



Recipe of the Week

Meg's Quinoa with Greens

1 cup quinoa	Olive oil
1/2 cup each walnuts and raisins	Salt & pepper to taste
Greens (radish tops, kale, or other green)	Lemon wedges

- Bring 1 cup quinoa to a boil in 2 cups water. Simmer until done, about 20 minutes. Add 1/2 c raisins and set aside.
- Coarsely chop 1/2 bunch of greens. Saute in olive oil until tender, but don't overcook.
- Toast the walnuts until golden.
- Mix all together. Serve accompanied with lemon wedges.

EGG CORNER

This week = Group II.

The hens were a bit stressed with the rainy weather last week. The full shares are getting a dozen. The half shares are getting a 4-pak. We'll be ordering our chix to arrive in mid-May. That way they'll be ready to start laying eggs right around Thanksgiving—the start the new season (subject to Mother Nature's whims, of course)..



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

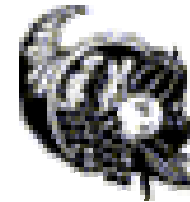
Group II: GABLES, GROVE, KEYS, NoMIA, PalmettoBAY

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

This Sunday is the Wine and Farm Show at Gardners Market in Pinecrest. It's a benefit for CHARLEE as well as the 10th anniversary of the South Florida Farmers Market. Gardners Markets have been very supportive of local farmers. Come see us there! The market will be open until 3pm, and the special show (\$50 admission) will be from 12-3 across the street. There will be tastings and seminars (we're giving one together with Caryl Zook, who will be preparing dishes using our produce).

Did you notice there's not a lot from us at Bee Heaven Farm lately, and nothing from Worden Farm this week? There's a couple of reasons for that. We're both at a bit of a lull right now, in between the fast crops that we planted to catch up after the hurricanes, and the later, slower crops that are still getting ready. Worden Farm also got hit by 4 inches of rain this past week, flooding their fields and hurting a lot of the crops. They are recovering, but the stress caused by the extended 'wet feet' means that a lot of things didn't get ready this week as originally expected. But don't worry—we're tapped in to other organic farms in the area, too. This week you will see Somerset Organic Farms' second squash offering—the acorn squash. (We don't even try to grow most squashes on our farm, as they take up way too much space and are prone to many diseases—so we leave it to the larger farms that have the space to devote to squash growing.)

Next week, we hope to bring you more tomatoes. They're really kicking in with the warm days we had last week. We're having to chase off the mockingbirds and the catbirds, who love to take big pecks out of the ripe ones. Then there's the bugs that like to make holes in the tomatoes, especially those touching the ground. And there's always some disease lurking, standing by for a breach in the skin to take hold and cause the whole thing to melt down.... But we still get plenty of 'maters for all that!

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

WWOOFer corner

This week we welcome Jonathan, who has come from Missouri to enjoy our 'warm' sunny weather. He's hit the ground running, so to speak. On his first day he jumped right in to help pack the shares.



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

Featured Items

Green Cabbage

Don't be afraid of this wonderful, versatile vegetable. Like broccoli, the gaseous state induced by this vegetable is usually due to OVER-COOKING! Overcooking cruciferous vegetables creates sulfur compounds (that distinctive rotten egg smell). Cabbage also keeps extremely well for long periods in your refrigerator. Of course, it's always best to eat it as soon as possible, to preserve maximum nutritional value and taste!



Acorn Squash

Another hard winter squash with great keeping qualities, these squash are easily prepared. Just cut in half, scoop out the seeds, place a dab of butter with a bit of brown sugar inside each half, add a sprinkling of nutmeg and bake at 350°F (or microwave covered) until soft. Yum!

Call for Recipes

We're (still) collecting recipes to complete our own CSA cookbook. Please share your recipes—the info is on the back of the newsletter.

What does it look like?

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



Shiitakes



Acorn Squash



Red Radish



Cucumber



Cabbage



Grapefruit

What's in my share today?

<u>FULL SHARES</u>	<u>SHARE ITEM</u>	<u>HALF SHARES</u>
1 large bag	Arugula (BHF)	1 small bag (RED DOT)
1 head	Green Cabbage (SO) **FULL SHARES ONLY**	-NONE-
1 bunch	Green Kale (SO)	1 bunch (RED TAPE)
1 large bag	Green Snap Beans (HOF)	1 small bag (RED DOT)
2 cukes	Cucumbers (SO) **FULL SHARES ONLY**	-NONE-
1 bunch	Round Red Radish (BF)	1 small bunch (RED TAPE)
2 squash	Acorn Squash (SO)	1 squash
1 large bag	Shiitake Mushrooms (OM)	1 small bag (RED DOT)
3 grapefruit	Grapefruit (PG)	1 grapefruit
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? 4 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, and likely someone will.

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 Florida farms, south of Orlando

BHF*=Bee Heaven Farm / HOF*=Homestead Organic Farms / SOF= Somerset Organic Farms / OM=Omega Mushrooms (Palmetto) / BF=Blumenberry Farm (Sarasota) / PG=Pressley Groves (Frostproof)

*Redland Organics founders & grower members