aol.com](mailto:Kavetchnik@aol.com).



### FARM NEWS

#### Happy Holidays and a Sweet New Year

The cold weather is here! We've had a few nights with temperatures hitting the mid-upper 40's. Oh, but what gorgeous days we've been having. This is the kind of weather kales and lettuces like-but basil and tomatoes do not.

**Trial-shares signup: 3 days left!**

#### Holiday Delivery Schedule:

**Sat, Dec 31st -NO**

**Sat, Jan 7th -YES**

We recently visited Worden Farm in Punta Gorda. We include some of their wonderful produce in your shares every week. Wondering how we get it here? We meet them half-way, in South Bay, on Thursday evenings, and bring back the fresh-picked veggies for your shares.

When we visit the Wordens, we usually make a stop at ECHO. Although I'm not in the habit of promoting religious ministries of any kind, this outfit is a very interesting exception. ECHO's goal is to provide third-world families with the means to improve their lives—by teaching them how to produce food (plant vegetables, build innovative watering systems, raise small food animals, compost, make biogas stoves from decomposing manure, and develop many other self-sufficiency skills). They train interns and volunteers, who then go out to teach, and supply seeds and materials when requested. Their main facility is located in North Ft. Myers. There they have demonstration plantings and projects, which they use to teach and do research. They focus on crops which are adaptable to tropical climates, and sell seed packets of many of the items they trial here. They are open for tours—it's well worth a visit (but check their schedule first). Their bookstore alone is worth a trip.

### WwoofFer corner

Welcome to Keri and Tony, from Chicago, who have joined us for a few weeks. We also welcome Hiromi, who will be with us until mid-March. She is from Japan. She recently spent time Wwoof-ing on a farm in Nova Scotia.

### What's in my share today?

**See inside! ➡➡➡**

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

## Featured Item

### Arugula

Arugula is a very versatile green. This plant is also known as Roquette, or Rocket, and has been used since ancient times. It lends itself well for use as a main ingredient in simple salads, but is equally at home as an accent in a multi-ingredient salad mix. Arugula is also good cooked! Try some of the following:

Make a simple arugula and goat cheese salad, accented with sliced strawberries or fresh figs. Toss it with balsamic vinaigrette (or a thick, OLD balsamic vinegar alone).

Assemble a salad with Pei Tsai and Arugula. Add a bit of redleaf lettuce for extra color if desired. Toss with your favorite salad dressing.

Sautee lots of garlic in olive oil. Include your choice of chopped onions, sweet peppers, capers, chopped walnuts (or anything else that strikes your fancy!). Add a good handful of lightly-chopped arugula. Cook for a minute or two and use as a topping on your favorite pasta.

### What does it look like?

Some pictures to help you identify those strange things in your shares...  
*Courtesy of Marian Wertalka, CSA member and CSA video documentary producer (in the works)*



Pei Tsai



Arugula



Tatsoi



Turnips



Chard



Lettuce

## What's in my share today?

<u>FULL SHARES</u>	<u>SHARE ITEM</u>	<u>HALF SHARES</u>
1 bunch	<b>Five-Color Heirloom Chard (BHF)</b> - a gorgeous rainbow of colors, tender and flavorful <b>**FULL SHARES ONLY**</b>	-NONE-
1 head	<b>Red Leaf Lettuce (WF)</b>	1 head
1 Large bunch	<b>Pei Tsai (BHF)</b> -light green with white ribs	1 small bunch (RED TAPE)
2 bunches	<b>Arugula (BHF)</b>	1 bunch
1 large bag	<b>Green Beans (HOF)</b>	1 small bag (RED DOT)
1 large bunch	<b>Cilantro (WF)</b> <b>**FULL SHARES ONLY**</b>	-NONE-
1 bunch	<b>Tatsoi (BHF)</b>	1 small bunch (RED TAPE)
1 bunch	<b>Scarlet Queen Turnips w/Tops (WF)</b> Remember to USE those tops!!	1 bunch
1 large jar	<b>Honey (BHF)</b>	1 small jar (RED DOT)
1 each	<b>This NEWSLETTER</b>	1 each
1 dozen eggs	<b>EGG SHARE SUBSCRIBERS ONLY!!</b> We will be sending eggs to the pickup sites on a rotating basis. This week: Group II. Keep an eye out for your turn!	1/2 dozen eggs

**If there's an item in your share that you don't want, put it in the Xtras box—someone else will be happy to have it.**

**Xtras!! (Take a goodie ONLY FROM THE box or cooler marked 'XTRAS') Remember: IF THE EXTRAS box is EMPTY, Please DON'T take something else from the shares -YOU'LL BE DEPRIVING SOMEONE OF THEIR FOOD!!**

**Which farms supplied this week's shares?** BHF=Bee Heaven Farm\* / WF=Worden Farm\* / HOF=Homestead Organic Farms\*

\*Redland Organics founders & grower members