



Recipe of the Week

Butternut Squash Pie

2 cups cooked, mashed butternut squash	3 Tbsp milk
3/4 cup sugar	1 tsp vanilla
2 eggs, beaten	1 9-inch unbaked pie shell
3 Tbsp melted butter	

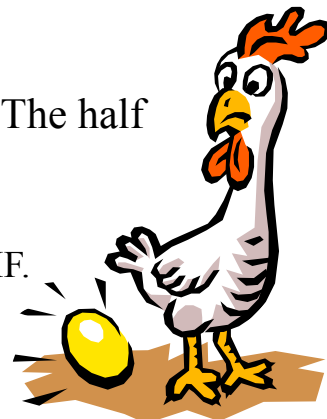
Combine first 6 ingredients and mix well. Pour into pie shell. Bake in a 375°F oven for 45 minutes to 1 hour on until set. Serves 6-8.

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

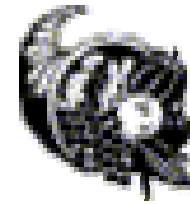


Tidbits

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

The heirloom tomatoes have started!! With names like Brown Berry, Cream Sausage, Wonder Light, Peacevine Cherry, Black Prince, Taxi, Jaune Flamme, Gold Nugget, Red Calabash, Yellow Pear, Red Pear, Green Grape, Green Zebra, Green Sausage, Matt's Wild Cherry, Orange Banana, Stupice, Black from Tula, Federle.....well, you can just imagine the variations in color, sizes and shapes. They're fun to pack. Every box is a piece of art...

It took hours to pick all the tomatoes, and more hours to assemble the pints and half-pints in your shares. The tiny red tomatoes and the small yellow tomatoes are so tender that the skin splits just by looking at them (or so it seems)! But, oh, are they good. Three Sisters Farm supplied 55 of the pints, and we packed the remaining 79 pints' worth of tomatoes. Enjoy these jewels!



INSIDE →

***it tells you what's in your share—
all you need to know →→***

WOOOFer corner

Hiromi has been pickling all sorts of things around the farm since she's joined us: radishes, daikons, cucumbers, beets, and turnips. She shared her simple recipe— try it out!

Pickled Turnips— Precise quantities are not important. This recipe will work with any root vegetable, so feel free to experiment.

Put a bunch of turnips sliced med-thin and 3 sprigs of dill into a clean jar with a tight-fitting lid. Boil together in a pan— 16oz vinegar, 16oz water, 1/4 cup sugar (double the quantities for a larger amount of vegetables). Pour the liquid into the jar and put on the lid. Let sit at room temperature for a day, then refrigerate. You can start eating them the next day. Enjoy the pickles!



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

Featured Items

Asian Mix

This is a great stir-fry mix, consisting of pei tsai, tatsoi, mizuna, hon tsai tai w/flowers, shungiku aka chop suey greens-(edible chrysanthemum), 'vitamin green' and mustard greens.

Butternut Squash

This versatile winter squash is Somerset Organic Farm's fist contribution to our CSA program (along with the green peppers, which they also grew). Butternut squash bakes or microwaves really well (cut it or stab it before nuking it, or it will explode!). It's also wonderful added to chicken soup or a pot of beans. And it works well in pumpkin or sweet potato recipes.

Komatsuna & Collards

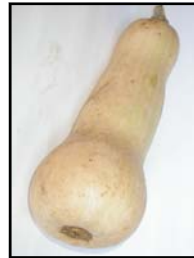
Are they the same? No! You can tell these look-alikes apart by examining the leaf. Komatsuna is narrower and feels soft whereas collards are stiffer and have a waxy feel. Also look at the leaf stalks. Komatsuna is flatter while collards are rounder. Though they are both mild, they taste different, too.

What does it look like?

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



Scallions



B-nut squash



Komatsuna



Collards



A pint vs a half-pint

What's in my share today?

<u>FULL SHARES</u>	<u>SHARE ITEM</u>	<u>HALF SHARES</u>
1 large bag	Asian Mix (BHF & WF)	1 small bag (RED DOT)
1 head	Choice of one Redleaf or Greenleaf Lettuce (WF)	1 head
1 bunch	Komatsuna (WF)- **FULL SHARES ONLY**	-NONE-
1 bunch	Baby Collards (WF) - **FULL SHARES ONLY**	-NONE-
1 large bunch	Dill (WF)	1 small bunch (RED TAPE)
1 large bunch	Choice of one- Purple or White Scallions (BHF)	1 small bunch (RED TAPE)
1 squash	Butternut Squash (SO)	1 squash
3 peppers	Green Peppers (SO)	1 pepper
1 large bunch	Red Baby Turnips w/tops	1 small bunch (RED TAPE)
1 pint	Heirloom Tomatoes! (BHF & TSF)	1/2 pint
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 I. Keep an eye out for your turn!	STOP! Did you pay for an egg share? 6 eggs

Full-Share Selections

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 / SOF= Somerset Organic Farms / TSF*=Three Sisters Farm

*Redland Organics founders & grower members