



Recipe of the Week

Pasta with Cilantro Pesto & Barley

-from allrecipes.com

1 1/2 cups water	1 bunch cilantro	1/2 cup vegetable broth
1/2 cup pearl barley	1/2 bunch green onions	1/4 cup Parmesan cheese
8 ounces uncooked orecchiette pasta	1 cup grape tomatoes, halved	1 cup torn arugula leaves

In a saucepan, bring the 1 1/2 cups water to a boil. Strain the barley, reduce heat, cover and cook for 30 minutes.

Bring a large pot of slightly salted water to a boil. Add orecchiette pasta, and cook for 8-10 minutes until al dente. Drain.

In a food processor, finely chop the cilantro, green onions, and half the tomatoes. Mix in the broth and Parmesan cheese, and process until well blended.

In a large bowl, toss the barley, pasta, cilantro mixture, remaining tomatoes, and arugula. Season with salt and pepper to taste. Serve immediately.



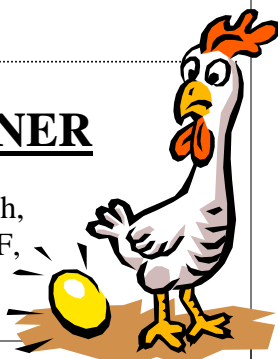
Check out the **Green Bean and Cherry Tomato** recipe from Week 3 of this season— you can find it online in our CSA newsletter archive— www.redlandorganics.com/newsletter.htm

Farmers Market season is here! Come see us

Sundays 8am-1pm (thru Mar 30) @ Gardner's Market parking lot, in Pinecrest, on SW 124th St just east of US1
Mondays 1pm-5pm @ Gardner's Market in Ocean Reef Club
Thursdays 11am-3pm (Feb 21-Apr 3) @ Bayfront Park, Downtown Miami

EGG CORNER

This week— Beach, North Miami, BHF, Bwd, the Keys



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@beeheavenfarm.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 past newsletters online! Go to www.redlandorganics.com, click on CSA, then Newsletters.

Share your recipes! Email your recipes to: recipes@beeheavenfarm.com

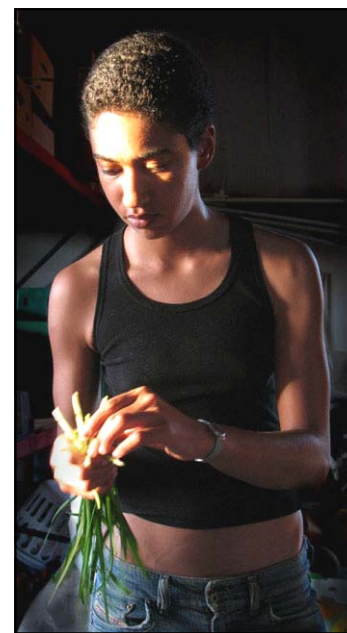
Visit our **Member blogs:** www.miamidish.net; www.criticalmiami.com; tinkeringwithdinner.blogspot.com; mangoandlime.net



Farm News

We had some really nice rain on Wednesday — a good 2½". It was sorely needed. It seems no matter how well-irrigated your crop, rain does such a better job! The grass immediately turned green, and the dust has settled. I was beginning to think our blue van was actually a brownish-red color, and the white truck was looking pretty reddish, too...

Next week is the start of the Bayfront Park Farmers Market in downtown Miami. In its second season, this small market is helping to spur the revitalization of the downtown area. The beautiful setting makes for a nice lunch break, so if you work anywhere near the area or have the time free, walk on



Celine preparing garlic chives

over or catch the Metrorail/Metromover to see us there. The market will run for 7 Thursdays, from 11-3, beginning February 21st. They plan to have live music, too! See you there.

Of course, don't forget our usual Sunday morning market at the Gardners Market in Pinecrest. This year is the best year yet. The market is bigger and better than ever, with several new vendors. It's worth a visit. Hours and location are printed on the back page of this newsletter.

You'll notice there is nothing from our farm this week — we're giving our crops a rest, while we catch up with weeding and replanting for the end of season crops. We've heard from farmer Chris at Worden Farm that the potatoes are looking pretty good — in a few weeks we should be putting some in the shares. New potatoes— yum!

We had an unexpected windfall from C&B Farms this week. Though we weren't planning on having squash this week, they accidentally loaded up 40 cases of squash and zucchini in the truck. Since there was no way to return it, someone else's loss became our gain. We added them to your shares, so it's a little more full than originally planned. Enjoy!

Our Farm Family

My stay at Bee Heaven Farm has been a short one, but I am leaving with a renewed excitement for the upcoming growing season on my land in British Columbia. One thing that excites me about growing my own produce is trying out different varieties of veggies not commonly sold in stores. One thing I love about traveling is gathering seeds of exotic species to try out in my garden, and I have been lucky to find some interesting plants gone to seed at Bee Heaven and in the area. Another thing I've enjoyed about WWOOFing at Bee Heaven is being able to see such a variety of tropical fruit, and finally being able to match the fruit to its tree. I've spent a nice time here and would recommend WWOOFing to anyone interested in a better connection with the food they eat.

-Nicole

We had a flurry of new folks this week. In order of arrival, first Rachel & Chad, followed the next day by Zak. Even though they arrived right in the middle of the bad weather, they were happy to be here in South Florida. It was much colder when they'd been! They jumped right in to pull weeds and mulch planting beds. The plantings are looking better already. It's great to have a full crew again.



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

Featured Items



Komatsuna

Komatsuna: Another Japanese green— mild and tasty, this green tastes great simply prepared by steaming or a light boiling, and seasoned lightly. It's a great source of calcium.

Cucumbers: It's great to have cucumbers again. Down here in South Florida, it's nigh impossible to grow them between December and February. The insect and disease pressures, together with the cold weather (when we get any), is a guarantee of poor results, so organic growers especially, don't try to grow cukes during those months. These cukes, though mostly on the short side and slightly misshapen, are full of just-picked flavor.

Yukina Savoy: This is a giant version of tatsoi. The leaves are a little bit more wrinkled. Use it the same way.



Yukina Savoy



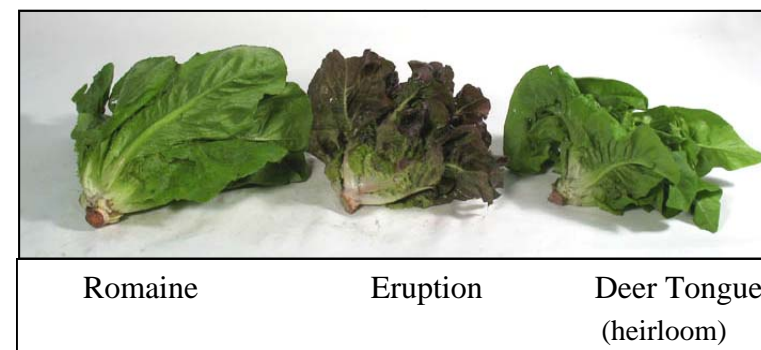
What does it look like? Every week, we include pictures to help you identify everything in your shares, especially those strange things you never saw before!... pictures by CSA member Marian Wertalka

About the shares... There are two sizes of box, corresponding to the two share sizes. And, no, **two half-share boxes does NOT equal one full-share box.** If you're sharing with someone, or if your full share box is missing (hopefully not!) please DON'T take two half-share boxes if you paid for a full share. We also have an eXTRAs box, with goodies to rummage through and exchange with others—but they go fast!

Food Miles	What's in my share box today?
<i>From BHF</i>	<i>NOTE: A full share is NOT the same as 2 half-shares!</i>
3	Green Beans (HOF) - Full: 1.5# / Half: 0.75#
165	Yukina Savoy/Tatsoi (WF) - Full / Half
165	Cilantro (WF) - Full / Half
165	Assorted Lettuces (WF) - All: 1 head
100	Cucumbers (shorties) (C&B) - Full: 8 / Half: 4
100	Squash OR Zucchini (C&B) - All: 3
100	Grape Tomatoes (C&B) - All: 1 pint
165	Komatsuna (WF) - Full only
165	Assorted Citrus (BJR) - Full: 6 / Half: 4
	Xtras!! (Take it or leave it...) Take a goodie from the Xtras box, or if there's something in your share that you won't use this week, donate it to the box —someone else will be happy to have it.
0	Eggs are for EGG SHARE SUBSCRIBERS ONLY (F/H) This week: Beach, North Miami, BHF, Broward, the Keys
0	HONEY SHARES SUBSCRIBERS get honey next on Mar 3 (& Apr 6)
	<i>Please remember to return your gently-flattened box each week—directions can be found at www.redlandorganics.com/CSAboxes.htm. Better yet, buy one of our tote bags and transfer your share when you pick it up— then flatten your box and go!</i>

Which farms supplied this week's shares? -all the farms are located in the South Florida area

WF*= Worden Farm; HOF*=Homestead Organic Farms; C&B= C&B Farms (Little Cypress Organics); BJR**=Broken J Ranch *Redland Organics founders & grower members; **not certified, naturally-grown



Romaine

Eruption

Deer Tongue (heirloom)