



Recipe of the Week

Tomatoes Glazed with Balsamic Vinegar

1 1/2 pounds ripe but firm tomatoes	1 plump shallot, finely diced
2 tablespoons butter	Salt and freshly milled pepper
3 tablespoons balsamic vinegar	

Core the tomatoes, then cut them into wedges about 1 1/2 inches across at the widest point. In a skillet large enough to hold the tomatoes in a single layer, heat the butter until it foams. Add the tomatoes and sauté over a high heat, turning them over several times, until their color begins to dull (about 3 minutes). Add the vinegar and shallot and shake the pan back and forth until the vinegar has reduced, leaving a dark, thick sauce. Season with salt and plenty of pepper.

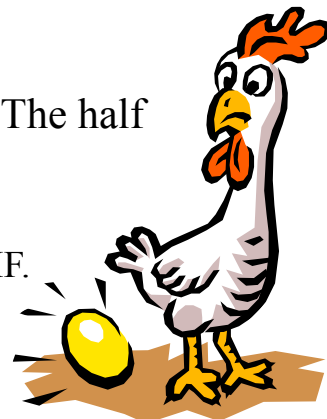
Serve as a side dish or with toast and chopped parsley for a quick supper.

EGG CORNER

This week = Group I. The full shares are getting a full dozen. The half shares are getting 6 eggs.

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

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

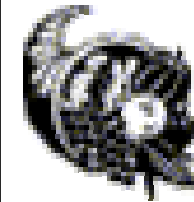


Tidbits

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.



FARM NEWS

After some cold snaps, the weather is starting to warm up. The heirloom tomatoes are starting to ripen, a few here, a few there. Heirloom tomatoes vary greatly in size, color, shape and time to maturity, so it will be a few weeks yet before they start ripening together in sufficient quantities to gather enough at one time for everyone. In the meantime, enjoy these great 'plain old tomatoes' from our

neighbor growers at East Coast Organics/Lady Moon Farms.

I'm preparing most of this newsletter before I leave for the conference, so I won't see the finished

product. (They can malign me at will—I won't be able to do anything about it.

Don't read this newsletter!! (unless you want to know what's in your share today)
See inside! →→→

WWOOFer corner

Right... Well... This won't be your average "WWOOFER CORNER" and probably the most insane CSA week you'll ever be subjected to, but, seeing as Margie isn't here, I, Rachel Alison Pikarsky, otherwise known as Radish or Buttercup for reasons unknown, see it as my obligation to entertain you. Yeah... I know how exceedingly boring these little "newsletters" can be (trust me, I happen to be the proof-reader) and so I shall tell you about my dearest self! Joy, yes? Right, well, as you can tell from the first few lines of my little box, I am certifiably insane. Fortunately (or unfortunately?) though, I haven't been committed to an insane asylum yet... So, I'm in 8th grade and am 14 and as many 14 year olds do, I hate math... I absolutely love the color green (those of you who have seen me lately know just how much I love the color green, as a small-ish strip of my hair has somehow turned green) (could it be the leprechauns?). Ok, well, I'm running out of room, so I shall conclude by telling you what this box is really for. A few years ago, (or was it last year?) our WWOOFers would write a little

(Continued on page 2)



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

Featured Items

This week— are!

Mizuna

Another mustard family member, mizuna is a very mild tender green. It's used extensively in salad mixes, and it makes a great cooked green.

Italian Dandelion

This is a bitter green, much like the wild dandelion, to which it is not related. Italian Dandelion is actually a chicory/endive/escarole green. It is best served cooked. It is often added to soups.



What does it look like?

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



Hon Tsai Tai



Pei Tsai



Broccoli



Romaine



Mizuna



It. Dandelion

What's in my share today?

<u>FULL SHARES</u>	<u>SHARE ITEM</u>	<u>HALF SHARES</u>
1 large bunch	Hon Tsai Tai (BHF)	1 small bunch (RED TAPE)
1 head	Mini-Romaine Lettuce (WF) -**FULL SHARES ONLY**	-NONE-
-NONE-	Italian Dandelion Greens (WF)- **HALF SHARES ONLY**	1 bunch
1 large bunch	Mizuna (WF)	1 small bunch (RED TAPE)
1 large bunch	Pei Tsai (BHF)	1 small bunch
2 heads	Broccoli (LMF) - the cold weather makes it sweet!	1 head
4 tomatoes	Tomatoes (ECO)	2 tomatoes
2 bottles	Orange-Tangerine Juice (NG) - this is an awesome fresh juice!	1 bottle
1 each	This NEWSLETTER	1 each
1 dozen eggs	Eggs are for 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!	6 eggs

Full-Share Selections

Half-Share Selections

Please take what's stated for your share size. DON'T take more or less—you'll mess up the counts of everything. Everything is counted or measured out exactly for each pick up site.

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 / LMF=Lady Moon / ECO=East Coast Organics/ NG=Noble Groves *Redland Organics founders & grower

(Continued from page 1)

something about themselves and let you read about it... I hope to start up the old trend... Sorry I like to write... I seem to have run out of space... So, GO EAT YOUR VEGGIES!!

Rachel