



Recipe of the Week

Margie's Parsleyed Eggplant and Zucchini

1 eggplant	2 or 3 cloves garlic, chopped
1 or 2 zucchini	Olive oil
A few sprigs of parsley, coarsely chopped	Salt & pepper to taste

- Cut eggplant diagonally into 3/8" slices
- Cut zucchini the same way
- Sautee garlic and eggplant in olive oil until eggplant is half-cooked; then add zucchini and parsley.
- Cook until zucchini and eggplant are translucent, but not mushy. Season to taste. Serve.

ALTERNATE SERVING SUGGESTION: Add 1-2 Tablespoons cider vinegar during the last minute of cooking. Chill overnight to blend flavors and serve as a salad on a bed of pei tsai or lettuce.

This week = Group B.

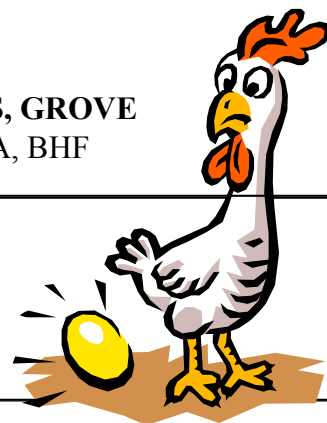
TOMATO CORNER

Group A: BEACH, BWD-EAST, BWD-WEST Group B: CHURCH, GABLES, GROVE
 Group C: KEYS, NoMIA Group D: PalmettoBAY, SoMIA, BHF

This week = Group II.

EGG CORNER

Group I: BEACH, BWD-EAST, BWD-WEST, CHURCH, SoMIA, BHF.
 Group II: GABLES, GROVE, KEYS, NoMIA, PalmettoBAY

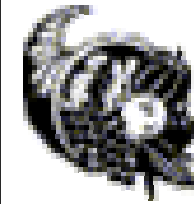


Tidbits

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

We narrowly escaped a major freeze this past Tuesday. We spent hours putting up the Reemay. Meg and Jonathan had to finish on their own, as Hiromi and I had to run out to the Monday Farmers Market at Ocean Reef (we were late, and they were waiting to mob us when we arrived). Luckily, there was barely any frost, and we watered a lot in anticipation. The cold weather does slow down the tomatoes, We'll be sending 'matters out in rotation to the various pickup sites (1/4 at a time). Everyone will get some, just not all on the same week.

Worden Farm is still recovering— their ground is waterlogged from the big rain, and the extra watering required for frost protection has really stressed out a lot of the crops. And being a little further north of us means they get more frost. Somerset Farms' redleaf lettuce got decimated by the frost. You'll notice the greenleaf lettuce is really small— they had to pick early to avoid losing their lettuce altogether. So you get baby lettuces this week.

It's amazing to think that we're halfway through the season! I was recently looking through the past 4 years' newsletters. It is interesting to confirm what we already know intuitively—there is a definite seasonality to our crops. The squashes, especially the hard 'winter' squashes, are ready this time of year. For awhile there will be more of the 'rooty' and 'fruity' things (I mean this in the botanical term—a pepper is a fruit, as is a tomato, a bean, or an eggplant, just the same as an orange, a carambola, or an avocado is a fruit), and a bit less of the 'greenery'.

The seasons pass here, though much more subtly than in temperate regions. But WE can surely tell. The grass is brown. There are many birds visiting the feeders. The purple martins are arriving. The days are getting longer. Many plants are bolting (insisting on flowering). The avocados, citrus and mangoes are blooming. Spring is coming!

We've tucked in a flyer about The Florida Native Plant Society's Native Plant Day coming up March 4th at the Deering Estate. This is a great event, with lots of good information and native plants for sale. It's well worth attending.

Do you share your share with someone? Here's some tips on ways to share your goodies:

- Take turns— each of you take the entire share on alternate weeks
- Take some items one week, and other items the next week
- Don't try to split everything down the middle— when there are small quantities of something, neither one of you will have enough. However, you might want to split a big bunch of turnips, or maybe a big bag of beans...

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

WOOFer corner

This week we welcome Laura, from Ohio. She's taking a year off from her college studies to learn about organic growing. She says "I had a very friendly



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

Featured Items

Taiwanese Pei Tsai

Taiwan and many areas in South-eastern Asia suffer crop wipe-outs by tropical typhoons (hurricanes) and rain storms almost every year. This tasty, fast growing vegetable is often the first and most popular vegetable to appear on the market 2-3 weeks after the storms. This small cabbage, also known as "Chinese Lettuce" is excellent for stir-fry and soup, as well as for salads.

Contrast this variety of pei tsai with the other variety (Tokyo Bekana) we grow, which has slightly sturdier, thicker petioles and wavy leaves.



Sprouts

This crunchy sprout mix is a blend of lentils, garbanzos, mung beans, and other goodies. You can grow it out a bit more if you like a bigger sprout, or use it as is. To grow it some more, rinse them twice a day, drain well, and leave them covered with

These sprouts are delicious in a sandwich, or as a garnish for soups or salads. Of course, sprouts of any kind are great in stir-fry dishes.

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welcome and everything has been great these first days."

What does it look like?

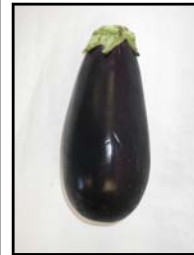
Courtesy of Marian Wertalka, CSA member and CSA video documentary producer (in the works)



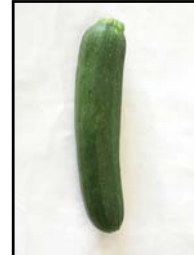
Pei Tsai



Swiss Chard



Eggplant



Zucchini



Turnip Greens



Sprouts

Everything is

counted or measured out exactly for each pick up site, so check the list to see your share size. Please DON'T substitute!! —you'll mess up the counts of everything, and likely someone will be shorted their share.

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

Which farms supplied this week's shares? — LOCAL and ORGANIC — All of the farms are Florida farms

BHF*=Bee Heaven Farm / SOF= Somerset Organic Farms / LMF=Lady Moon Farms / FF=Fullei Fresh /

*Redland Organics founders & grower members

What's in my share today?

<u>FULL SHARES</u>	<u>SHARE ITEM</u>	<u>HALF SHARES</u>
1 large bag	mostly Taiwanese Pei Tsai with	1 small bag (RED DOT)
5 zucchini	Zucchini (SOF)	3 zucchini
1 bunch	Green Chard (LMG)- Full shares ONLY	-NONE-
1 head	Greenleaf Lettuce (SOF)	1 head
1 bunch	Baby Turnip Greens (BHF) - FULL SHARES ONLY	-NONE_
2 eggplant	Eggplant (SOF)	1 eggplant
1 bunch	Curly or Flat Italian Parsley (LMF)	1 small bunch (RED TAPE)
1 pint	Heirloom Tomatoes (BHF) - We're taking turns.	1/2 pint
Group A	This week: Group A. Keep an eye out for your turn!	Group A
1 box	Crunchy Mix Sprouts (FF)- ('naturally grown'-not organic) - FULL SHARES ONLY	-NONE-
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? 4 eggs

Full-Share Selections

Half-Share Selections