



Recipes of the Week

Frisee & Arugula Salad

- from France by way of Berny (Margie's brother) & Christian

Arugula & frisee mix	Slices of a hearty bread
Vinaigrette	Goat Cheese (preferably the soft 'log' type)

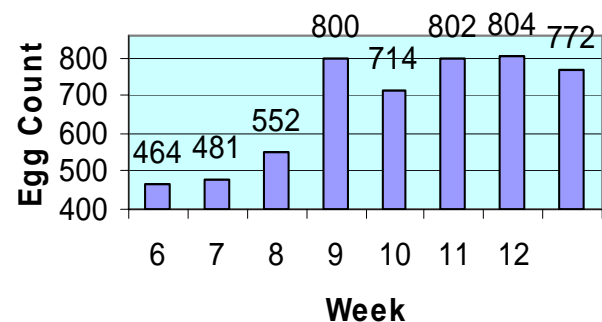
Cut slices from a hearty peasant-style bread, one per person. Toast them lightly, then arrange on a cookie sheet. Cut thick slices of the goat cheese. Put one (or two) slices on each piece of toast, and place in a 425°F (220°C) oven until cheese is soft and slightly melting.

Mix together salad with vinaigrette, using just enough to moisten the greens.

Serve salad on individual plates, topped with the cheese toast.

Check out the Intern Diary on the front page for Andrew's peanut sauce recipe—great with greens!

Combined Weekly Egg Production: Target 860



EGG CORNER

EGG SHARE UPDATE

Production is still fluctuating. 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

It's salad days! While we wait for fruiting crops like eggplant, beans, squash, tomatoes, etc, to re-grow and start bearing again, we get to enjoy lots of healthy, nourishing greens and salads. Folks up north are very jealous of us now – they won't see any greens for some months yet. We tend to forget how lucky we are here in South Florida...

There is no cheese this week; the goats are STILL pregnant, but due any minute (this is as bad as waiting for a human baby)!

from frozen fruits and veggies to mulberries, loquats, ponkans, canistel, black sapote, sapodilla, and so many veggies that I can hand pick each day. So, needless to say, we are eating well and hope that we are keeping you satisfied as well!

Arriving a few weeks ago to Bee Heaven, I was immediately reminded of my time spent farming in Uganda, and not only because of the perfect weather. Bananas, mango, avocado and yucca plants got my taste buds thinking about some amazing Ugandan dishes.

A staple of the Ugandan diet is the peanut sauce, and I have been experimenting with a recipe which utilizes some of the more unordinary share items this week:

Ingredients:

- 2 cups shelled peanuts
- 3 tablespoons canola or vegetable oil
- 1 garlic clove (or more for serious garlic lovers)
- 2-4 garlic chives (in the box!)
- 1 small sweet onion
- 1 carrot
- 1/2 teaspoon cumin
- 1 large tomato
- 1/2 cup oyster mushrooms (in the box!)
- Salt and pepper to taste

A flock of ibises visiting the farm

Intern Diary
Enjoying those unordinary share items! -by Andrew C.
There is never a shortage of food for us Bee Heaven interns. I am currently escaping the New England winter, and for the past few weeks have enjoyed a 360° change in my diet;

butter] Set aside.

2. Mince the garlic and finely chop the garlic chives, add to oil in a frying pan over medium heat until garlic is beginning to brown.

3. Add a diced onion, thinly sliced carrot, and cumin to the pan. Let cook for a few more minutes.

4. Add a diced tomato and finely cut oyster mushroom. Let cook another few minutes.

5. Add that wet chunky peanut butter.

6. To ensure that the mix is thick enough, add hot water bit by bit. This will also keep the sauce from sticking.

7. Lastly, salt and pepper to taste.

I would highly recommend the sauce over some baked yucca, though it makes a great complement to most vegetable dishes.

Well, I hope you have great luck making this sauce and enjoying the garlic chives, oyster mushrooms, and everything else in the box!

Remember to say "Chakula tayari," which is Swahili for "the food is ready!"

PS: To catch more of the extraordinary tropical fruits I mentioned above, we'd love to see you at our stand at the Pinecrest farmers market every Sunday from 9am-2pm (though you have enjoyed plenty of canistel and black sapote, sadly, we never have enough of some these fruits, like the mulberries, to put in CSA boxes!)

1. Shell 2 cups of peanuts, keeping as many red skins as possible. Use a food processor for a few minutes until you have what looks like wet chunky peanut butter (chunks should be really tiny). [Ed: You can cheat by using an unsweetened chunky peanut



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

Featured Items

Komatsuna and Spinach: These two greens are similar in appearance. You can tell them apart, though—the easiest is to look at the bottoms of the bunches. The bunch with the whole plants (with reddish stems) is the spinach. The bunch with the cut leaves (and you'll note they're more slightly rounded leaves and also not shiny) is the komatsuna. Both have similar uses. Komatsuna is a Japanese green that is used as a spinach substitute.

Sage: This herb is wonderful with poultry, and also to flavor butter and breads. It pairs very well with potatoes.

Green Kale: This very hardy green makes a great addition to a pot of beans. Cut in strips and add it in about 20 minutes before serving.

Scarlet and Purple-Top Turnips: Scarlet turnips are creamy, and intermediate in flavor between the Hakurei white salad turnips and the White Globe Purple-top turnips with which most folks are familiar. If your bunch has good tops, use them! Like the kale, you can add them to a pot of beans or a soup.

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
4.5	Oyster Mushrooms (PF) - Full: .38# / Half: .2#
165	Komatsuna (WF) - Full / Half size **look for the cut bunch of flat green leaves**
165	Scarlett or Purple Top Turnips w/tops (WF) - Full / Half portion
165	Spinach bunched (WF) - All **look for the red-tinged crowns (bottoms) of the plant**
165	Green Curly Kale (WF) - Full / Half portion
165	Lettuce (WF) - All
0	Arugula & Frisee Mix (BHF) - Full only
0	Garlic Chives (BHF) - All: 1
100	Sage (C&B) - All: 1
100	Strawberries (C&B) - All: 1 pt
	☺ Xtras - still a bit sparse... ☺
	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: ** BEACH
3	Mediterranean share (RMO): Baba Ghanoush Cheese share (RMO): **NO CHEESE this week- Next week=abundance!?
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; PF*= Paradise Farms;
 PNS*=PNS Farms; C&B=Little Cypress (C&B Farms) *Redland Organics founders & grower members;
 **not certified, naturally-grown