



### Recipes of the Week

#### Black Radish Slaw

*Adapted from www.mariquita.com, the Mariquita Farm online newsletter*

2-3 black Spanish radishes, scrubbed and grated	2 tablespoons fresh lemon juice
3 cups finely shredded cabbage	1/2 teaspoon sugar
1 cup peeled and coarsely shredded beets	2 tablespoons olive oil
1/2 cup thinly sliced onion	2 tablespoons chopped fresh herbs

In a bowl toss all ingredients together, and salt and pepper to taste.

### Featured Items

**Black Radish** This storage-type radish, also known as Spanish Black Radish, has a black skin and a creamy white interior. It is strong, and mellows with storage. They are great in stews or soups, or prepared in a slaw as in the recipe above.

**Shungiku** Often called chop suey greens, these edible chrysanthemum leaves are a great source of vitamin C, carotene, calcium, and iron. Use them like any other cooking green – in soups, sautés, stir fries, casseroles, or salads. Shungiku’s crisp, fresh, herbal flavor and scent is as distinctive as its beautiful feathery leaves. We hope you enjoy experimenting with this Japanese favorite!

**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](mailto: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](http://www.redlandorganics.com), click on CSA, then Newsletters. **Please share your recipes!** Please email your recipes to: [Kavetchnik@aol.com](mailto:Kavetchnik@aol.com).



### FARM NEWS

Well, folks— there’s just two more full weeks left after today! And the last farmers market of the season is tomorrow (Monday at Ocean Reef). It’s been a long and eventful season. I hope this coming summer and fall are calmer!!

You may have noticed virtually nothing from us at Bee Heaven Farm, and a whole of of stuff from Worden Farm. This is a great example of how local farms can work together to keep the crops going. Our crops are virtually exhausted, but Worden Farm’s replantings are all maturing now. BUT– they’re suddenly short-handed, so we’ve arranged to have several of our WWOOFers helping them out to get the harvests in. Now our farm is looking like a mess, with very little weeding and no planting to speak of being done, but right now, it’s more important to get those crops out of the fields and into your homes. It’s a funny thing— -you can’t tell the lettuce to wait out there until next week, when you have time. It’s ready now, and that’s when you better harvest it, by golly! because in two more days it will bolt to seed and taste disgusting! Many crops are like that– a few are forgiving, like potatoes, which will just keep getting bigger (to a point), but beans will simply stop producing, tomatoes will rot, radishes will get pithy... Farming is NOT for procrastinators!!

Most of the younger kids are on spring break now. Easter and Passover are coming up, and we’ve provided you with honey to sweeten your holiday. We always have honey on hand, so anytime you need more, you’re welcome to come by (call , or better yet, email ahead to make sure we have the size you want). Or you can usually find Miguel (our bee-keeper) at the various fairs and festivals around the county. He also has Tupelo honey (from North Florida) and Orange Blossom honey (from Central Florida) which we sell at the farmers market along with our wildflower farm honey.

## **INSIDE → what’s in the shares today? →→**

Don’t forget this weekend HEALTH” HERBAL WELL- 9-6 Saturday and Sunday. The minute chair massage!











is the “THINK NATURAL NESS WEEKEND at the from \$10 admission includes a 10



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

### FULL share

1 bag of 3	<b>Baby Lettuces (WF)</b> - assorted colors and Types of baby lettuces	
1 cuke	<b>Cucumber (SOF)</b>	
1 bunch	<b>Shungiku-</b> chop suey greens (WF)	
1 large bunch	<b>Chioggia Beets (WF)</b>	
1 bunch	<b>Green Onions (WF)</b>	
1 bunch	<b>Dill (WF)</b>	
3 radishes	<b>Black Spanish Radish (WF)</b>	
1 large (1lb) jar	<b>Farm Honey- wildflower (BHF)</b>	
1 each	This NEWSLETTER	
1 dozen	<b>STOP! EGG SHARE SUBSCRIBERS ONLY!!</b>	

### 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 for someone else to enjoy!**

**Want something more? Look in the Xtras box!**

### NO SUBSTITUTIONS

**Please DON'T swap something out from the shares -YOU'LL BE DEPRIVING SOMEONE OF THEIR FOOD!!**

### TOMATO CORNER

**This week: NONE ☹️**

- 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

<i>Not listed here? leave it be!!</i>		<u>Take this</u>
	<b>Baby Lettuces (WF)</b> - assorted colors and types of baby lettuces	1 bag of two (RED DOT)
	<b>Cucumber (SOF)</b>	1 cuke
	<b>Shungiku-</b> chop suey greens (WF)	1 small bunch (RED TAPE)
	<b>Chioggia Beets (WF)</b>	1 small bunch (ORANGE TAPE)
	<b>Green Onions (WF)</b>	1 small bunch (RED TAPE)
	<b>Dill (WF)</b>	1 small bunch (RED TAPE)
	<b>Black Spanish Radish (WF)</b>	2 radishes
	<b>Farm Honey-wildflower (BHF)</b>	1 small (8oz) jar (RED DOT)
	This NEWSLETTER	1 each
	<b>STOP! EGG SHARE SUBSCRIBERS ONLY!!</b>	1/2 dozen

**Which farms supplied this week's shares? — LOCAL and ORGANIC — All are Florida farms** Rachel's Eggs (BHF)\*=Bee Heaven Farm

WF\*= Worden Farm / SOF=Somerset Organic Farms \*Redland Organics founders & grower members