



**Recipe of the Week**

**Baba Ghanoush** -contributed by CSA member René Benitz

2 pounds eggplant (2 medium or 1 large), un-peeled and sliced in half lengthwise	1/4 cup finely minced onion
1/4 cup tahini (sesame seed paste)	1/2 tsp. Liquid Smoke (optional)
1/4 cup lemon or key lime juice	1/2 tsp. chipotle chili pepper powder or any-
1 large clove garlic, finely minced	1 Tbsp. olive oil
	2 Tbsp. minced fresh parsley

Microwave the eggplant 8 minutes, turning once or twice to cook evenly. Place it on a non-stick baking sheet, skin side up, and broil for about 10 minutes or until the skin chars. Let the eggplant cool.

While the eggplant is cooking, put all other ingredients, except the parsley, in a food processor. When eggplant has cooled enough to handle, scrape out the flesh into the food processor and discard the skin. Pulse process the mixture until eggplant is ground up and everything is mixed thoroughly together. Pour into a bowl, cover, and refrigerate until time to serve.

Before serving, sprinkle with chopped parsley. Serve with whole wheat pita bread, fresh or toasted, cut into triangle dipping size pieces.

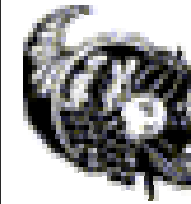
**Featured Items**

**Spinach:** There's a small window of time during which spinach will grow well down here. The recent cold weather was great for it!. This is a savoy-leaf spinach (it's slightly wrinkled).

**Honey Murcott Tangerines:** We're nearing the end of the citrus season. These tangerines are sweet and tart at the same time. Yum!

**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**

Thank you to those who replied to my query for feedback on the newsletter. So far, I have only heard back from about 25, out of nearly 200!! That's not very encouraging—if that's truly the number of people who read this (maybe 15%), then I will seriously consider eliminating the newsletter altogether for next season. After all, I spend a LOT of time getting this ready—time that I could be spending with my family instead. So, if you DO read this, and didn't email me yet, please do so this week (mail to: office@pikarco.com). Thanks!

Well, the tomatoes have peaked now. The barn has been a tsunami of tomatoes for the past 2 weeks, but the signs are there. We're seeing more bugs, dying plants, and more tomatoes with bad spots (if yours have some, and the spots are small, cut 'em out!). Some varieties have already stopped bearing, although others are just now ripening for the first time.

The bees are getting very active again. The avocados are in full bloom, and many flowers are blooming now. Soon beehives will be bursting at the seams, and the bees will swarm new colonies.

***INSIDE → what's in the shares today? → →***









**WWOOFer corner** This week we welcome Luis, originally from Cuba. He says, "On my first week here (at the farm), it is worthy of mention how friendly and supportive the rest of the WWOOFers have been with me." We do have a great crew on hand. They are all genial, hard-working, and represent a variety of ethnic and cultural backgrounds. And boy, can they cook! You've already seen a few of their easy recipes using our farm food.

We also welcome Cecilia, who has been volunteering at the farm once or twice a week. Cecilia participated in a small CSA up north, and enjoys getting dirt under her nails. So far, though, she's been helping pack tomato shares more than she's had a chance to weed!



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

### FULL share

1 bunch	Collard Greens (LMF)	
1 large bag	Spinach (BF)	
1 eggplant	Eggplant (LMF)	
1 head	Greenleaf Lettuce (SOF)	
1 cukes	Cucumbers (SOF)	
2 squash	Acorn Squash (SOF)	
Big box	Heirloom Tomatoes (BHF) - This week: Everyone!	
5 tangerines	Honey Murcott Tangerines (UM)	
1 each	This NEWSLETTER	
1 dozen	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 eXTRAS box—someone will be happy to have it.

### NO SUBSTITUTIONS

Is the eXTRAS box EMPTY? STOP! Please DON'T take something else from the shares -YOU'LL BE DEPRIVING SOMEONE OF THEIR FOOD!!

### 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 II








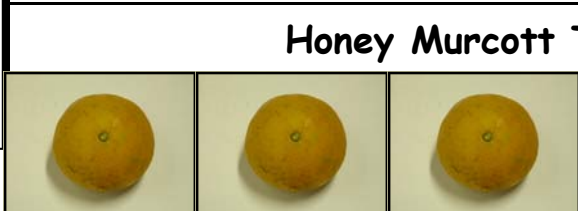
Group I: BEACH, BWD-EAST, BWD-WEST, CHURCH, SoMIA, BHF.  
Group II: GABLES, GROVE, KEYS, NoMIA, PalmettoBAY

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

### HALF share

*Not listed here? it's not part of your share—leave it be!*

Take this

	Collard Greens (LMF)	1 small bunch (RED TAPE)
	Spinach (BF)	1 small bag (RED DOT)
	Eggplant (LMF)	1 eggplant
	Greenleaf Lettuce (SOF)	1 head
	Cucumbers (SOF)	1 cuke
	Acorn Squash (SOF)	1 squash
	Heirloom Tomatoes (BHF) - This week: all	SMALL box (1/2 pint)
	Honey Murcott Tangerines (UM)	3 tangerines
	This NEWSLETTER	1 each
STOP! EGG SHARE SUBSCRIBERS ONLY!!		half-dozen

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

BHF\*=Bee Heaven Farm / SOF= Somerset Organic Farms / LMF=Lady Moon Farms / UM=Uncle Matt's / BF=Blumerberry Farms  
\*Redland Organics founders & grower members