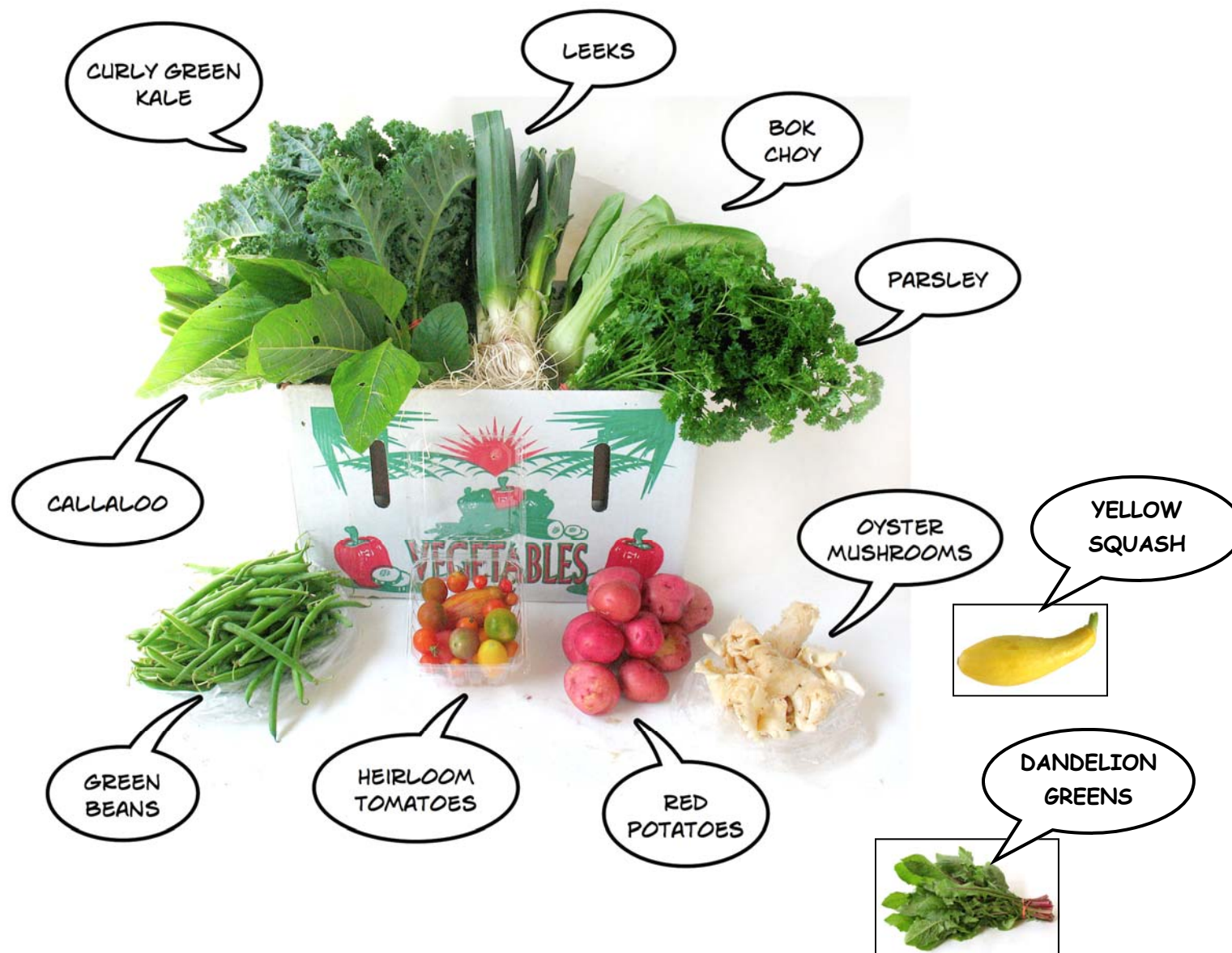


Featured Items

New Potatoes: The best potatoes are the young, recently-dug ‘New’ potatoes, like the ones in your share this week. A light scrubbing to clean the thin skin is all they need! Cooking is quick, too. They’re at their best with simple dressings like parsleyed butter. They’re also great in any dish calling for potatoes, like the Potato Leek Soup recipe on page 4.

Heirloom Tomatoes: Old-fashioned varieties of tomatoes, harvested when ripe, are nothing like those cardboard tomatoes you get from the store. For starters, a properly-ripened tomato is SOFT—yes, folks, SOFT! A tomato is NOT supposed to be hard, or even firm. It’s a FRUIT (did you know that, in order to treat tomatoes as vegetables, they had to pass a law? This happened many years ago, and seems rather silly, doesn’t it?) And, NEVER put your tomatoes in the refrigerator—it greatly diminishes the taste.



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?
From BHF	<i>NOTE: A full share is NOT the same as 2 half-shares!</i>
165	Green Kale (WF) - All
4	Oyster Mushrooms (HS) - Full only: 5oz
165	Italian Dandelion (WF) - Half only
2	Callaloo (TSF) - Full only
165	Leeks (WF) - All
160	Yellow Squash (LMF) - Half only: 2
3	Green Beans (HOF) - Full: 1# / Half: 1/2#
165	Bok Choy (WF) - Full only
165	Parsley (WF) - Full / Half
165	New Potatoes (WF) - Full / Half
0	Heirloom Tomatoes (BHF) - Full only: 1 pt
	☺ 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;0	Mediterranean Share (HMO): Shakshouka
3	Cheese share (HMO): assorted Hani’s cheeses
0;8	Egg Shares (BHF/PNS): Full/Half— B: Palmetto Bay, Grove, Beach, Broward, Keys (**this is the LAST WEEK for eggs**EVERYONE has had 10 weeks of eggs as of this week)
0	Honey & Pollen Shares (BHF-MB) - Are finished for the season (NoMIA-get yours this week)
	<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; HOF*=Homestead Organic Farms; PNS=PNS Farms;
 TSF*=Three Sisters Farm**; HMO**=Hani’s Mediterranean Organics; HS=Happy Shrooms;
 LMF=Lady Moon Farm; *Redland Organics founders & grower members; **not certified, naturally-grown