



Recipe of the Week

Margie's Quick Beans With Greens

1 can of white navy beans, drained and rinsed	2 cloves garlic, chopped
approx 3-5 leaves Red Kale or 1-2 leaves Green Kale, washed and chopped, including stems	Dash of Curry powder
2 Tbsp Olive oil	Salt or pepper if desired

Heat oil in a skillet. Add garlic and cook until golden. Add kale stems first, and sautee for 2-3 minutes, then add remainder of kale and continue cooking for another minute or two.

Add beans and curry powder, stir and cook until beans are warmed through. Serve.

This is enough for 2-3 people, depending on whether it is a side dish or the main protein course. You can easily double or triple the recipe. The proportion of greens to beans can be changed as desired.

Other options: You can start with dry beans, which you have soaked and cooked, then drained (save the 'pot liquor' for soup!). And, although white beans give the nicest contrast to the greens, you can use ANY color beans for this dish.

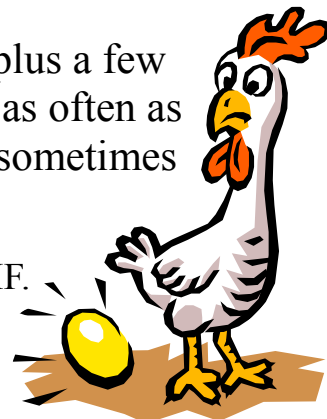
And you can substitute any other 'greens' - mustard, collard, turnip, and chard are well-known choices, but remember you can always use radish tops, or any Asian green.

EGG CORNER

This week = Group I. The full shares are getting a full dozen plus a few extra eggs (a 4-pack) this week. We will send along more eggs as often as we can— sometimes the half-shares, sometimes the full shares, sometimes all will get more.

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

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

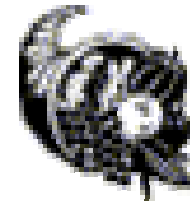


Tidbits

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) 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.



Welcome Trial Shares!

FARM NEWS

Oh, boy! Pray it doesn't freeze tonight! The tomatoes are starting to look really good, and so are the beans. These two crops, along with basil and cucurbits (cucumbers and squashes), are extremely cold-sensitive. We'll probably be spreading Reemay (a lightweight spun bonded poly-something fabric) over all the tomatoes and beans this evening. The farm will look like a ghostly landscape with the white fabric softly wafting in the breeze. And we'll be running the irrigation for a loooooong time, to help keep things warm.



Edeltraud de-Rocking
new rows for planting

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

I'm happy to announce that I've been awarded a scholarship to attend the SSAWG (Southern Sustainable Agriculture Working Group) conference Jan 19-22 in Louisville, Kentucky. I'm also anxious, because this will be the first time I will not be here to organize and direct the weekly CSA delivery and the Sunday Farmers Market sales. I am training two of our WWOOFers, Edeltraud and Hiromi, so they will be able to handle things while I am away. I hope to bring back new insights to improve

WWOOFer corner

This week we will bid adieu to Ashley and Adam, who are heading west for more adventures, and welcoming Maren, from Germany. We also have visiting with us a returning WWOOFer from Canada, Francois,

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our farm and increase our productivity. I will be touring a pastured poultry operation, learning about cut flower production, and exchanging knowledge with other CSA farmers in the South.



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

Featured Items

Hon Tsai Tai

This delicate Asian green is a member of the ‘flowering broccoli’ group. Its purple stems are juicy and tender, and its flat, slightly lobed leaves are mild and tasty. They are good raw in salads, but hold their own in a stir-fry dish as well. Contrast this with the:

Red Russian Kale

This kale (a brassica as well) also has purple stems with green leaves, but its leaves are stiffer and tend to be a bit wild-looking, with soft spikes likely to stick out all over the leaves. This is a very tender kale, used as a salad mix ingredient, but also great in cooked dishes. Try this kale (or the green kale) in this week’s recipe.

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who has brought 5 horticulture students with him on a vacation field trip to Florida. They will be learning about South Florida agriculture, working on the farm, and visiting some of our parks and tourist attractions.

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)



Red Kale



Hon Tsai Tai



Shiitake



Boy Choy



Garlic Chives



Galisse

What's in my share today?

<u>FULL SHARES</u>	<u>SHARE ITEM</u>	<u>HALF SHARES</u>
Choice of 1 bunch	Green Kale (WF) —curly green leaves OR Red Russian Kale (BHF) —spiky green with purple leaves	Choice of 1 bunch
Choice of 1 head	Romaine Lettuce (WF) OR Galisse (green oak-leaf) Lettuce (WF)	Choice of 1 head
1 Large bunch	Hon Tsai Tai (BHF) -smooth green leaves with purple ribs	1 small bunch (RED TAPE)
1 boy choy	Boy Choy (WF) - a Calcium powerhouse!	1 boy choy
1 large bunch	Dill (WF)	1 small bunch (RED TAPE)
1 large bunch	Garlic Chives (Chinese Leek) -(BHF)	1 small bunch (RED TAPE)
1 eggplant	Eggplant (ECO)- **FULL SHARES ONLY**	-NONE-
1 large bag	Shiitake Mushrooms (OM)	1 small bag (RED DOT)
2 tomatoes	Red Tomatoes (ECO)	1 tomato
1 each	This NEWSLETTER	1 each
1 dozen eggs + one 4-pak	EGG SHARE SUBSCRIBERS ONLY!! We will be sending eggs to the pickup sites on a rotating basis. This week: Group I. Keep an eye out for your turn!	1/2 dozen eggs

Full-Share Selections

Half-Share Selections

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? — LOCAL and ORGANIC — All of the farms are located in the South Florida area
 BHF=Bee Heaven Farm* / WF=Worden Farm* / ECO = East Coast Organics / OM = Omega Mushrooms *Redland Organics founders & grower members