



Recipe of the Week

Sesame Cabbage

-contributed by Muriel, from a recipe by Claudia M.

1/3-1/2 Cabbage	1/8 cup Sesame Seeds
1 Tbsp Sesame Oil, preferably toasted.	Salt to taste (or soy sauce)
NOTE: For raw sesame oil, use ONLY 1 tsp	Optional: 1 clove garlic, finely minced

Finely chop or shred the cabbage. Heat oil in a large skillet. If using garlic, add garlic to oil and cook until golden. Add cabbage and cook lightly, until just soft. Toss in sesame seeds just before serving. Serve warm or cold.

Oyster Mushroom Frittata

-from *themushroomtable.com*

Oyster Mushrooms	Eggs	Grated Parmesan Cheese
garlic	Ricotta Cheese	Fresh herbs- marjoram, oregano and/or thyme

Use quantities according to the number of servings desired. Gently fry some oyster mushrooms with garlic. Place in an ovenproof dish. In a bowl mix together eggs, cheeses and seasoning. Salt to taste. Pour the mixture over the mushrooms and bake 10-15 minutes in a 350°F oven until eggs are set.

EGG CORNER

ATTENTION- EGG SHARE SUBSCRIBERS

Both PNS Farms and our own hens have begun their molt (of course, it's Murphy's Law!).

This means decreased production for a while, until they begin laying again. Moulting is a bit unpredictable, so we cannot tell you now exactly how long we'll be affected. We CAN tell you that we WILL be affected for several weeks-could be many, or a few.

During this time, we will have a shortage of eggs. To keep things equitable, we will skip one or more pickup sites each week, as needed. Once the egg laying is back up to speed, we'll try to send along extra eggs to make up for the skipped weeks.

Please check the share listing on page 3 every week to see which site(s) are being skipped. We apologize for the inconvenience, but this is, unfortunately, one of those things in life that we can't control... please be understanding and patient.



Tidbits **Going out of town?** Please make arrangements for someone to pick up your share. If you must abandon it that week, please let your site host know so they can find a home for it before it spoils.

Find past newsletters online! Go to www.redlandorganics.com, click on CSA, then Newsletters. Use the search box to search 8 years of information on crops & recipes.

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

Visit our **blogs**: www.redlandrambles.com, and www.beeheavenfarm.wordpress.com. In those blogs, you'll find links to other interesting CSA member blogs. Tell us about yours, so we can include it.



Farm News



Farm Day was a lot of fun. The kids and adults both loved the hayrides. No sooner did we finish one hayride, than the wagon would fill up with the next batch of folks eager to ride.

The weather was great, the music was wonderful, and the food was excellent. The smoked tilapia (from Wayne's American Viking Aqua Farms) tapas with marinated avocado (Possum Trot) and a dab of jarlsberg cheese, lightly torched, was a tremendous hit. The codfish with calaloo prepared by Clifton of Three Sisters Farm was totally Jamaican, and yummy!

Many CSA members brought a dish to share, and we had some wonderful items that disappeared so fast, I only saw the crumbs.

Overlapping Farm Day, we had an ongoing 5-day art student 'Art Loves Farms' student residency program. After Farm Day festivities ended, the Art Loves Farms students did a workshop with local artist John De Faro. The project involved large green bottles, a 'letting-go' list/illustration (or whatever the students wanted to put

in the bottle, bottle decorations using whatever materials were at hand—fruits, sticks, leaves—and a great big, hot fire. Some bystanders joined in with their own bottles.



Farm Day Festivities



After the bottles popped, everyone pelted them with big rocks, to ensure the contents were burned away ('letting go'!). The students' creative juices flowed on that one, and they all had a great time.

WOOOFER DIARY

-by Scuffy Genius

A conversation I had while weeding with the intern I lovingly refer to as Mikebob made me

realize that information I take for granted is not, in fact, common knowledge. One such idea is that of complementary colors.

The principle of complementary colors is very simple. There are three primary colors which cannot be broken into any other components. These are red, yellow, and blue. Any two of these combined will make a tertiary color. Red+yellow is orange. Yellow+blue is green. Blue+red is violet.

These colors arranged in order in a circle with each primary opposite a tertiary color will show complementary colors. Red's is green. Orange's is blue. Yellow's is violet. Complementary colors can also be determined by breaking down each tertiary color into its primary colors. The missing primary color is the complementary color.

So the next time you need to catch someone's eye, use complementary colors. Mixing complementary colors will also brown or grey out the pigment, so use it sparingly! (*ed: we try to use this to advantage when arranging our veggies at farmers market displays*).

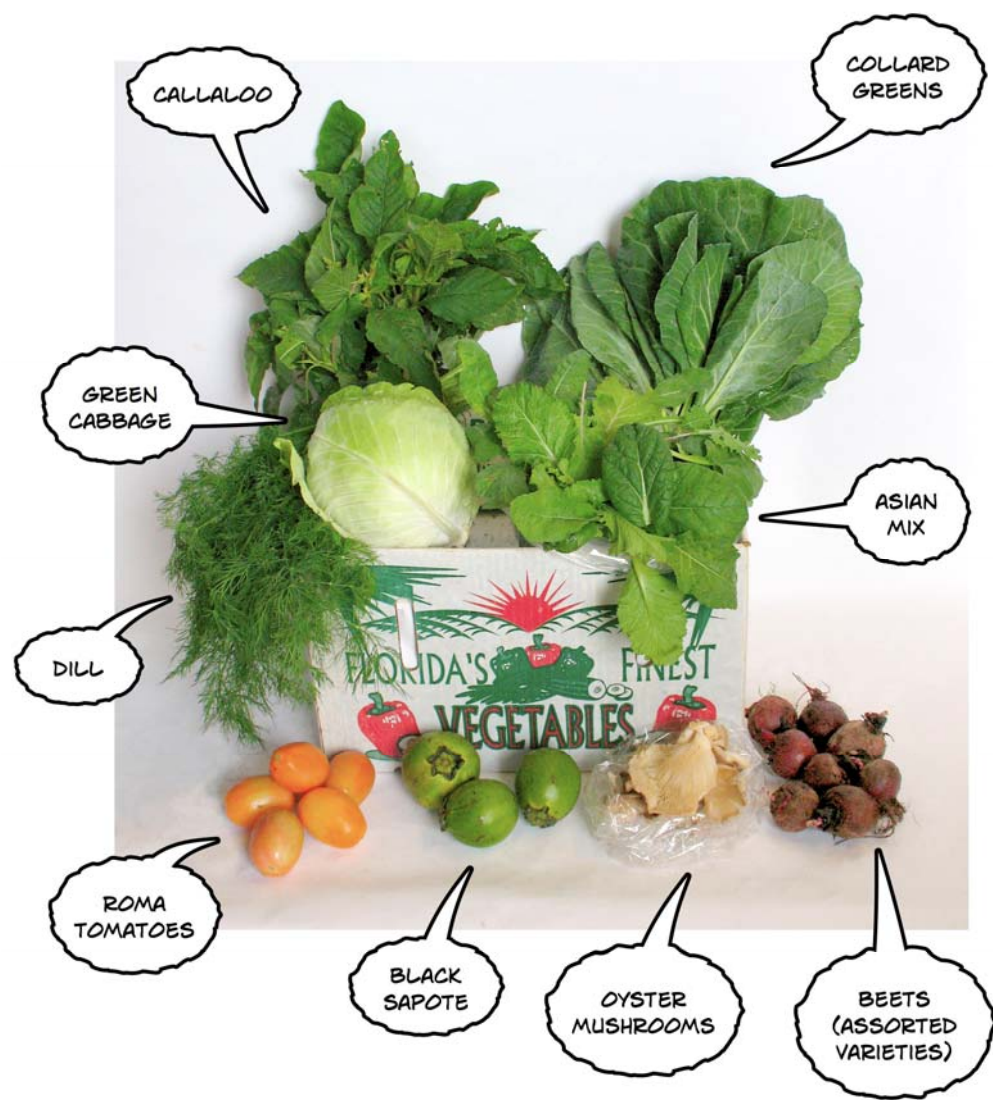


It's rich, "organic", down-to-earth, user-friendly, and nourishing!

Featured Items

Oyster Mushrooms: We're excited to have these awesome mushrooms, also called Hiratake in Japan. Paradise Farms, right here in Redland, has been working for the past year developing their mushroom house. Thanks to Benjamin's expertise in tropical mushroom growing, they're now producing a combination of white, King or brown, yellow and pink oysters. Oyster mushrooms are fairly high in protein, low in fat, and contain some vitamins & minerals. They're also thought to provide a variety of health benefits.

Black Sapote: We've already had these, early in the season, but now they're coming in strong. Wait until the fruit is very, very soft, and looks brown on the outside. Then, and only then! use it. Eat it fresh, put it in a smoothie, use it in a cake filling or a bread recipe, or, one of my favorites, simply blended together with strawberries and walnuts. You can find recipes for many of these ideas and more in our past newsletter archive, where we provide a search box for your convenience in locating information www.redlandorganics.com/newsletter.htm



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!

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	What's in my share box today?
<i>From BHF</i>	<i>NOTE: A full share is NOT the same as 2 half-shares, so don't be tempted to take the wrong thing!</i>
2	Callaloo (TSF) - Full only
100	Cabbage (C&B) - All
165	Collard Greens (WF) - Full only
4	Oyster Mushrooms (PF) - Full / Half
0	Asian Mix (BHF) - Full only
165	Lettuce (WF) - Half
165	(bashful) Topless Beets (WF) - All
100	Roma Tomatoes (C&B) - All: 6 *picked greenish-expecting frost-let them ripen on the counter*
165	Dill (WF) - Full / Half
7	Black Sapote (PT) - Full: 3 / Half: 2
	☺ Xtras - pick an item or two -
	NOTE: Egg shares, Mediterranean Shares, Cheese shares, Honey shares and Pollen shares are ONLY for those who paid for them-check the sign-in sheet!
0,8	Egg shares (BHF, PNS) - Full: 9-pak / Half: 4-pak **Due to moulting shortage, the following sites will NOT receive eggs this week: ** PALMETTO BAY & KENDALL
3	Mediterranean share (RMO): Dragon Tongue/Rattlesnake Loubyeh Cheese share (RMO): 'feta-style' cheese
0	Honey & Pollen shares
	<i>Please remember to return your gently-flattened box each week—directions and a quick video on how to do this without ripping the box can be found at www.redlandorganics.com/CSAboxes.htm.</i>

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

WF*= Worden Farm; BHF*= Bee Heaven Farm; PF*=Paradise Farms; PT*=Possum Trot
TSF*=Three Sisters Farm**; RMO*=Redland Mediterranean Organics**; C&B=Little Cypress Organics
PNS*=PNS Farms;

Thanks for returning your boxes—every one returned in good shape saves unnecessary expenses!

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