



Recipes of the Week

Ed: We had a typo in last week's recipe title— obviously it wasn't a bok choy salad, but rather a frisee & arugula salad!! We've corrected the online archive copy. Sorry for any confusion :-)

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brought quiche, cinnamon-raisin bread, leftover baked vegetables, apples, strawberries and strawberry bread. It is tempting to throw your strawberry tops over the canoe when you're done with them instead of putting them back in the bag, but be warned it is a \$5000 fine!!

The night before we went to the Everglades, I used some of the leftover strawberries and made a very easy strawberry quick bread to take. I will share the recipe below since there are strawberries in this week's box again. Tonight we are going to try a broccoli and potato soup with coconut milk, and a green bean casserole with some of the broccoli and green beans from this week's box.

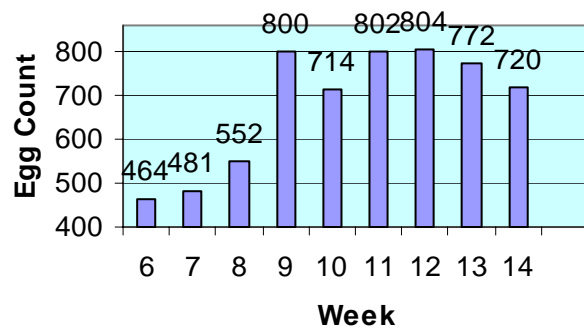
Strawberry Quick Bread

1 and 1/4 cups whole wheat flour	2 eggs
1 cup sugar	1/2 cup vegetable oil
1 teaspoon cinnamon	1/2-1 cup chopped walnuts
1/2 teaspoon baking soda	1 cup sliced strawberries

- 1) Preheat oven to 350F and grease and flour a 9x5" pan.
- 2) In a large mixing bowl, mix together sugar, flour, cinnamon and baking soda.
- 3) In a smaller bowl beat oil and eggs and then stir in the walnuts and strawberries.
- 4) Add the egg mixture to the flour mixture and stir together.
- 5) Pour the batter into the pan and bake for 1 hour or until knife comes out clean.

*Let the bread cool all the way (20 minutes) until you take it out of the pan (I learned that the hard way).

Combined Weekly Egg Production: Target 860



EGG CORNER

EGG SHARE UPDATE

Still not there! Production is still fluctuating. The cold weather has been playing havoc with the chickens' habits.

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

Unbelievable—here it is March and we have to deal with frost! Just when the tomatoes are setting fruit again...on Friday, March 5, we woke up to patchy frost. It was on the roofs, cars and bits of lawn here & there. It didn't last long, but, folks, this is insanely ridiculous! Here we are in a (sub)tropical area and we have frost 3 months into the year...

One benefit of the extended cold weather is that the spinach has done amazingly well. Worden Farm has been trialing some spinach varieties for Seeds of Change, and the spinach we've gotten the past couple of weeks is one of those. I am completely amazed at how wonderful it looks. It's very difficult to produce a decent spinach crop this far south in the continent. So we're enjoying it to the fullest.

A downfall of this extended cold weather is, of course, the lack of tomatoes, eggplant, beans, squash, peppers, and tropical fruit. Now, you may be thinking... "What a relief! No more black sapote or canistel or carambolas for a while." Well, it's not just them—we've missed out on an entire crop of mamey sapote and caimito (star apple) because the fruit had extensive cold damage. And remember how quickly the ponkans were going bad? That was cold damage too. Even the strawberries have suffered, though they are a bit more resilient, being a temperate crop.

You may not have realized, but lately the shares have contained sev-

eral of the top 12 foods we are advised to choose organic, due to potential pesticide contamination or residues. Among those are celery, strawberries, green kale, broccoli, peppers, spinach and green beans.

The County Commission unanimously passed the 3 agriculture-related ordinances that update the allowed used for AU (Agriculture) zoned lands. This is great news, as local farms will be able to engage in value-added activities, have farm events, and run B&Bs. We will also be able to have breweries and distilleries (in addition to the wineries). All of these activities must be part of and attached to an active farm. The exception will be B&Bs that are set up in buildings with a historic designation—those will be exempt from the farm requirement.

**No kidding—
YES, it's kidding time!**



Cleopatra had 3 kids early this week. At least one more is ready to drop, with the others closely fol-

lowing any day now! Proud (grand)daddy Hani has been busy keeping those babies warm.

WOOOFer Diary

- by Kenna G

This is my second week at Bee Heaven Farm and besides the unbelievably cold nights which make me think I'm back in Idaho, I have really been enjoying myself. I had hoped that Florida would have been warmer, but hopefully this is the last cold spell. However, one of my favorite parts about WWOOFing at Bee Heaven is all the delicious, fresh and healthy food we get to eat. Normally everyone makes a dish for dinner and then we all get to try a little bit of everyone's. I have picked up many good cooking tips from the other interns here and from learning about all sorts of new uses for the fruits and vegetables grown here. For example, last night we made pizzas and had one with pesto, mushrooms, spinach, boiled egg and cheese; the next one with tomatoes, pesto, tomato sauce, boiled egg, rosemary, garlic and a little sausage; and the last one with carambola, onions, rosemary and tomato sauce.

On Monday, we went to the Everglades and canoed Nine Mile Pond and did a couple of quick hikes. After awhile we stopped counting all the alligators we saw. For lunch we had

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

Featured Items

Strawberries: It's strawberry season, and though they were set back somewhat, they're coming in now. If your strawberries are a little too tart for your taste, you can sweeten them (very) lightly. Sprinkle a tiny bit of your favorite sweetener over them and let sit for a bit, or soak them for a half-hour in a sweet liquid (sugar or honey or agave nectar solution). Drain before use, and make sure you save the liquid for another dish. Or, slice the strawberries thinly and mix them with something even more tart, such as unsweetened yogurt—they'll seem sweet in comparison. Yet another trick is to drizzle them lightly with a high quality balsamic vinegar (the thicker the better— look for the 'OLD' designation on the bottle—you'll pay \$\$\$ but it will last a LONG time). You'll be amazed at the sweetness imparted by the vinegar.

Dill: Don't forget that this delightful herb is not just for pickles! It's great with beans, potatoes, salmon, in chicken soup, and in cream sauces—not to mention flavoring butter.

Broccoli: Another vegetable that's really benefited from the extended cold weather. It's sweet and very nutritious.

Green Beans: We don't think twice about this common staple, except when we can't get them. There's been a small harvest, and the farm gate price (that's what the farmer gets selling straight out of the farm) is more than double the normal price per bushel.

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>	<i>NOTE: A full share is NOT the same as 2 half-shares, so don't be tempted to take the wrong thing!</i> LAST WEEK FOR TRIAL SHARES
165	Mizuna (WF) - All
160	Green Beans (C&B) - All 0.5#
165	Red Chard (WF) - Full only
165	Spinach bunched (WF) - Full only
100	Celery (C&B) - Full / Half portion
165	Lettuce (WF) - All
165	Broccoli (WF) - All If it's limp, soak it in ice & water until it firms up, then store it in a closed plastic bag in the fridge.
100	Dill (C&B) - All: 1
100	Strawberries (C&B) - All: 1 pt
	☺ Xtras - take something! ☺
	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: ** NOMIA/SHORES
3	Mediterranean share (RMO): Mudardarah Cheese share (RMO): Panir **Due to milk shortage, the following sites will NOT receive cheese this week: ** POMPANO, BWD-WEST, CHURCH, KENDALL, KEYS Milk should be abundant again starting next week
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; RMO*=Redland Mediterranean Organics**; WF*=Worden Farm;
C&B=Little Cypress (C&B Farms) *Redland Organics founders & grower members;
**not certified, naturally-grown