

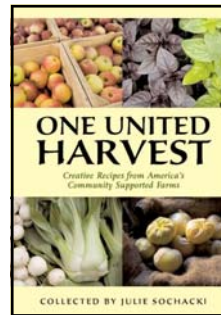


Recipe of the Week

Recipe Call!!

Ok, we know you're out there— you're making dishes with these veggies we give you each week. What are you making?? Do you think it's boring? Not worth sharing? Let your fellow CSA members be the judge of that— you'd be surprised how something 'everyday' to you will be someone else's 'special treat'.

Remember we're collecting recipes for our own cookbook (yes, someday!).



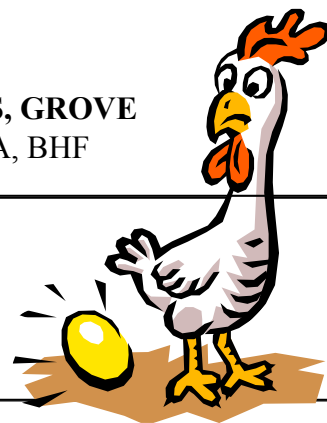
In the meantime, we have a cookbook available — "One United Harvest"— a collection of recipes from CSA farms around the country, compiled by Julie Sochacki and published this past summer. If you didn't buy one at the start of the season, you can still get them. Just go to the website (redlandorganics.com), click on the CSA link, click on the "balance due?" link, and buy the cookbook online. We'll send it along with your shares.

This week = Groups B & C.

TOMATO CORNER

Group A: BEACH, BWD-EAST, BWD-WEST
Group C: KEYS, NoMIA

Group B: CHURCH, GABLES, GROVE
Group D: PalmettoBAY, SoMIA, BHF



This week = Group II.

EGG CORNER

Group I: BEACH, BWD-EAST, BWD-WEST, CHURCH, SoMIA, BHF.
Group II: GABLES, GROVE, KEYS, NoMIA, PalmettoBAY

Tidbits

Going out of town? Please let us know by email no later than Wednesday night, as we start getting things ready very early on Thursday. Send us an email (office@pikarco.com) and cc: your pickup site coordinator. If you don't notify us in time, we'll send your share as usual and you will forfeit the credit. There is a max of 2 credits per season, and 2 makeup weeks at the end to redeem your credits.

Find our newsletters online! Go to www.redlandorganics.com, click on CSA, then Newsletters.

Please share your recipes! Please email your recipes to: Kavetchnik@aol.com.



FARM NEWS

Many of you might remember meeting (or at least hearing about) Annette Zimmerman Wells, a Miami-Dade College art professor/environmental activist/farm volunteer and CSA member, who earned her nickname "Onion" by single-handedly transplanting 7 flats of baby onions 3 seasons ago. (Think about 600-800 little plants that look very much like miniature chives, about 3 inches long, per flat.) She adopted us as her second family, and came regularly from Broward to unwind, working at the farm at the end of her work week. Onion loved it so much she eventually moved out here to the Redland area, very close to the farm. Last summer she met her soul mate, Jim, a Medicine Man, and married him last October (but that's another story. You can read about their wedding at http://www.blueskywaters.com/page_200.htm.) She sends us this article.

"Greetings from a Transplanted Onion!"

My new husband and I have moved from Redland to his home in Lena, MS. I miss (issippi?) working and hanging out and munching produce at Bee Heaven Farm. If you are one of those busy people who picks up their weekly share at a drop-off point, and haven't made it out to the farm...you might not know what a slice of heaven your food is grown on, or just how awful the puns and impromptu songs are that fly about the barn when your shares are packed, or what a great source of wisdom and information Margie is, what interesting, varied and amazing life stories the WWOOFers have to tell, how delicious a tomato tastes picked sun-warmed off the vine, how soothing the quiet feels...away from the city...unless, of course, Nick is mowing!

Our growing season (in Mississippi) starts in late March or April, and goes almost through December. I have already made friends with an organic grower here, and we are beginning the process of working with a local college to set up an educational center on her farm, and begin a program to start community gardens for kids in inner city schools in Jackson. Look out Mississippi--you are about to be Margie-d by proxy!

Also! check out my unique necklaces:
www.blueskywaters.com (scroll and click the necklace link)

More later, Y'ALL! "

Onion (aka Annette Waya Ewing, nee Zimmerman Wells)

INSIDE →
it tells you what's
in your share
today—
all you need to
know →→



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

Featured Items

Strawberries!

It's the height of our strawberry season. I couldn't resist getting these, even though they're quite expensive! (just under \$4 per pint, and that's WHOLESALE—yikes!) Jordan Farms is located between Tampa and Plant City.



Grape Tomatoes

OK—everyone makes a big noise about grape tomatoes. So we're bringing you some from Somerset Farm for you to taste. Let us know what you think of these hybrids. They've been selected for sweetness—but do they measure up to the heirlooms???

Tomato Group? What's that?™

Mystified about the "Tomato Groups"? Look on the back page of the newsletter to see in what group your site belongs. This week, we had plenty of tomatoes, so both B & C are getting them. Last, but not least, next week, Group D!



Tomato

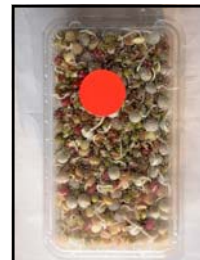
Thief!

What does it look like?

Courtesy of Marian Wertalka, CSA member and CSA video documentary producer (in the works)



Red Cabbage



Sprouts



Squash



Lacinato Kale



1 pint vs 1/2 pint

What's in my share today?

<u>FULL SHARES</u>	<u>SHARE ITEM</u>	<u>HALF SHARES</u>
3 stalks	Broccoli (LMF)	1 stalk
3 peppers	Green Peppers (SOF)	1 pepper
1 bunch	Lacinato (Italian/Black) Kale (LMF)	1 small bunch (RED TAPE)
1 head	Redleaf Lettuce (SOF)	1 head
2 head	Red Cabbage (SOF)	1 head
5 squash	Yellow Squash (SOF)	3 squash
1 pint	Grape Tomatoes (SOF) - FULL SHARES ONLY	-NONE-
1 pint	Heirloom Tomatoes (BHF) - It's Group B & C's turn.	1/2 pint
-NONE-	Crunchy Mix Sprouts (FF)- ('naturally grown'-not organic) -	1 box (RED DOT)
1 pint	Strawberries (JF)	1 pint
1 each	This NEWSLETTER	1 each
STOP! Did you pay for an egg share? 1 dozen eggs	Eggs are for EGG SHARE SUBSCRIBERS ONLY!! We will be sending eggs to the pickup sites on a rotating basis. This week: Group II. Keep an eye out for your turn!	STOP! Did you pay for an egg share? 6 eggs

Full-Share Selections

Half-Share Selections

Check the list to see your share size. Please DON'T substitute!! If there's something you don't want, put it in the Xtras box—someone else will be happy to have it.

Xtras!! (Take a goodie ONLY FROM THE box marked 'XTRAS') IF THE EXTRAS box is EMPTY, Please DON'T take something else from the shares -YOU'LL BE DEPRIVING SOMEONE OF THEIR FOOD!!

Which farms supplied this week's shares? — LOCAL and ORGANIC — All of the farms are Florida farms

BHF*=Bee Heaven Farm / SOF= Somerset Organic Farms / LMF=Lady Moon Farms / FF=Fullei Fresh / JF=Jordan Farms

*Redland Organics founders & grower members