



Recipe of the Week

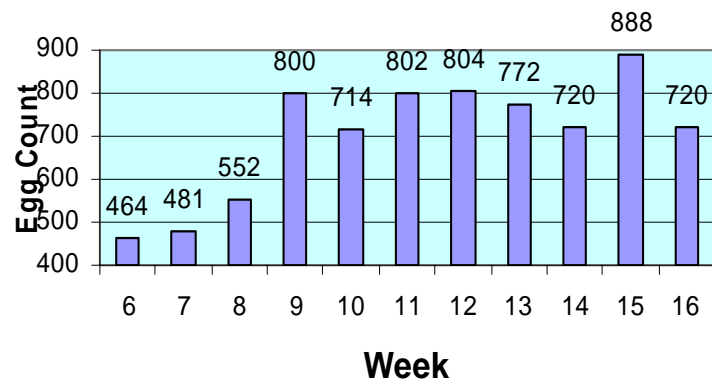
Pork Tenderloin with Strawberry Loquat Sauce

- from RecipeZaar.com

1 lb pork tenderloin (trimmed of excess fat)	1/2 c loquats (peeled, seeded & quartered)
salt	1/2 c fresh strawberries (hulled & quartered)
Fresh ground black pepper	1 tsp sugar (or Splenda)
1 1/2 tsp mild olive oil	1/4 c Madeira wine
1 1/2 tsp unsalted butter	

Cut the pork tenderloin in half so that it fits into a medium sized skillet. Season pork with salt & pepper to taste. Heat the olive oil and 1/2 tablespoon of butter in skillet over medium heat. Add tenderloin, brown on all sides for about 2 minutes, cover skillet and reduce to low heat. Cook tenderloin until it registers 150°F on a meat thermometer. Remove tenderloin from skillet and cover to keep warm. Drain excess fat from skillet. Add loquats, strawberries and sugar to skillet and sauté just until fruits are soft, about 30 seconds. Stir in Madeira wine with wooden spoon, scraping up any browned bits from the bottom of the skillet. Add meat juices from the tenderloin to the skillet and simmer for 1 minute. Add remaining butter to skillet and stir until melted, then remove from heat. Slice tenderloin into 1/4 inch thick slices, place on warmed serving platter and spoon fruit sauce over meat. Serve immediately.

Combined Weekly Egg Production: Target 860



EGG CORNER

EGG SHARE UPDATE

Though our production at BHF has been creeping up slowly but steadily, PNS's has been oscillating wildly. It seems the tiniest change in the weather throws their egg laying off—so the numbers are back down again this week.

Please check the share listing on page 3 to see if your site is being skipped 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

Spring is in the air—though still a bit chilly! The avocados are blooming profusely—the bees are finding them as well as the native *Bidens pilosa* (Spanish needles), the bolting brassicas (oilseed radish, kailaan, arugula), dill and cilantro blooms.

This coming week will be the start of the Roots In The City Farmers Market, which will be held on Wednesdays from 1-4 at the corner of NW 10th St and 2nd Avenue. This market is the Miami pilot for a project that has been in the works for 3 years across the US to provide SNAP (you may know these as food stamps) recipients with the ability to double the value of their food dollar when buying from a local farmer. Much planning has gone into this market. We're excited about this initiative and hope this pilot will be come a full-fledged market next fall.

Intern Diary

- by Jamie L.

Thursday morning we went over to Steve's to pick loquats, which you'll find in your CSA box today. These small yellow to orange, slightly fuzzy fruits grow in clusters on furry little stems about 20 feet in the air. I was surprised to learn that they are in the Rose family (Rosaceae).

We harvested the lower clusters pretty easily, with just a pair of clippers and a bucket. But there aren't many of the easy ones! The best ones like to live on the topmost branches of the tree, where there is plenty of

sunlight. So harvesting these beauties required some special tools. Along with the indispensable ladders, there



Jamie and Kenna packing egg shares

were clippers and loppers and even an extending clipper with a 10 foot long pull cord. But the most useful tool was a clipper/gripper which not only cut the cluster off the branch, but also gripped onto it so that the cluster could be safely transferred over to the person with the collecting bucket.

Some of the fruits were very high up in the trees and required a lot of leaning and reaching, which can be kind of scary at 10 or 15 feet off the ground. It was also pretty straining on the neck muscles! Every once in a while a cluster would accidentally slip out of the gripper's claw and tumble down. Some would have their fall broken by lower branches on the tree, but others would totally dive-bomb and the fragile little fruits would burst open.

Luckily though, the busted fruits didn't go to waste, because the four of us harvesters needed that quickly available sugar energy to keep up! And

since all CSA members got a box, that means we collected 479 boxes in about 5 hours. That's a lot of hard work and a lot of fruit!

If you've never had one before, loquats taste somewhat like a combination of grape, apple, peach and apricot. One volunteer here said the really ripe ones taste like white mystery fruit Airheads candy—remember those things? My favorite loquats are actually the ones you'll never find in these boxes. No! It's not because I ate them all, although I could, but because they are not pretty enough to make the final cut. They're orange-yellow and kind of a little bruised and almost wrinkly. I don't know why but I think they taste the best!

Kids!

Another three more baby goats were born this week. And two more ladies are expecting. The herd is growing! Half of the kids are male, though, so those will be sold off down the line. (I'll refrain from snide remarks about the usefulness of males ;-)



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

Featured Items

Loquats: This member of the rose family, related to the stone fruits (plums, apricots, peaches, cherries) and the pomes (apples, pears, and quince as well as loquats), is also known as Japanese Plum. Though native to southeastern China, they have been grown for over 1000 years in Japan; they've been in Florida over 125 years with 20 or so varieties available locally (out of hundreds around the world). You never see these in the supermarket, because they have extremely tender skin, making it difficult to harvest, and they are very susceptible to the Caribbean fruit fly. Because fruit flies love these so much, you normally eat these like our local guavas ("bite, don't look"). However, our long cold winter has had the side benefit of virtually eliminating this pest during the ripening season, so there won't be surprises in your share. The ripe (yellow to orange) fruit is eaten skin and all (careful of the largish seeds). You may see russeting on the skin (brown color) - this is due to wind damage and is strictly cosmetic. Greener fruit is acidic and full of pectin, making them ideal for chutneys and jams, or for poaching in syrup. The fruit will keep well bagged in the refrigerator, or they can be dried.

Mexican Tarragon (*Tagetes Lucida*): This marigold relative has a mild, sweet anise flavor. It is used to make a calming tea and as a flavoring for soups, sauces, chicken dishes, and harsh tobaccos.

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>
4	Oyster Mushrooms (PF) - Full / Half portion - sorry, low production this week
100	Zucchini (C&B) - Full only: 3
165	Turnips w/tops (WF) - Full / Half share portion
165	Assorted Lettuce (LMF) - All: 1
2	Callaloo (TSF) - Full only (Cliff was a little short, so there is bok choy in some shares)
165,0	Topless Carrots (WF,BHF) - Full / Half share portion
100	Celery (C&B) - All: 1
100	Rosemary (C&B) - Half only
100	Mexican Tarragon (C&B) - Full only
100	Strawberries (C&B) - All: 1 pt
0	Loquats (BHF:GG) - 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 a decrease in production (again!), the following sites will NOT get eggs this week** PALMETTO-BAY, BWD-WEST, MIAMI LAKES, FARM
3	Mediterranean share (HO): <i>Bee Heaven Farm's Heirloom Rattlesnake beans, Mediterranean-style</i> Cheese share (HO): panir
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; GG= Green Groves; HO*=Hani's Mediterranean Organics**; WF*=Worden Farm;

C&B=Little Cypress (C&B Farms); LFM=Lady Moon Farms; TSF*=Three Sisters Farm**

*Redland Organics founders & grower members; **not certified, naturally-grown