



Recipe of the Week

Freezing your Beans (and other veggies)

Too many beans to eat all at once? Try this: Wash and trim ends off beans. Dunk for 1 minute in boiling water. Remove beans and dunk into a large bowl of ice water (the kitchen sink works really well for this part). Once beans are well chilled, lift them out of the water, drain well, and put into freezer zip bags. Squeeze out air when sealing bags. Date and freeze for later use. Most veggies can be frozen this way.

Featured Items

Chinese Mallow: This mellow, pleasant-tasting large-leaf green is a relative of the hibiscus. The stems are tender, too! Throw them into a stir-fry at the very last minute, or even eat them raw. Enjoy.

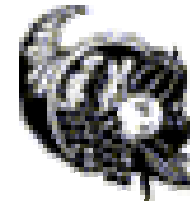


Fennel: This bulbous vegetable has many uses. Use the tops to enhance your salads, or sprinkle on top of fish or soup for a sweet, anise flavor.



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

Bountiful beans! It's spring, and green beans are at their peak right now. Make sure you freeze some for use later on this summer— see directions on back.

Now, I'm taking a break— Rachel, our junior editor, is taking over..... Margie

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

Hey all! Guess what? Dearest Rachel is back! *does the can-can* All right... so, I have been asked, by my totally loveable mother (*cough cough*), to write something about how very little people know about what their food looks like and where it comes from.

Now, we shall start with a lovely short story. It was a dark, windy, gloomy, adjective-filled day and... well... no... it was just a day that some lady came to our house for spare vegetables, or something. Anyway, we were talking about fresh food and how yummy it is. Somehow, please don't ask how, because it may lead to irrelevant rambling about things totally unrelated to this text, we started talking about pineapples and where they came from. So, this lady looks me square in the eye and says, "Yeah, I've got a pineapple tree in my backyard, but, for some reason, it never bears fruit." And I sort of just sat there in shock, most likely with my mouth open, and possibly drooling a little. And I'm like, "Um... that may be because pineapples don't grow on trees."

All right, enough about pineapples... now on to Chinese Mallow. Now, quite honestly I have no clue what Chinese Mallow is but apparently you'll be finding out today... and I probably will too when we eat dinner tonight (SAVE ME!!!).

Well, that wasn't a very good example of not knowing what your vegetables look like, was it? How about mizuna. What, you are thinking, is mizuna? A new bug? A type of Oriental variation of a Pizza? Maybe a chicken? I do not know... Yeah, that's what you're thinking. Because you do not know what mizuna looks like and you do not know how to make things with mizuna. Or maybe you do, since I have been informed that you got mizuna last week.


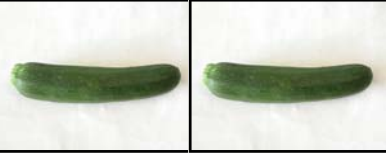







Well... ta ta for now, my lovely little CSA members!! I love you, though I still don't know many of you!! Remember to eat your Chinese Mallow (whatever that is)...

♥Rachel Pikarsky



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

FULL share

1 large bag	Green Beans (HOF)	
2 cukes	Cucumbers (SOF)	
1 head	Redleaf Lettuce (LMF)	
1 fennel	Fennel (WF)	
1 bunch	Chinese Mallow (WF)- wide, umbrella 'gingko'-like leaves	
1 pepper	Corno di Toro Sweet Italian Pepper (BHF)	
2 tomatoes	"regular" Red Tomatoes (SOF)	
A One Pint box	Heirloom Tomatoes (BHF & SF) - This week: Group D only	
13 oranges	Valencia Oranges (WF)	
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: Group D

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? leave it be!!

NO SUBSTITUTIONS

Take this

	Green Beans (HOF)	1 small bag (two GREEN DOTS)
	Cucumbers (SOF)	1 cuke
	Redleaf Lettuce (LMF)	1 head
	Chinese Mallow (WF)- wide, umbrella 'gingko'-like leaves	1 small bunch (RED TAPE)
	'regular' Red Tomatoes (SOF)	1 tomato
	Heirloom Tomatoes (BHF) - This week: Group D only	A Half-Pint box
	Valencia Oranges (WF)	6 oranges
	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 / WF*=Worden Farm / SOF=Somerset Organic Farms / LMF= Lady Moon Farm /SF*=Sawmill Farm (pesticide-free)

*Redland Organics founders & grower members