



Recipe of the Week

Carrot Top Soup

from Local Flavors by Deborah Madison, founding chef of Greens

This soup was prepared at the recent BHF Kitchen Basics workshop presented by chefs Rachel O'Kaine and Adri Garcia of Mise en Place and was quite a hit— a great way to use your carrot tops!

1 bunch (6 small to medium) carrots, tops and the roots	2 thyme or lemon thyme sprigs
2 Tbsp olive oil	2 Tbsp chopped dill, parsley, celery leaves, or lovage
3 Tbsp brown rice	sea salt and freshly ground pepper
2 large leeks, white parts only	6 cups Vegetable Stock

1. Pull or pluck the lacy leaves of the carrot greens off their stems. You should have between 2 and 3 cups, loosely packed. Wash, then chop finely. Grate the carrots, or if you want a more refined-looking soup, finely chop them.
2. Heat olive oil over moderate heat in a soup pot. Add the carrot tops and carrots, rice, leeks, thyme, and dill. Cook for several minutes, turning everything a few times, then season with 1 1/2 teaspoons of salt and add the stock. Bring to a boil and simmer until the rice is cooked 20 to 25 minutes.
3. Taste for salt, season, with pepper, and serve.



A stack of TORN boxes, never to be used again...

You know all those torn boxes I keep bitchin' about? Well, to add insult to injury, I had to PAY \$32 to DUMP those torn boxes at the landfill. So, not only do they cost \$1.30 each to buy, then after ONE USE, because you're too impatient to bother how to learn to flatten your box properly, I have to retire the box, buy ANOTHER one, and then PAY someone for the 'privilege' of throwing it away (not to mention the fuel and time to drive there and back)! The minidump won't accept them, we're not allowed to recycle them, and I can only burn so much in our campfire. So, PLEASE, FOLKS! pay attention to what you're doing. RESPECT, RECYCLE, REUSE..... and I'll REJOICE. And I won't be forced to increase your share prices by another dollar-fifty a week just to pay for the darn boxes!

EGG CORNER

This is the fourth of the makeup weeks for the standby egg share folks. One more week of makeups and all the egg share folks will be caught up for the season!

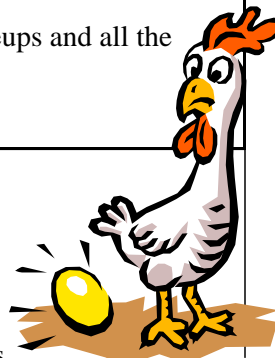
Tidbits

Going out of town? Please make arrangements for someone to pick up your share.

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 local food blogs: www.miamidish.net; tinkeringwithdinner.blogspot.com; ladivacucina.blogspot.com; mangoandlime.net; sustainablesuppers.com; www.kththread.com Is there a blog we should add to the list? Let us know!



Farm News

Well, folks, we're over the threats of frost, and now we're hoping for a little bit of rain. Everything is dusty. During the past 4 months, we have received only a fraction of the normal amount of rain expected this time of year— little enough as is. We need a reprieve...

I finally got my daughter Rachel to contribute an article for the newsletter— she usually manages to write something once or twice a season. Here it is:

My Dearest CSA members,

I, as you may have noticed, have been neglecting you, and for this, I am sorry. I was asked, a few weeks ago, to write something by a couple of you who, for reasons I can't quite fathom, have really quite missed my quirky entries.

Now, my mother has sat me down at the computer and told me to write but I don't actually know where this is going to be placed on the newsletter so I don't rightly know what to write about...



I guess I'll write about what I did when I got home yesterday...er...

Thursday. I began the short trek home from where the bus drops me off to the house, where I frantically gathered the supplies I'd be needing— a giant stainless steel bowl, a Hansel and Gretel style basket, and some scissors— and hobbled (I fell down some stairs last Friday and my toe is swollen...probably sprained, hopefully nothing worse) out the door before the last rays of sunlight waved goodbye to South Florida.

I was on a quest. I began in the barn where I found some delightful Red Romaine and Oak Leaf lettuces, which, if you haven't already, I hope you get in your shares. I also encountered a table laid with a vast and colorful array of scrumptious looking tomatoes of all shapes and sizes (no joke... ALL shapes, ALL sizes, and ALL colors). "Alas," I cried, "I need an avocado!" (Ok, so no one actually talks like that, but you get the gist.) And there before my eyes was a lone avocado that I really felt bad taking because it was the only one set aside for the WWOOFers, but a girl's gotta do what a girl's gotta do. So I put everything in my big bowl along with some crisp French Breakfast Radishes, an onion, a big red Bell Pepper, and some carrots.

I still needed more items for my end product so I continued on to the house, along the way collecting some arugula, tangerines, mulberries and raspberries, a carambola or two, and a bunch of edible flowers.

And thus began the rest of the night... I toiled away endlessly washing and cutting and placing, *just so*. For me, salad making is more like creating a painting. You have to keep balance and symmetry and color composition. In the end, I ended up with a circular pattern with layers and layers of yummy things that I couldn't wait to share with my school.

And the following day, Friday, was our annual African American History Luncheon at school. Just picture this— aisles and aisles of delicious food of many different ethnicities, happy people, performances from students, and a professional band to boot. My school is awesome, and yes, you can quote me on it so if I ever complain about too much work, yea, it's a lot of work, but it's also a lot of fun.

So anyways, I ended up only getting a little and a lot of my friends getting none! D: It's ok though, because I know that whoever got it (probably the darn seniors who always seem to get first dibs on our food even though only a few ever bring some to share) enjoyed it very, very much, and I hope that it made their day happy and delicious, because honestly, the best part about making a salad is just that: making it.

Much love,
Rachel Pikarsky

(I used to sign Rachel Purple-Hair, but my hair isn't purple anymore and there's not another Rachel to confuse me with this season :D)

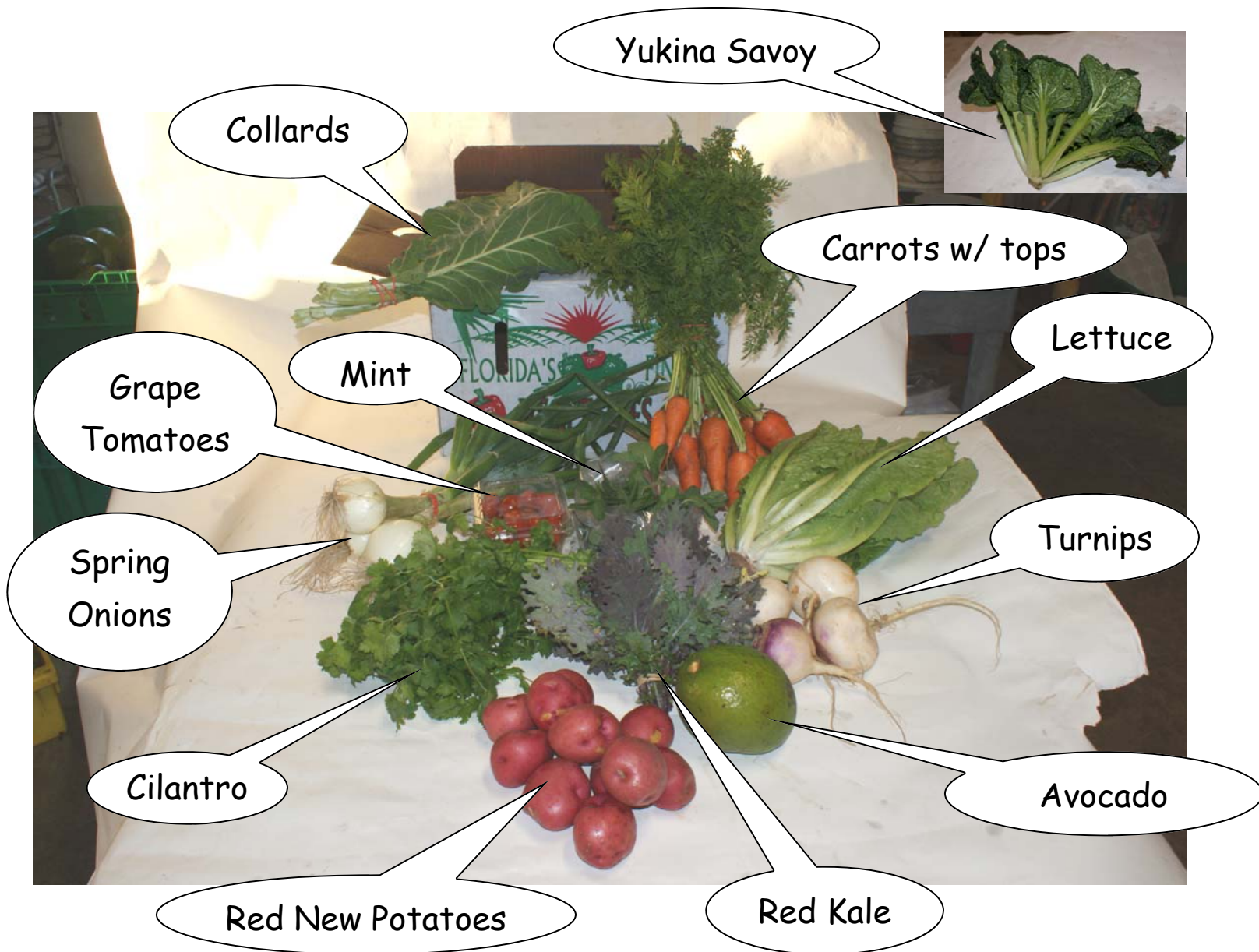


It's rich, "organic", down-to-earth, user-friendly, and nourishing!

Featured Items

Carrots: Don't miss trying the carrot top soup recipe. It's just one way you can enjoy carrot tops. You can use them in any way you might use parsley. Include it in pesto, use it as a garnish on soup, or make 'parsleyed' potatoes.

TIP: You know, everything we give you is edible. ALL the tops of the root veggies and the onion family—beets, carrots, turnips, onions, scallions, and all the leaves of cauliflower & broccoli, to name a few, ARE EDIBLE. Don't throw them away—eat them. Get extra value from your food!



What does it look like? Every week, we include pictures to help you identify everything in your shares.

About the shares... There are two sizes of box, corresponding to the two share sizes. **Two half-share boxes does NOT equal one full-share box.** We also have an eXTRAS box, with goodies to rummage through and exchange with others—but they go fast! **If your share is missing, please DON'T make things worse by taking someone else's share—report it, and check with your site host at the end of the day.**

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>
165	Lettuce (WF) - Full only
165	Carrots w/tops (WF) - Full / Half
165	Collards (WF) - All
0	Red Kale or Lacinato Kale (BHF) - Full only
165	Turnip roots (WF) - Full only
165	Yukina Savoy (WF) - Half only
165	Potatoes (WF) - Full / Half
165	Spring Onions w/tops (WF) - Full: 3-4 / Half: 1
165	Cilantro (WF) - Full / Half
100	Mint (C&B) - Full / Half
2	Avocados (WA) - All: 1
8	Grape Tomatoes (SOF) - All: 1 pint
	☺ Xtras — pick an item or two, but be considerate of others —
0	Rachel's Eggs (BHF) - Full / Half * FOR EGG SHARES ONLY*
0	Next Honey share will be March 7-8
	<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

BHF*= Bee Heaven Farm; WA=Wyndham Avocados *(transitional); WF*=Worden Farm;

C&B= C&B/Little Cypress Organics; SOF= Sunshine Organic Farms

*Redland Organics founders & grower members; **not certified, naturally-grown