

Bee Heaven Farm ~ Redland Organics  
CSA 2002-2003: Week of November 23

**What's in my box today??**

Arugula (Worden Farm, Bee Heaven Farm) - Everyone  
Lettuce, assorted (Bee Heaven Farm) - Full Shares 5 oz bag / Half Shares 3 oz bag  
Mizuna (Worden Farm, Bee Heaven Farm) - Everyone  
Microgreens or Pea Shoots (Paradise Farms) - Full Shares only  
Green Beans (Homestead Organic Farms) - Full Shares 2 lbs / Half Shares 1 lb  
Cucumbers (Bee Heaven Farm) - Full Shares 2 / Half Shares 1  
Tatsoi (Bee Heaven Farm) - Full Shares only  
Lemon Basil (Bee Heaven Farm) - Everyone  
Genovese (Italian) Basil (Bee Heaven Farm) - Full Shares only  
Monroe Avocado (Paradise Farms) - Everyone

The produce in your box was sorted, packaged, and labeled by the TMH students at Miami Southridge Senior High. The students are learning valuable skills by performing these tasks. Please wash all items (except the microgreens which are ready to use).

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**Trade/Xtras at the Farm:** These are limited quantity items (not enough to include in the boxes), or extras of seasonal items. They will vary greatly, but are ONLY available at the farm.

Arugula, Yellow Squash, Italian Pole Beans, Mizuna, Okra

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**Do you share your box with someone?** Here's some tips on ways to share your box:

- Take turns- take turns each week taking the entire box
- Take some items one week, and other items the next week
- Don't try to split everything down the middle- when there are small quantities of something, neither one of you will have enough. However, you might want to split a big bunch of turnips, or maybe a big bag of beans...

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**Featured item:** Mizuna This is a mild Asian mustard green, great in salads or stir-fry. If you think you don't like mustard greens, be sure to try these!

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**Recipes & Links:** Here's a simple arugula recipe- makes a great pasta topping:

Start water boiling for pasta. While you're waiting for the water to boil, chop up some garlic cloves (choose more or less cloves to taste) and an onion. Set aside.

When the water boils, put in the pasta. While the pasta is cooking-- take a sauté pan, heat olive oil over medium heat. Sauté the chopped fresh garlic and onions in the olive oil until onions are soft and golden. Add ground pepper. Salt to taste (optional). For variety, throw in a tablespoon of capers, or chopped black olives, coarsely-chopped nuts, mandarin orange sections, or raisins (you get the idea, just about anything interesting can go here!). A few minutes before serving, throw in a bunch of arugula, washed and chopped coarsely. Stir it in well, cover and let steam. Spoon over pasta, and top with fresh grated parmesan and/or romano cheese. If you use nuts, try topping the dish with gorgonzola or feta cheese. QUICK and DELICIOUS!!!

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**Calling all recipes:** Look for the 'Call for Submissions' flyer!

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Check out this link for recipes developed by Chef Peg using our produce: <http://www.3hourtour.com/Organic-Weekly/Recipes/index.html>