



2005-2006 CSA Shares Newsletter

~ THE COMMUNITY POST ~

Bee Heaven Farm  
Redland Organics

Makeup Week 1  
April 14, 2006

## Thank you!

If you haven't already, please take a moment to thank your site host for offering the use of his/her place to pick up your shares. Many of them have gone above and beyond the call of duty to help out. We couldn't do it without them.

And a big thank you to all of you, our CSA farm family, without whom we wouldn't be enjoying this farm-fresh, organic food!

Happy summer.

## IMPORTANT Reminder!

### This is Makeup Week # 1

We have ONLY sent shares for names on the list with 1 or 2 weeks to make up.

**If your name is not on the list, we did NOT send along a share for you.**

**If you think this is wrong, PLEASE DO NOT take someone else's share today, but**

**DO** contact Margie by emailing:  
office@pikarco.com  
immediately to resolve.

## Boxes? Calling all boxes!

This week, transfer your share to a bag (or two or three) and leave your box behind.

Next week we'll collect whatever boxes are there WHEN WE ARRIVE to drop off the shares (NOT when you arrive to pick it up). So, if you're picking up a share next week, please take your box with you then and dispose of it in a (hopefully) useful manner.

Or, if it's in good shape and you have a safe spot to keep it until next season, we'll be happy to take it back then!

Community Supported Agriculture 

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

# ITEM OF THE WEEK AND RECIPE

## Carrots and Carrot Tops

Carrots are in the parsley family. You're all familiar with the roots, so I won't elaborate on them. However, the tops are a lesser-known culinary delight. Carrot top pesto is a favorite of long-time CSA member Kathy Herring. She takes a standard pesto recipe, makes a few substitutions, and out comes an awesome carrot pesto!



Here's what she does. First, cut off the carrot tops. Cut the long stemmy parts off, saving just the leaves. Wash well to rinse off any sand and dirt, and soak the leaves in cold water for awhile. This will revive them if they're limp. Dry them thoroughly— a salad spinner works well for this step.



Next, take your favorite pesto recipe and substitute the carrot tops for the basil and parsley. If you're not brave, leave some basil in.

A few other changes Kathy makes—she uses pecans, cashews & walnuts instead of pine nuts. And she uses lots of garlic and pepper. For the cheese, she uses Parmesan or a Parmesan mix. Feel free to substitute your favorite nuts and cheese— experiment until you have it just the way you want. It's delicious!

| What's in my SHARE?                        | Full Share | Half Share    |
|--|------------|---------------|
| Lettuce -assorted types (WF)               | 1 head     | 1 head        |
| Carrots (WF)                               | 1 lg bunch | 1 small bunch |
| Spring Mix (BHF)                           | 1 # bag    | 0.6# bag      |
| Red Kale (WF)                              | 1 bunch    | 1 bunch       |
| Cilantro (WF)                              | 1 bunch    | 1 small bunch |
| Arugula (BHF)                              | 1/2# bag   | 1/4# bag      |
| Lincoln Leeks (WF)                         | 1 bunch    | 1 sm bunch    |
| Mixed small tomatoes (SunOF)               | 1 quart    | 1 half-pint   |
| <b>EGG SHARES ONLY</b> Rachel's Eggs (BHF) | 1 dozen    | 1/2 dozen     |
| This newsletter                            | 1          | 1             |