



Recipe of the Week

Meg's Colorful Turnip Salad

2 White Asian Turnips	1/4 c Sour cream
1-2 cups shredded Red Cabbage	1 Tbsp Mayonnaise (or lemon juice)
Parsley, coarsely chopped	Salt & Pepper to taste

Remove turnip tops— save for another dish. Cut turnips into 1/4" slices. Quarter the slices. Shred or cut cabbage into thin strips. Mix all ingredients together. Serve.

Hiromi's Colorful Turnip Salad

2 White Asian Turnips	1/4 c Sour cream
4-5 strawberries, thinly sliced	1 Tbsp Mayonnaise (or lemon juice)
Romaine lettuce, cut into large shreds	Salt & Pepper to taste

Remove turnip tops— save for another dish. Cut turnips into 1/4" slices. Quarter the slices. Mix all ingredients together. Serve.

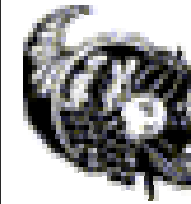
Featured Items

Kohlrabi—the UFO veggie: They look like an alien craft—something the pod people might use to land in! Kohlrabi are mild and crunchy—great raw in salads or cooked. Peel the 'skin' if it is tough.

Pea Shoots: These yummy delicacies are great as a garnish for soup, in stir-fries, or in a salad.

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.



Farm News

Last week was snafu week! We had a delivery problem affecting two sites, and in the process of trying to find the food and reroute it properly, we uncorked what I believe is a bigger problem.

Some of our members don't bother to read the item list carefully, and consequently make mistakes choosing their share items. They end up taking something that is not part of their share, and everyone coming after ends up being shorted. There are many reasons and rationalizations why it happens. Although I include pictures, try to describe the more unfamiliar vegetables, label certain things, and clearly state the quantities in each share, people still make mistakes. I believe a lot of this is from people trying to rush and not taking the few minutes required to understand what they're looking at. In an effort to more clearly distinguish the full from the half-share items, I have split the list into two separate charts and rearranged the pictures and text.

CSA members who have been with us for several seasons know the process well. If you see someone struggling with their share selections, please help them out. Show them what to look for — the red tape or dot for half-shares, how to find their "group", how to use the "Xtras" box. Make a point of signing the check-in sheet every week. If you don't see it, contact your site host and ask them to please make sure it's there for you. The sheet stays at the pickup site throughout the season, so it should always be available.

I'm interested to know who reads the newsletter. Do you read or use the recipes? If you read this, please send me a quick email to let me know (office@pikarco.com). I would appreciate feedback on the new layout as well.







INSIDE → it tells you what's in my share today? →→

Tomatoes are tomatoes are tomatoes...NOT!

You don't normally see heirloom tomatoes in the grocery store. They have not been genetically manipulated to make them easy to ship or keep for extended periods. Saved seed from heirloom varieties will give you the same exceptional characteristics that made them family heirloom. Every one of the varieties we grow were thought by someone to be worth saving for their children and grandchildren. Our tomatoes are at peak production right now!



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

FULL share	
1 bunch	Red Chard (LMF) 
5 zucchini	Zucchini (SOF)
1 bunch	White Asian Salad Turnips w/tops (BHF) 
1 head	Romaine Lettuce (SOF)
1 kohlrabi	Green Kohlrabi w/tops (SOF) 
1 cuke	Cucumbers (SOF)
1 large box	Pea Shoots (PF) 
1 pint	Heirloom Tomatoes (BHF) - 
1 bag	Heirloom Bean Trio (BHF) - a mix of Royal Burgundy Purple-Pod, Cherokee Yellow Wax, and Rattlesnake Pole Beans 
1 each	This NEWSLETTER
9 eggs	STOP! EGG SHARE SUBSCRIBERS ONLY!!

What does it look like?
 Pictures are Courtesy of Marian Wertalka, CSA member and CSA video documentary producer (in the works)

Don't want something? Put it in the Xtras box—someone will be happy to have it.

IF THE EXTRAS box is EMPTY, Please DON'T take something else from the shares -YOU'LL BE DEPRIVING SOMEONE OF THEIR FOOD!!






NO SUBSTITUTIONS

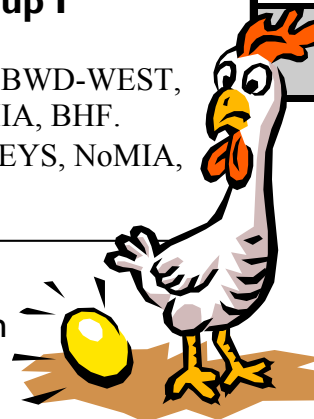
TOMATO CORNER
 This week: **Groups A.B.C.D (all)**

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

EGG CORNER
 This week: **Group I**

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

HALF share		Take
<i>If it's not on this list, it's not part of your share—leave it be!</i>		
	Red Chard (LMF)	1 small bunch (RED TAPE)
	Zucchini (SOF)	3 zucchini
	White Asian Salad Turnips w/tops (BHF)	1 small bunch (RED TAPE)
	Romaine Lettuce (SOF)	1 head
	Green Kohlrabi w/tops (SOF)	1 kohlrabi
	Pea Shoots (PF)	1 small box (RED DOT)
	Heirloom Tomatoes (BHF) -	1/2 pint
	This NEWSLETTER	1 each
EGG SHARE SUBSCRIBERS ONLY!! STOP!		6 eggs



Look for the "Featured Items" column on the back page.

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 / PF*=Paradise Farms

*Redland Organics founders & grower members