



Recipe of the Week

Japanese Ginger Salad Dressing - adapted from allrecipes.com

1 cup olive oil	3 Tablespoons minced fresh ginger root
1/4 cup soy sauce	1 teaspoon prepared Dijon-style mustard
1 lemon, juiced	2 teaspoons honey (or more to taste)
3 cloves garlic, minced	ground black pepper to taste

In a small bowl, whisk together the soy sauce, lemon juice, garlic, ginger, mustard, honey and pepper. Once these are thoroughly combined, add the oil in a steady stream, whisking constantly. When all of the oil is incorporated into the dressing, pour into a glass jar and chill until serving.

Variations: a) replace 1/8 cup with toasted sesame oil; b) add 1-2 Tbsp rice wine vinegar; c) add some sugar if the dressing is bitter.

This dressing is great drizzled over a bed of spinach or escarole, topped with very thinly-sliced onions and a sprinkling of toasted sesame or sunflower seeds.

Honeyed Carrots with Parsley

2-3 washed and sliced carrots	2 tsp honey
1/3 c water and 1 Tbsp butter (or oil)	2 Tbsp chopped parsley

Cook all ingredients together in a covered saucepan over low heat until the carrots can be pierced easily with a fork. Check often to avoid burning, adding a bit of water if needed. Serve.

Farmers Market Schedule

Sundays 9-2 PINECREST Gardens
Red Road and Killian Drive

Mondays 2-6 HOMESTEAD Main Street
Losner Park on Krome Ave

Demos/fun every Monday! Check out the schedule at:
www.kristinjayd.com/market-mondays-2011.html

Wednesdays 1-4 OVERTOWN Roots in the City
NW 2nd Ave & 10th Street

EGG CORNER

This week: Group B gets the eggs!

**Palmetto Bay, Grove, Beach,
all Broward & Keys**



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

Happy Valentine's Day! We've included some honey for your honey in your shares today, to sweeten your life a bit. Enjoy!

The weather has been gorgeous this past week. Birds are singing everywhere, and the mangos and avocado trees are putting out their new buds. Let's hope the mangoes produce well this year!



Mangos in full bloom

If you haven't visited our booth at the farmers market yet, this is the perfect time of year to do so. At the market you'll find items that we didn't have in enough quantity to put in the shares, plus more of what's in the shares too. So if you're planning a dinner or party and would like more of something, come on over on Sunday, Monday or Wednesday. The schedule is on the back page of the newsletter.

Intern Corner

Farm Life: Week One

-by Jason S

Several Sunday mornings ago, while loitering in a McDonald's in Boston, Massachusetts, I watched a man trudge through the snow onto a train platform to wait for the train. Directly behind him was Commonwealth Avenue, one of the city's busiest streets, and one which, apparently, does not drain very well. The first car that drove by hit a puddle that was probably twelve feet deep, and an enormous wave of icy water—it curled, like a wave on the beach—drenched the man completely. He stood there, arms outstretched, dripping, probably crying.

I'd already booked my ticket to Florida and, with two Sausage McMuffins sitting like greasy rocks in my stomach, I watched the snow fall, watched the man board the train, watched college students slide around the icy sidewalk, watched cab drivers pull sweatshirt sleeves over their hands to wipe snow from the side windows of their idling cabs, I thought to myself, *I won't miss this.*

And I don't. People said I was

crazy to go to Florida to intern on a farm. They said I was crazy, crazy, to leave a stable bartending job in AWESOME Providence, Rhode Island (caps to emphasize how great Providence is). And here I am after a week of picking cilantro and eating tangerines in the sun, lying on a hammock in shorts and a t-shirt reading a book—Jonathan Franzen's *Freedom*, which is excellent--trying to decide whether to go to the Everglades or the Keys with my time off. And it's *February*.

I don't know anything about organic farming—as several customers at Pinecrest, and everyone at Margie's, would be happy to tell you—but that's why I'm here. To learn, and to try to help out. I should also mention that these have probably been the healthiest seven days of my life.

Listen: New England and South Florida may as well be different countries. I may sing Tuesday's *Gone* so poorly as to ruin Lynyrd Skynyrd for you forever, assuming that's possible, and I may have just ripped up an entire bed of kale, thinking it was a weed, and I may speak in a fake southern accent which I find hilarious, but is actually very offensive, but let me tell you: I am a happy man, and I am not crazy.



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

Featured Items

Escarole vs Endive vs Chicory (and others): Italian food cognoscenti will tell you that there is a huge difference among all these members of the chicory family. Consider the escarole in this week's shares. Think about the Italian dandelion greens you've received in past shares and the endive in last week's half-shares. Then think about radicchio and Belgian endive, and chicory root as a coffee substitute, or the frisèe you commonly see in salad mix. There are two closely-related species in culinary use, *Cichorium endivia* and *Cichorium intybus*, and several botanical varieties of each. Curly endive, aka frisèe (var. crispum), has narrow, green, curly outer leaves. Escarole, aka broad-leaved endive (var latifolia), has broad, pale-green leaves and is less bitter than the other varieties. It is eaten like other greens, or as part of a green salad. *Cichorium intybus* includes radicchio, most commonly known here in its purple, white-veined heading form. These foods are rich in vitamins and minerals, and especially folate, vitamins A & K, and are high in fiber. They tend to be bitter when raw, but cooking mellows the flavor. The headed varieties are great split in half and grilled or roasted.



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!... courtesy of Marian Wertalka, CSA member

About the shares... There are two sizes of box, corresponding to the two share sizes. And, no, **two half-share boxes do 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!</i>
1	Sunflower Sprouts (HHF) - Half: 0.2#
165	Mizuna (WF) - Full only
165	Escarole (WF) - All
165	Lettuce (WF) - Full
165	Spinach (WF) - All
165	Celery (WF) - Half only
165	Yukina Savoy (WF) - Full only
165	Parsley (WF) - Full / Half
6.5	Grape Tomatoes (SOF) - All: 1 pint
8	Canistel (aka eggfruit) (PT) - Full: 2 / Half: 1
0	♥ Honey for your Honey! ♥ (BHF/MB) - All: 8oz
	☺ Xtras - pick an item or two — but don't be a piggy!
0;3;8	Egg shares, Mediterranean Shares, Cheese shares, and Honey & Pollen shares below are add-on items and are ONLY for those who paid for them!
3	Mediterranean Share (HMO): Shakshookah (sweet peppers w/tomatoes, quinoa & vermicelli)
3	Cheese share (HMO): Assorted Hani's cheeses
0;8	Egg Shares (BHF/PNS): Full/Half— B: Palmetto Bay, Grove, Beach, all Broward & Keys
0	Honey & Pollen Shares (BHF-MB) - Next share March 5-6
	<i>Please remember to return your gently-flattened box each week—directions and a video on how to do it without ripping the box can be found at www.redlandorganics.com/CSAboxes.htm. Or bring a bag and transfer your share when you pick it up— then flatten your box and go!</i>

Which farms supplied this week's shares? -all the farms are located in the South Florida area
 WF*= Worden Farm; BHF*= Bee Heaven Farm; SOF=Sunshine Organic Farms; PT=Possum Trot; PNS=PNS Farms; HMO=Hani's Mediterranean Organics ; HHF*=Health & Happiness Farm ; MB=Miguel Bode Honey
 *Redland Organics founders & grower members; **not certified, naturally-grown

REDUCE, REUSE, RECYCLE—send your CSA box back!