

Bee Heaven Farm ~ Redland Organics
CSA 2002-2003: Week of November 30

What's in my box today??

Mixed Mustard Greens -Bee Heaven Farm
Mesclun Mix- FULL SHARES ONLY -Bee Heaven Farm/ Three Sisters Farm*
Red Radishes -Worden Farm
Microgreens -Paradise Farms
Baby Bok Choi -Worden Farm
Cucumbers -Full shares: 2 / Half-shares: 1—Bee Heaven Farm
Papalo -Bee Heaven Farm
Garlic Chives -Bee Heaven Farm
Avocados—1 each—Paradise Farms
Info Sheet

'Call for Submission' flyer

*Three Sisters Farm is not certified organic, but grows naturally and does not use chemicals
Please wash all items (except the microgreens which are ready to use).

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.

Italian Pole Beans, Beets w/greens, Yellow Squash, Okra

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...

Featured item: Papalo (Porophyllum spp) Info courtesy of Redwood City Seeds/Ecoseeds catalog- Called Papaloquelite in the original Aztec, this ancient herb, in the sunflower family, has been used in Mexico by the Indians since before the Conquest. The fresh green leaves are chopped finely and added to tacos to impart a distinctive spicy sharp flavor. Looking closely, the unusual leaves are dotted with embedded oil glands. Good with meats or cheeses. If you enjoy cilantro, you should try this herb. Use raw, as cooking destroys the flavor.

Recipes & Links: **Mustard Greens!** From FATFREE: The Low Fat Vegetarian Recipe Archive, submitted by Jane Love(love@nwe.ufl.edu) "I grew up eating those fatty, smokey greens. now, my absolute favorite way to fix mustard (or any) greens is this: saute a chopped onion and some garlic (and a spicy chile pepper, if you're of that persuasion) in a little water or nonstick spray. wash the greens and slice them into ribbons. stir them into the onion mixture by handfuls (i do this as i'm slicing them). add a can of diced tomatoes w/ their juice (i like the kind w/ roasted garlic), stir everything together, cover, and simmer until the greens are tender. this is also great w/ indian spices (cumin, tumeric, curry, etc.)--just saute them along w/ the onion mixture". kwvegan vegan

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

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