



Recipe of the Week

What to do with all these Veggies??

Are you sometimes overwhelmed by an accumulation of veggies? Is your child conducting science projects with the neat and slimy molds in the refrigerator? Do you feel guilty composting or throwing out the stuff you didn't use in time? Here's a great idea that will help you eat them veggies all up!

Barb & Hardy Welborn, CSA members, sent us this tip to pass along...

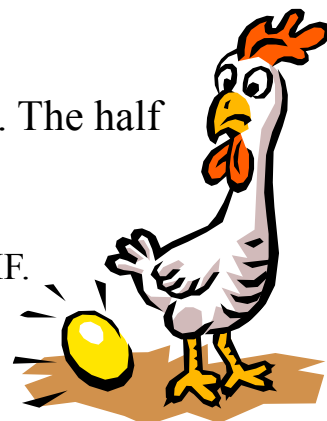
"...every Saturday I now make vegetable broth with any leftover veggies from the week before.... we use it in soups. It's great for broth for rice or risotto.. I also save the stems and "tops" or "ends" in a separate zip bag during the week --as the nutrients are in the entire vegetable...and add them in also.. amazing the quality of the broth!!" And, if you're the enterprising type, you can freeze the broth in premeasured portions to use later this summer.

EGG CORNER

This week = Group II. 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

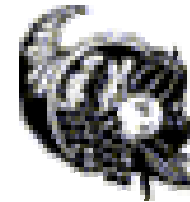


Tidbits

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

I'm back from the (not-so-frigid) North— technically, the upper South... The weather was actually warmish but very windy in Kentucky. There were 900 farmers and Extension agents in attendance. It was amazing seeing the diversity and creativity of small family farms in the South. From tiny plots in city gardens to large (100 acres+) farms, everyone was interested in seeing how others provide fresh, locally-produced food and flowers in a sustainable way. The vast majority of growers are using organic methods, and many run CSAs as well as sell at Farmers Markets. I learned about projects in cities reclaiming waste matter to raise worms for worm castings (great soil conditioners), at the same

OK-are you reading this thing yet?? (it tells you what's in your share— you need to know) See inside! ➔➔

time providing fresh greens in the dead of winter, using the heat generated by the worms and decomposing material. I found out what some farms are doing to bring in extra income with 'agri-cation' projects serving local schools and 'agri-tourism' activities for everyone to enjoy. I learned that many states are actively promoting the preservation of small family farms by funding projects and encouraging 'cottage' industries that create value-added products right on the farm. Sadly, Florida is not a leader in this area— Miami-Dade County even worse! Did you know agricultural zoning here does not allow for making jams and breads, for example, to sell on the farm? Even if it's only from your fruit or veggies? It's considered

WOOOFer corner—from Edeltraud

When I am back in Germany and take my half-share (we call it a "green bag") then I will remember: "It takes a lot of work and time to produce organic vegetables". I worked for three months at Bee Heaven Farm. It was a good time! (Edeltraud is returning to Germany next week— we will miss her careful work and willingness to help anytime. Ed.)

a 'business use', not an agricultural use., so you cannot have a certified kitchen onsite (which you would need in order to create these value-added products). I came back loaded with reading material, and tips I hope to implement to help improve our productivity.



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

Featured Items

Tell by Smell! This week, there are two look-alike pairs: (1) cilantro and parsley, and (2) arugula and dandelion. How to tell them apart if not sure? The distinctive SMELLS of cilantro and of arugula will surely guide you!

Heirloom Beans

This mix of beans — Rattlesnake pole beans (green with purple stripes), Royal Burgundy Purple Pod (dark purple), and Yellow Wax (you guessed it— yellow!) — is lovely to look at and great to eat. But be warned— the purple turns green when cooked! If you marinate them briefly and serve them raw, they retain their pretty colors. (Note: Some bags only got one or two types of beans— sorry!)

Daikon

This large mild radish is great raw or cooked. The tops are good too. Daikon makes a very nice pickle, and a good soup or stew ingredient.

Ponkans

These are wonderful sweet mandarin oranges, naturally-grown from a small Ft. Myers grower who doesn't spray. There are a couple of other types of tangerines mixed in—the ponkans (or pongans) are the very large ones with the loose skin.

What does it look like?

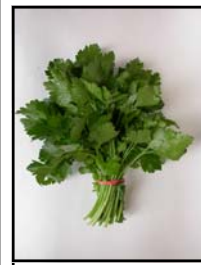
Courtesy of Marian Wertalka, CSA member and CSA video documentary producer (in the works)



Daikon



Beans



Parsley



Arugula



Cilantro



It. Dandelion

What's in my share today?

	<u>FULL SHARES</u>	<u>SHARE ITEM</u>	<u>HALF SHARES</u>
Full-Share Selections	1 large bunch	<i>TELL by SMELL</i> → Arugula (BHF)	1 small bunch (RED TAPE)
	1 head	Green Bibb (Butterhead) Lettuce (WF)	1 head
	1 bunch	Italian Dandelion Greens (WF)- **FULL SHARES ONLY**	-NONE-
	1 large bag	Heirloom Bean Trio (BHF)	1 small bag (RED DOT)
	1 large bunch	Parsley (WF)	1 small bunch (RED TAPE)
	1 bunch	<i>TELL by SMELL</i> → Cilantro (WF)- **FULL SHARES ONLY**	-NONE-
	5 turnips	Turnips (BF)	3 turnips
	2 daikons	Daikon Radish (WF)	1 daikon
	1 large bunch	Red Kale (WF)	1 small bunch (RED TAPE)
	5 tangerines	Ponkan (and assorted other) Mandarins (BJR)	3 tangerines
1 each	This NEWSLETTER	1 each	
STOP! Did you pay for an egg share? 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 II. Keep an eye out for your turn!	STOP! Did you pay for an egg share? 6 eggs	

Half-Share Selections

Everything is counted or measured out exactly for each pick up site, so check the list to see your share size. Please DON'T take more or less than what it says above—you'll mess up the counts of everything.

If there's something 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 marked 'XTRAS') 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 / BF= Blumenberry Farm(Sarasota) / BJR=Broken J Ranch (Ft. Myers, not organic, unsprayed)

*Redland Organics founders & grower members