



Recipe of the Week

Spaghetti Squash Italiano -Margie Pikarsky

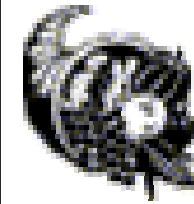
1 Spaghetti Squash	1/2-1 c cherry tomatoes, cut in half length-
1/3 cup olive oil	2 T capers -optional
1 head garlic, cloves peeled & pressed	1/4 c basil leaves cut in large pieces
Italian seasoning to taste	Grated cheese (fontina is good) - optional

Cut spaghetti squash in half, scoop out seeds, and place face down on a flat plate. Cook in microwave on high for approx 15 minutes, until outside is soft enough to dent easily.

While squash is baking, sautee garlic in olive oil on medium heat until slightly translucent. Add Italian seasoning and tomatoes. Cook for a few minutes, stirring often until tomatoes soften. Add capers, then basil. Stir, lower temperature and finish preparing the squash by scraping out the flesh with a fork. It will look a lot like spaghetti!

To serve, dish out the squash in a shallow bowl. Ladle tomato mixture on top, and finish with some freshly-grated cheese. Enjoy!

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

This week is the last regular share! Please check the makeup weeks sheet- if you find a discrepancy with my records, please contact me immediately (by EMAIL ONLY, please, to: office@pikarco.com). If you suspended one week's share your last week will be April 29th. If you suspended two or more weeks' shares your last pickup will be on May 6th.

We're going to miss the veggies, but we do need a rest. The land does also. Now that the weather is heating up, the weeds are taking off (and it's not even the rainy season yet!).

We hope to see you at our Gleaning Day celebration. It's hard for me to rip out plants that are still bearing. I always want to leave it 'a little bit longer'. But then, I get behind on the land preparation, and pay for it dearly the following season in a heavier weed load! So you'll be doing us all a favor by coming out that day!

Keep a lookout for information on next season's renewals, eggs, and the summer fruit share program. I'll be sending out an email in mid or late May with all the details.

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

End-of-year Gleaning Day celebration!

Sunday, May 7th 11am-3pm

at Bee Heaven Farm










19000 SW 264th St, Redland (1 mile south of the Fruit & Spice Park)

Bring a dish to share, and be ready to help take out stakes, roll up drip tape, and harvest any leftover veggies such as arugula, cherry tomatoes, black kale, edible flowers, radishes, tatsoi, beets, carrots, basil or whatever's left to take home and enjoy. Bring the kids, too. We'll have crafts, hay rides, and other activities.



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

FULL share

1 bunch	Kale/Chard Braising Mix (WF)	
1 squash	Spaghetti Squash (SOF)	
1 zip bag (NO DOT)	Arugula(BHF)	
Choice of 1 bunch	Shunkyo Radish w/TOPS or Pink Beauty Radish w/TOPS (BHF)	
4 radishes	Red Heart (Watermelon) Radish –TOPLESS (WF)	
1 pint	Cherry Tomato Mix (BHF, SF**)	
1 large bunch	Scallions (WF)	
1 zip bag	Italian Basil (WF)	
1 head	Butterhead or Crisphead Lettuce (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 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: 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

<i>Not listed here? leave it be!!</i>	<u>Take this</u>
	Kale/Chard Braising Mix (WF) 1 zip bag (RED DOT)
	Arugula (BHF) 1 zip bag (RED DOT)
	Red Heart Radish (Watermelon)-TOPLESS (WF) 2 radishes
	Cherry Tomato Mix (BHF, SF**) 1/2 pint (WHITE DOT)
	Scallions (WF) 1 small bunch (RED TAPE)
	Italian Basil (WF) 1 zip bag (RED DOT)
	Butterhead or Crisphead Lettuce (WF) -Choose one! 1 head
	This NEWSLETTER 1 each
	STOP! EGG SHARE SUBSCRIBERS ONLY!! 4 eggs

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 / SF*= Sawmill Farm (pesticide-free)

*Redland Organics founders & grower members

**naturally-grown, pesticide-free, not organic