



Recipe of the Week

Traditional dry rub Jamaican jerk

- from wisegeek.com

3 tsp salt	1 tsp ground red pepper
3 tsp ground allspice	1 tsp each garlic powder & dried onion
2 tsp thyme	1/2 tsp cinnamon
2 tsp sugar	1/2 tsp nutmeg
2 tsp cracked black pepper	1 crushed Scotch Bonnet pepper (deseed if desired)

Blend all ingredients together. If you want the seasoning less spicy, remove the seeds & veins from the pepper. Wear gloves while handling!

To make a marinade, use fresh ingredients all around, and add just enough rum to make a paste that can be rubbed onto the meat or tofu.

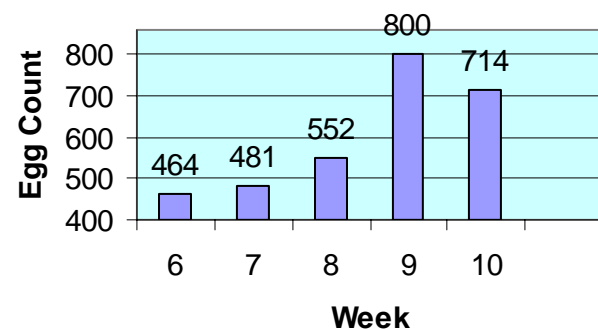
Komatsuna Tips

-from Worden Farm's files

Here is nice combination to try: Just put a little olive oil in a sauté pan over medium heat. Start with a few cloves of minced garlic, then add diced eggplant and sliced mushroom caps for about 5 minutes, adding water or broth if it starts to stick to the pan. When that becomes tender, add chopped Komatsuna, and cook it all to desired tenderness.

Salt to taste, and garnish with minced sage leaves.

Combined Weekly Egg Production: Target 860



EGG CORNER

EGG SHARE UPDATE

Well, as you can see, we had a spike last week (I think the hens were rejoicing from the thaw-out...). It looks like some of PNS Farms' hens are still working on their moult. So we'll continue rotating eggs until we're back to full production.

Before contacting your site host about your missing egg share, please check the share listing on page 3 to see if your site is being skipped.



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

What's Florida without citrus?

Citrus & other fruit dominate the share again this week. The lion's share of the Ponkan crop is now off the trees, and in your boxes. There's also a bumper carambola crop (with carambola, it's feast or famine—tilted more toward the feast end... I think carambolas might be the 'zucchini' of Northern gardens! But you can juice carambola, and it tastes very much like tangelo juice—let's see you do THAT with a zucchini... There's also some lemons (and a few sour oranges) from Green Grove, who contributed the tiny Cleopatra/Clementine tangerines to the shares a couple of weeks ago.

Citrus greening disease is really taking a toll down here—what citrus was left that skipped the canker is dying from greening. We'll see what kinds of citrus are resistant, if any, but

one thing is sure—the face of citrus in South Florida is changing again.

Is There Cheese Yet?

Here's the latest report from the maternity ward:

“This an update for the cheese shares. Goats still pregnant! I expect the kids to start arriving within the week. It's usually prudent to (wait to) milk the goats three to four days after birth so that the kids get the colostrum which they need for immunity. Week after next, we should be in better shape to produce cheese and we'll start making up for the missed shares.

If you go to Redland Mediterranean Organics' Facebook® account we will be posting photos of the kids and their mothers.

Again, thank you for your continued understanding and support.”

Hani

INTERN DIARY

by Muriel Olivares

As I was packing the shares this morning all the sand and grit got me thinking about a chicken's digestive system because they swallow grit and stones to aid in digestion. Here's how it works:

Chickens have a muscular pouch along the esophagus called a crop.

The crop functions to both soften food and regulate its flow through the system by storing it temporarily. Along with most birds, reptiles, earthworms and some fish, chickens also have a ventriculus, or gizzard, composed of four muscular bands that rotate and crush food by shifting the food from one area to the next within the gizzard. Because chickens lack teeth they swallow stones or grit, to aid in digestion. These stones are called gizzard stones or gastroliths and are usually smooth and round from the polishing action in the animal's stomach. When too smooth to do their required work, they may be passed or regurgitated.

The use of gizzard stones is a similarity between birds and dinosaurs, which left gizzard stones as trace fossils. I wonder if grit swallowed by humans can aid in digestion?

Gizzards are a popular food throughout the world. Grilled chicken gizzards are sold as street food in Haiti and throughout Southeast Asia. Stewed gizzards are eaten as a snack in Portugal, while pickled turkey gizzards are a traditional food in some parts of the Midwestern United States. In Nigeria gizzard is either grilled or fried and served with stew and fried plantain. In France, especially the Dordogne region, gizzards are eaten in the traditional Perigordian salad, along with walnuts, croutons and lettuce.

(sourced from Wikipedia.org)



A Ladybug on a Sunflower Stem



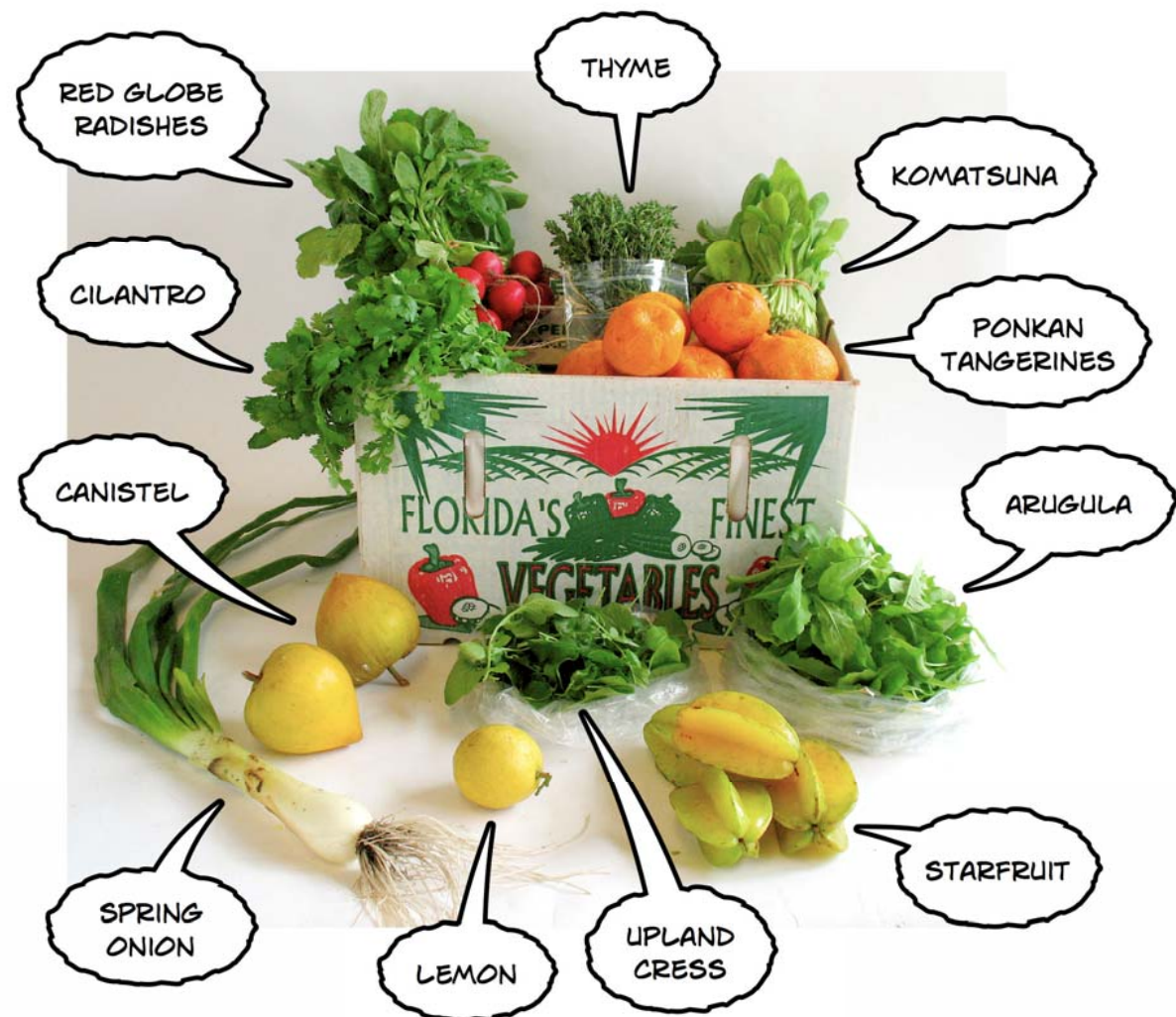
It's rich, "organic", down-to-earth, user-friendly, and nourishing!

Featured Items

Upland Cress: It's nearly impossible to grow watercress without flowing water. So what's the alternative on dry land? Upland cress, aka creasy greens, is a spicy green very similar in shape and flavor. Use it the same way you would use cress. One of my favorites is a simple salad with chunks of 'calabaza' (that's the 'Cuban pumpkin' you see sold by the chunk at the grocery store, usually next to the cabbages). Check out the super easy recipe in the CSA newsletter archives at <http://www.redlandorganics.com/newsletter/20031206.pdf> Or use the search box on the newsletter archive index page. Go to www.redlandorganics.com/newsletter.htm and click on the search button.

Thyme: This fragrant herb is great with meats, cheeses, and breads. A major ingredient in spicy 'jerk' seasoning, thyme also pairs well with eggs, and is an excellent source of iron, manganese, and Vitamin K.

PLEASE REMEMBER TO BRING BACK YOUR SHARE BOXES EVERY WEEK, GENTLY FLATTENED (NOT TORN). Our goal: 95% returns — can YOU meet the challenge?



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! *Photograph by 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, so don't be tempted to take the wrong thing!</i>
165	Komatsuna (WF) - All
165	Baby Arugula (WF) - All
165	Scallions (WF) - Half only
165	Spring Onions (WF) - Full only
165	Red Globe Radishes (WF) - Full / Half
0	Upland Cress (BHF) - Full only
165	Cilantro (WF) - All
100	Thyme (C&B) - All
1.5;7	Carambola aka Starfruit (TSF, PT) = Full: 4 / Half: 2
160	Ponkan Tangerines (BJR) - Full: 8 / Half: 4
0.5	Lemons or Sour Oranges (GG) - Full: 1
7	Canistel (PT) - Full: 2 / Half: 1
	☺ Xtras - though sparse, they're back! ☺
	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: ** SOMIA, POMPANO
3	Mediterranean share (RMO): Fatoush w/croutons Cheese share (RMO): **NONE THIS WEEK, DUE TO VERY LOW MILK PRODUCTION**
0	Honey & Pollen shares THIS WEEK!
	<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

BHF*= Bee Heaven Farm; GG= Green Grove (applied for certification under BHF); PT=Possum Trot**;
RMO*=Redland Mediterranean Organics**; WF*=Worden Farm; BJR= Broken J Ranch**; PNS*=PNS Farms;
*Redland Organics founders & grower members;
**not certified, naturally-grown