

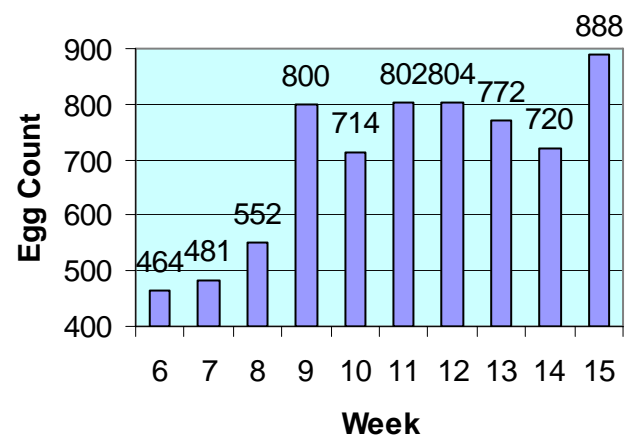


Farm News (with recipe ideas)

(Continued from page 1)

bit longer because they are tougher. I have swapped garlic chives for garlic with good results although I have to say that in the end I prefer the real thing. Garlic chives are good to add along with garlic as part of the greens. For the greens the sky is the limit. Arugula, spinach, watercress or upland cress, parsley, cilantro, sorrel, etc. As far as the cheese, personally, I could go without it. I haven't noticed too much of a difference between pesto with and without cheese. I think the cheese mostly adds a saltiness you can get by simply adding salt! I like to add lemon or other sour citrus, an addition inspired by the Argentinian Chimi-Churri which is a lot like pesto and uses a lot of lemon juice. The olive oil is essential and you have to be generous with it. You can play with the ratio of nuts, garlic and greens to get different results. A nuttier dip is very heavy and extra oily. A pesto with a high greens ratio is almost a meal in itself. Of course a high garlic ratio gives you a spicy pesto. There is no such thing as too much pesto in the freezer; make a batch every week with some of the greens in your box and you'll have it all summer long. It lasts a long time in the fridge, too, and it's a great thing to have around to season all sorts of meals. Take my lunch for example—a handful of green beans and a few cherry tomatoes in a wok, sauteed in lemon juice until tender with a spoonful of pesto added at the end. Stir to coat and eat! It was the inspiration for this article. Last night I made three food processor batches of different pestos. My favorite one had almonds, garlic, lots of spinach, sorrel (added a lemony tang and an extra creamy texture), salt, Parmesan and olive oil. I'm thinking about trying a batch with Turnip greens... *Ed: A couple of our CSA members blogged about making pesto with their mizuna from last week's share. Check out [Occasional Omnivore](#) and [Tinkering with Dinner](#) for their pesto creations.*

Combined Weekly Egg Production: Target 860

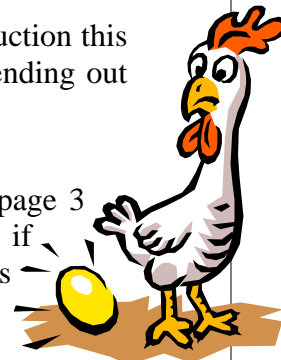


EGG CORNER

EGG SHARE UPDATE

We had a big increase in egg production this week (hope it keeps up!), so we are sending out our first batch of make-up eggs.

Please check the share listing on page 3 to see if your site is being skipped or if we're sending extra eggs for you this week.



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

This week we bid adieu to Mike L., who will be starting the Agro-Ecology Program at the University of California Santa Cruz. He's been with us since before the start of the season. We'll miss him!



Jamie, Mike, Kenna and Jesus

There are just 5 weeks left to go until the end of the season. That's just around the corner! If you haven't preserved anything so far from your shares, it's time to start. Pretty soon the summer will be upon us and all you'll have are fond memories—so why not tuck away a little bit of the bounty in anticipation?

There's many things you can preserve without any fancy equipment, or slaving away for hours. One of the simplest things you can do is 'pickling'. Now, that may immediately conjure up visions of cucumber pickles made with vinegar,

but I'm talking about something much easier—fermenting.

OK, so now you're thinking of bubbling brews, huh? Nope! The kind of fermenting I'm referring to may be more familiar to you as 'brining'. It's a great way to preserve food. It's been around for thousands of years. Ferments (aka cultures) are found in every society. Think about things like sauerkraut, Kosher brine pickles, yogurt & kefir, beer, soy sauce, kimchee. Get the picture? You can make most of these things at home with just a few things: something to ferment—root veggies and cabbages are great starter items—salt (to make the brine), jar(s) big enough to hold your items, and some cheesecloth to cover (handkerchiefs and coffee filters work great). The basic ratio of salt to water is approximately 1 1/2 Tablespoons salt to 1 quart water. The basic technique is to chop up the veggies, a few at a time, putting them into the jar and pressing down. Repeat until the jar is stuffed full. Pour brine over the veggies, cover and let sit on the kitchen counter for a couple of days. When sour enough for your taste, refrigerate and enjoy as a condiment. One excellent reference book is Wild Fermentation by Sandor Ellix Katz, and there are many others.

CHEESE UPDATE

Three more baby goats have been born as of this writing, of two does. So milk is still short, as only one doe can provide milk at this point. Next week, the two other mamas will be able to donate milk as well. Still more babies are expected soon.

Intern Diary

- by Muriel O

To follow Margie's lead in talking about preserving food considering we're approaching the end of the harvest season I'd like to tell you guys about my pesto obsession. Turning your greens into pesto and freezing it is a great way to preserve them.

My definition of "pesto" has been stretching little by little; it starts with the classic pine nuts, basil, garlic, Parmesan cheese and olive oil. From there you can start substituting any ingredient. The first thing I almost always substitute is pine nuts because they are costly. I like to use oily nuts like walnuts and pecans, but almonds work great too. If you use almonds you just have to grind them a little

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

Featured Items

Mint : It makes a soothing tea and brightens up any salad (not just fruit salads!). And if you favor alcoholic beverages, the classic Cuban Mojito starts by muddling (great word, huh?) some mint in a glass.

Onions: It takes a full season to grow onions. The seeds are started very early, usually in plugs for transplanting out when they're big enough to be distinguished from grass. Then it takes several months for them to grow enough leaves and finally to start sizing up their bulbs. Spring onions are immature onions you can eat, tops and all. When onions mature fully (I guess you could say 'ripen'), the tops fall over and die back. Then the onions are pulled, but left out to 'cure'. This allows those tops to fully die back and the outer skin layer of the onions to dry up, helping to protect the onion for storage. Not all varieties of onions can be stored successfully for a long time—the sweeter onions don't keep well, and must be refrigerated and eaten fairly soon. When the outer layer (or the inner core) starts to soften, you can cut or peel away the bad parts to get to the remaining good parts.

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>
165	Collards (WF) - Full / Half portion
100	Yellow Squash (C&B) - All: 1
165	Turnips w/tops (WF) - Full only
165	Italian Dandelion Greens (WF) - Full / Half share portion
100	Green Beans (C&B) - Full: 1.2# / Half: 0.5#
165	Bok Choy (WF) - All
165	Radishes w/tops (WF) - Full / Half portion
165	Onions (WF) - Full: 2 / Half: 1
0	Garlic Chives (BHF) - All: 1
100	Mint (C&B) - All
	☺ 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 **We finally have some extra eggs this week, so PALMETTO BAY is getting a double share**
3	Mediterranean share (RMO): <i>Bamieh bil Zeit</i> (okra in olive oil) - eat hot over rice, or cold Cheese share (RMO): Hani's cheese **Due to newly-arrived baby goats, the following sites will NOT receive cheese this week:** BWD-EAST, PALMETTO BAY, GROVE, GABLES, BEACH, NoMIA/SHORES, FARM, MIAMI LAKES
0	Next (and last) Honey & Pollen shares of the season: April 3-4
	<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