



## Recipe of the Week

### ABC Slaw

- From Everyday Food Magazine

1 apple, peeled, cored, and cut into matchstick pieces	1 ½ tablespoons fresh lemon juice
1 head bok choy	1 ½ teaspoons canola oil
2-3 carrots, washed and cut into matchstick pieces	Salt and pepper to taste
½ teaspoon fresh grated ginger	

Cut bok choy leaves in half lengthwise, then slice crosswise into thin strips. Rinse lightly and shake off excess water. Coat with salt and cover with something weighted to 'sweat'. Place apple and carrot matchstick pieces in a bowl. Add lemon juice, canola oil, and ginger. Add bok choy and salt and pepper to taste. Stir and refrigerate at least 15 minutes before serving.

### Root Kimchi

- contributed by wwoofer Ken D.

3 Cups thinly sliced (daikon) radish or turnip plus their greens	3 tablespoons sea salt
4 cloves minced garlic	1 small hot pepper
3 tablespoons grated ginger root	A few carrots, thinly sliced (optional)

Kimchi is a fermented food, and my favorite way to eat root vegetables. I can go on for pages about the history and health benefits of fermentation (perhaps a future intern letter?), but for now, a recipe:

- Combine ALL ingredients in a large bowl. With a pounding device of some sort (I always use my fists), mash the mixture. Mash! Mash! Mash! With time and pressure, the salt will release the liquid from your other ingredients. Once the roots begin to release their juices, transfer them to a quart/liter sized jar. A glass or ceramic jar is preferable there.
  - Pound the mixture to the bottom of the jar. The most important thing is that the solid materials of your mixture stay submerged under their juices. If more liquid is required, add some water.
  - Cover the jar with some cloth, held on by a rubber band. Your root chi needs to breathe, but you want to keep buggies out. You may also wish to write a date on the jar.
  - Move to a warmish place — sitting on your counter or a shelf is perfectly fine. Check the chi daily, as you need to keep the solids underwater (push down if need be). The chi should be ready after about 5 days, though a length of over a week is preferable. Serve at room temperature.
- Technically, the chi can be kept for months in this way. In time, the flavor of the chi will grow stronger and stronger. If you do not wish this to happen, you can refrigerate the chi at any point, which will suspend its fermentation process, and hold the flavor constant. (Makes about 1 quart/1 liter)

## EGG CORNER

OK— the girls are producing well now, everyone is caught up, and we've actually got a few extra eggs!

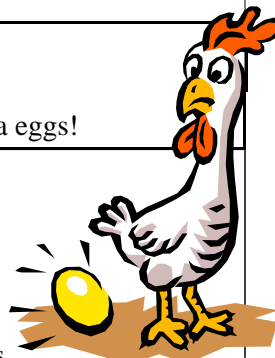
### Tidbits

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

**Find past newsletters online!** Go to [www.redlandorganics.com](http://www.redlandorganics.com), click on CSA, then Newsletters.

**Share your recipes!** Email your recipes to: [recipes@beeheavenfarm.com](mailto:recipes@beeheavenfarm.com)

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



## Farm News

The really dry weather continues, and, although some plants love it, most are suffering now.

Don't forget the next workshop: **Cuban Tamale Farm day Class**, on Tuesday, March 24 at 10:30am. The sign-up email went out on Wednesday. There is limited space, so sign up now for this fun class, at [www.redlandorganics.com/workshop.htm](http://www.redlandorganics.com/workshop.htm)

### Intern Diary

I am sure that you all enjoy the organic, local produce that you receive each week in your CSA box. Not only does the fresh food taste great but you are also doing your part to support farmers who are growing food in a more ecologically sound manner. I am glad that you have made this choice but we still have a long way to go to build a sustainable food system in this country.

While we are all eaters and play a role in this food system, if you start to think about it perhaps there is no more important eater than the Eater in Chief. That is why I think we should have a President who leads by example and eats directly from the First Lawn at The White House in Washington, D.C. So I am asking you to join the call of thousands of citizens for President Obama to establish an organic garden at 1600 Pennsylvania Avenue.

I just arrived at Bee Heaven but I have spent the past few months on a cross-country journey to garner support for what I and many others feel would be a very important and simple decision by the new residents of the White House. My friend and I traveled through 25 states in an upside down, biodiesel school bus with a garden on the roof to raise awareness and gather signatures for our petition. We visited schools, farmers markets, festivals and other community events along the way and were met with overwhelming support nearly everywhere we traveled. Even though the bus did not make it to Florida, I would like to continue to spread the good news about this important idea.

To some it may seem that the upside down school bus is a bit too wacky, but the idea of a garden on the grounds of the White House is not. It has been done before and I truly believe that the eighteen acres of green space there can be used for growing food once again. During World War II, Eleanor Roosevelt led the Victory Garden Movement with a garden at The White House. This move inspired twenty million people to plant their own gardens and these gardens supplied 40% of the country's food needs. It is once again time to produce more food for ourselves as locally as possible.

In these hard economic times with rising food and fuel prices, increas-

ing threats of climate change and food safety, it just makes sense to foster a bit more self reliance and localized food systems. President Obama has told us that he wants to make the White House a model for what Americans can do with their own homes to live more sustainably. Well, I say plant a garden, eat from it and use your bully pulpit to inspire others to do the same.

To sign the petition, learn more about the project and the cross country journey visit [www.TheWhoFarm.org](http://www.TheWhoFarm.org) Please also visit Kitchen Gardeners International ([www.kitchengardeners.org](http://www.kitchengardeners.org)) which has a similar petition. Hopefully if you visit the White House in the future, the vegetable patch will be an important portion of the tour.

- Casey Gustowarow



The FarmMobile Bus

*Ed: We welcome Casey (sans bus, sadly). He will stay with us for a few weeks before he reports to his next farm job up north.*



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

### Featured Items

**Garlic chives:** This Allium (onion & garlic family) is widely used in Chinese, Japanese and Korean cuisine. Chinese dumplings. Korean pancakes (jeon), made with dough, more like Indian paratha, are awesome too!

**Mizuna:** Another Asian veggie. This was in your shares early in the season. Mild. Great in salads!

**Ruby Grapefruit:** The season is almost over, but the grapefruit are getting sweeter. Did you know that citrus keeps well (chilled), and it gets sweeter in storage?

**Daikon Radish w/tops:** This is another Asian favorite. Check out the kimchi recipe provided by Ken. Kimchi is a very flexible 'pickle' ferment. Traditional ingredients include items from the brassica family, in particular, radishes of all types, turnips, kohlrabi and cabbages, including bok choys. They also feature garlic and hot peppers, though you can vary that to your taste. For color, you can include some carrots or beets (red ones will turn your kimchi pink).



**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>
2	<b>Bok Choy (TSF) - Full only</b>
165	<b>Chard (WF) - All</b>
165	<b>Lettuce (WF) - All</b>
100	<b>Yellow Squash (C&amp;B) - Full:2 / Half:1</b>
165	<b>Mizuna (WF) - All</b>
165	<b>Daikon w/tops (WF) - All: 1</b>
100	<b>Grape Tomatoes (C&amp;B) - All: 1 pint</b>
100	<b>Thyme (C&amp;B) - Full only</b>
0	<b>Garlic Chives (BHF) - Full only</b>
165	<b>Grapefruit (PP) - Full: 4 / Half: 3</b>
	☺ <b>Xtras — pick an item or two, but be considerate of others —</b>
0	<b>Rachel's Eggs (BHF) - Full / Half * FOR EGG SHARES ONLY*</b>
0	<b>Next (&amp; Last) Honey Shares will be distributed April 4-5</b>
	<i>Please remember to return your gently-flattened box each week—directions can be found at <a href="http://www.redlandorganics.com/CSAboxes.htm">www.redlandorganics.com/CSAboxes.htm</a>. 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; WF\*=Worden Farm; TSF\*= Three Sisters Farm\*\*; PP= Pressley's Pride  
 C&B= C&B/Little Cypress Organics; \*Redland Organics founders & grower members; \*\*not certified, naturally-grown

**Please remember to return your empty, gently-flattened box each week, so it can be reused.**