



Recipes of the Week

Bok Choy Salad

- by Anne M, CSA member

1 large bok choy, chopped small, or a bunch of baby bok choy, left whole, chopped, or cut lengthwise in half	1 pkg Ramen Noodles, cooked and well drained, then chopped/broken up (discard seasoning packet)	3 Tbsp soy sauce
1.2 c sweet onion, chopped small	1/2 c sunflower seeds	1/2 c cider vinegar
2 carrots, grated or shaved thinly	1/2 c slivered almonds	1/4-1/2 c sugar (if doubling recipe, don't double the sugar)
	1/2 melted butter	1/2 c canola oil

Combine bok choy, onion & carrots in a large bowl. Set aside. Combine seeds, nuts, noodles and butter in large bowl and toss. Spread mixture on a large baking sheet. Bake @ 350 tossing frequently until brown and crunchy (granola consistency). Whisk together soy sauce, vinegar, sugar & oil. Add crunchies & dressing to salad and toss well. Serve immediately.

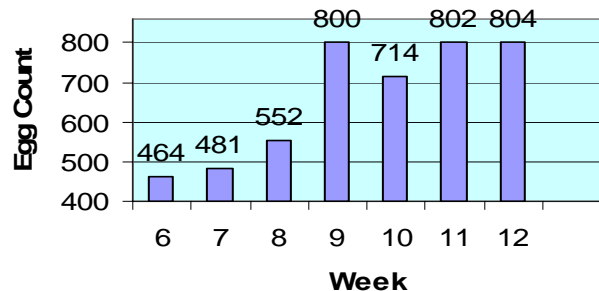
Smashed Radishes in Soy Dressing

-from Astray Recipes

1 bunch radishes	1 tsp sugar	1 tsp sesame oil
2 tsp salt	3 tsp soy sauce	1/4 tsp fresh ginger juice
1 tsp cider vinegar	3 Tbsp peanut oil	Cilantro for garnish

Wash & trim radishes. Using bottom of heavy drinking glass, hit radishes on side to crack them - not mash them - so dressing can get into flesh. Put radishes in a bowl & sprinkle all over with salt. Set aside for 15 minutes at room temperature. Combine vinegar, sugar, thin soy sauce, peanut oil, sesame oil and fresh ginger juice. Drain liquid from radishes (salt will have drawn off quite a bit of water); pour dressing over them; cover and refrigerate for 30 minutes. Garnish with cilantro and serve.

Combined Weekly Egg Production: Target 860



EGG CORNER

EGG SHARE UPDATE

Production continues to increase slowly. We hope to have enough for everyone again soon.

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

Florida Food Freedom Act of 2010 Action needed!

Florida's family farmers and Floridians who want to eat locally-grown food need your help to free Florida's food and family farmers from burdensome regulation and fees.

The Florida Food Freedom Act of 2010 allows family farms to remain profitable and viable by defining a short food distribution chain and exempting it from burdensome regulatory oversight that a longer, multi-layered food distribution chain should be required to have.

The Florida Food Freedom Act permits a single-link food distribution chain that starts with the food producer, or the producer's agent, and ends with the consumer. The Florida Food Freedom Act acknowledges that the relationship between the producer and the consumer, including the producer's integrity and the consumer's interest in and knowledge of how the food is raised, harvested, and prepared provides sufficient oversight.

We already sent out an email with details and links to the [full text of the proposed legislation](#) plus contact information for the legislators. This information is also posted on our farm [blog](#). If you haven't seen it in your inbox, please check your junk mail folder—it may have been accidentally shunted there.

Please take the time to read this important update to Florida laws and voice your support to your elected officials.

There IS cheese this week, but goats still pregnant!

Intern Diary

A Day in the Life of Bee Heaven Farm

-Mike L.

One of the things that I like best about farm life is the variation in the work that is done from day-to-day. Variation helps to keep things interesting.

We have an unusual schedule and keep unusual hours, but we do have a weekly routine.

Wednesday: I will start with Wednesday since most of us take Mondays and Tuesdays off. On Wednesday, we do our best to catch up with the weeds and replant any empty beds. Weeding on any organic farm is a big job since organic farms do not use herbicides. On Bee Heaven Farm, all weeding is done with hand tools or by hand because the soil is very rocky.

Vegetables that germinate slowly are planted in trays in the green house, then transplanted into the garden when they are 6-8 inches tall. This allows them to get established before the

weeds start growing. Vegetables that grow quickly are planted with a small seeder that can be adjusted to disperse seeds at different rates as one walks along a garden bed.

Thursday: Thursdays are harvest days. We get up early to harvest greens as well as beans, carrots, peas, and tomatoes before it gets hot. When we finish harvesting we continue our battle with the weeds.

Friday: Fridays are CSA share packing days. To pack 164 full shares (plus 42 trial shares) and 301 half shares, we set up an assembly line with several tables and two long rollers. We then put totes of vegetables and fruit on one side of the rollers and stand on the other side. The boxes are loaded as they slide along the rollers and packed onto the box truck.

Saturday: On Saturdays, we harvest for the farmers' market. By mid morning, the walk-in fridge is often so full that it is hard to squeeze in. In the afternoon, we load the truck for Sunday's market.

Sunday: Sunday is market day. We all get up at 6:00am and pack a few remaining things into the truck then drive to the Pinecrest Farmers Market. It usually takes us a couple of hours to unload and arrange all of our produce. Then, the customers begin to come. Some of them are old friends who come each week and some are new acquaintances. We always enjoy their questions and stories.

Monday and Tuesday: Well earned rest days.



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

Featured Items

Veggie care tips: Store your greens inside a plastic bag in your refrigerator. The best place for them is the veggie drawer. Don't wash greens until it's time to use them— they keep fresher longer. Separate the tops from any root veggies, such as turnips, radishes, and carrots. This will prevent the tops from stealing the moisture out of the roots. **DO USE** the tops of ANY root veggie— they are all edible and highly nutritious, whether cooked or raw. **NEVER** store any tropical fruit, such as an avocado, canistel, black sapote, or a tomato (guess what? It's a tropical fruit!) in the refrigerator. Ripen the fruit on the counter. Once it's ripe, you may put it in the fridge, but its best flavor is at room temperature.

Lemongrass: Lemongrass flourishes in the summertime, when lots of warmth and copious rains help them swell up and multiply. Use lemongrass tops to make iced tea and soup broths (think Thai coconut soups!). Use the bottoms, very thinly sliced, with any meat or fish. Oriental dishes are particularly suited to the use of lemongrass, and it pairs well with ginger and soy sauces.

Rosemary: This wonderful aromatic herb sets off roasted chicken really well. It's also great in breads.

Tip: Use the search box on the newsletter archive index page to find tips and recipes for share items published in previous newsletters. Go to www.redlandorganics.com/newsletter.htm and click on the search button.



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>	NOTE: A full share is NOT the same as 2 half-shares, so don't be tempted to take the wrong thing! TRIAL SHARES TAKE A FULL SHARE
100	Green Chard (C&B) - All: 1
165	Collard Greens (WF) - All: 1
165	Trunips w/tops (WF) - Full size/ Half size
165	Italian Dandelion Greens (WF) - Full size/ Half size
165	Baby Bok Choy (WF) - Full only
100	Radish w/tops (WF) - Full size/ Half size
100	Green Cabbage (C&B) - Half only
100	—Grape Tomatoes (C&B) - Full: 1 pt— SORRY NONE AVAILABLE
0	Lemongrass (BHF) - Full only
100	Rosemary (C&B) - All: 1
8	Carambola (aka Starfruit) (PT) - All: 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: ** FARM
3	Mediterranean share (RMO): Hommos Cheese share (RMO): Assorted Cheeses
0	Next Honey & Pollen shares: March 6-7
	<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; RMO*=Redland Mediterranean Organics*; WF*=Worden Farm; PT*= Possum Trot*;
PNS*=PNS Farms; *Redland Organics founders & grower members;
**not certified, naturally-grown