



Recipe of the Week

Scallion Pancakes

-from foodnetwork.com

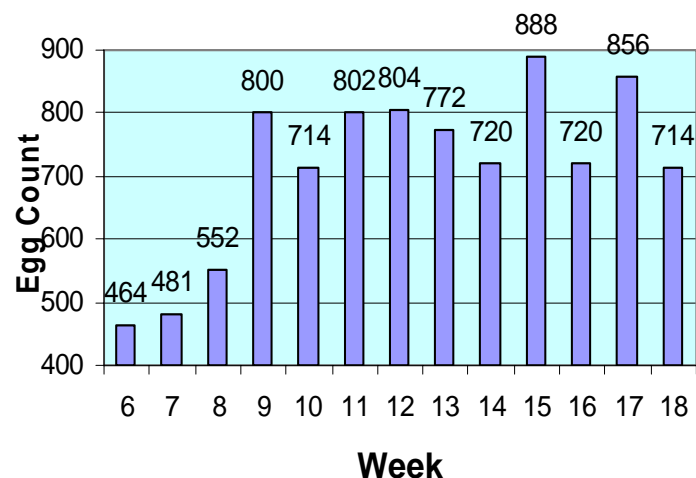
2 cups all purpose flour	1/2 cup canola oil	1/4 cup sliced scallions
1 cup boiling water	Salt and black pepper to taste	1 teaspoon minced ginger
1/2 cup sliced scallions	1/4 cup thin soy sauce	1 teaspoon red pepper flakes
1 tablespoon sesame oil	1/4 cup Chinese <i>chinkiang</i> (black rice) vinegar	1 teaspoon sugar

In a bowl, sift flour. Slowly add water in a steady stream while mixing with a wooden spoon. Keep adding water until a ball is formed. With the same procedure, one can use a food processor with a metal blade. Let ball of dough relax for about 30 minutes and cover with damp cloth.

On a floured surface, roll out dough into a thin rectangle. Brush on oil mixture, cover with scallion and season with salt and pepper. Carefully roll dough like a sponge cake. Cut into 4 pieces. Take one piece and twist 3 times. Make a spiral out of this and roll again and flatten to achieve a 5 to 6 inch pancake. In a hot non-stick pan, coat with canola oil and pan sear both sides until golden brown.

Ginger Dipping Sauce: Combine last 6 ingredients. Cut pancake into wedges and serve immediately with sauce.

Combined Weekly Egg Production: Target 860



EGG CORNER

PNS is not supplying the quantities of eggs we were anticipating, so we're short again this week. Clearly, there's no way we can have enough production to make up for the shortages this late in the game before the season ends. The Farm pickup site has been skipped 3 times this season, while everyone else has been skipped twice.

After the season is over, it will be easier for us to bring eggs to the sites closest to the farm, so we're going to skip those while we send extra eggs to the distant sites. Our goal is to try to make up enough so that we only net 1 missed week for the season for everyone.

Check inside to see whether you are being skipped, due a double, or a normal share.



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

Just two weeks left to go after this week's share... but we'll still be at the farmers market or at some

Calling all boxes! Got any stray boxes lying around that you've forgotten to return? We've been having to buy boxes nearly every week for the past 3 or 4 weeks. We really don't want to buy more at this late date, so please remember to bring them all back. Thank you!

portion sizes. Squeeze the air out, seal and freeze. You can freeze the beans whole, with just the ends trimmed off, or you can cut them into pieces. If you're adventurous, you can cut them lengthwise into strips (julienne).

It's root & fruit veggie time—less greenery and more of the 'other' veggies are coming in now. During the next few weeks most greens will start to die out from the heat and the humidity that's coming soon—summertime! Tender greens like lettuces are the first to bolt. Tougher-leaf plants like the kales, chard and collards can be coaxed to last into the summer heat, but eventually will succumb.

In the meantime, enjoy the beans, squashes, cauliflowers, turnips, beets, carrots and onions. And don't forget to 'put some up' for the summer months. Turnips, beets and carrots are easy—just bag 'em and stick them in the fridge. If the

event or other during the next few weeks— we'll keep you posted.

This week was the first harvest of Homestead/Redland-grown beans after the freezes. Hooray! We're hoping to give beans again for the last CSA week, but just in case, you may want to blanch and freeze some for the late summer months when there won't be any to be had. Blanching is easy—a quick stay for 3 minutes in boiling water, then drain and dunk into a sink full of ice and water to stop the cooking. Wait 3 minutes or until chilled though, drain and bag in convenient

bag can breathe a little, it's better. Check them periodically, and remove any moldy stuff that forms on the outside. The roots will still be good to eat (if you're from up north, think of the refrigerator as the 'root cellar' equivalent).

Intern Diary

Hi, I'm Dhilini Amelung and I volunteer on the farm. I'm a 9th grader at Coral Reef High in the Agriscience program which requires me to do an Agriscience-related project at home. Working on the farm is a different experience for me—as my mom says, "Now she knows that the food doesn't grow on the aisles in Publix." I come to the farm mostly on Saturday where I help set up for the farmers market; also on Sundays I come to the market. For me I enjoy coming on Saturdays and helping at the Farmers market.

To pack the CSA boxes has been a fun and new challenge for me. The work on the farm that I usually do is weeding, once in a while harvesting, inventory and bagging salad or Asian mix. Many of you may think that farming is a hard and boring job. That is partly true but for me farming is not boring. It IS hard work because you are constantly doing something.



Cauliflower & giant turnip



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

Featured Items

Pea Shoots: Pea sprouts, and the growing tips of more mature pea plants, are known as pea shoots. They have a nice beany flavor, and are great as a garnish or a filler in sandwiches and salads. They make a good snack, too. Typically, snow peas are used for this, although any type of pea seed will make good pea shoots.

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>
2.5	Green Beans (HOF) - Full: 1.5# / Half: 0.75#
100	Zucchini (C&B) - Full: 3 / Half: 2 (or 1 huge)
165	Topless Purple-Top White Globe Turnips (WF) - Full / Half share portion
165	Assorted Lettuce (WF) - All: 1
100	Red Chard (C&B) - Full / Half share portion
165	Cauliflower (WF) - All
0	Upland Cress (BHF) - Full only
100	Italian (Flat) Parsley (C&B) - Full / Half share portion
100	Celery (C&B) - All: 1
165	Scallions / Spring Onions (WF) - Full / Half share portion
1	Peashoots (HHF) - Full only
	☺ 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 DOUBLE THIS WEEK: NOMIA, BROWARD & KEYS; NORMAL quantity: FARM SKIPPED THIS WEEK: PBAY, CHURCH, SOMIA, KENDALL, GABLES, GROVE, BEACH
3	Mediterranean share (HO): <i>Fatoush</i> (w/purslane, a great land-based source of Omega-3's) Cheese share (HO): Hani's cheeses
0	This week: the last Honey & Pollen shares of the season
	<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; HO*=Hani's Mediterranean Organics*; WF*=Worden Farm;
C&B=Little Cypress (C&B Farms); HOF*=Homestead Organic Farms; PNS*=PNS Farms
*Redland Organics founders & grower members; **not certified, naturally-grown