

Bee Heaven Farm ~ Redland Organics
CSA 2002-2003: Week of December 7

What's in my box today??

Breen Beans-Full Shares: 2 lbs / Half: 1 lb—Homestead Organic Farms

Braising Mix (Italian Chicories, Mizuna, Tai Tsai, Indian Chard, Lacinato Kale, Thai Basil)-Bee Heaven Farm & Worden Farm

Green Beans-Full shares: 2 lbs/Half-shares: 1 lb- Homestead Organic Farms

Russian Red & White Kale- Bee Heaven Farm

Gourmet Lettuce Mix -Bee Heaven Farm & Paradise Farms

Red (Alta Globe) & French Breakfast (D'Avignon) Radishes -Worden Farm

Microgreens (Paradise Blend) -Paradise Farms

Bok Choi -Worden Farm

Carambola* -Full shares: 2 / Half-shares: 1—Old Geezer Farm*

Italian (Genovese) Basil -Bee Heaven Farm

Cilantro -Bee Heaven Farm & Worden Farm

Carrots (assorted varieties, sizes & shapes) a preview! - FULL SHARES ONLY -Bee Heaven Farm

This Sheet

*Old Geezer Farm is not certified organic. Although the Carambolas are not sprayed, they are planted between avocados which receive some Copper Sprays (allowed in organic farming when needed).

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.

Green Beans, Beets w/greens, Yellow Squash, Okra, Chayote, Indian Chard

Tipa for the week: 1) **Storing your greens** Your greens will usually arrive in an open-end bag. To keep them fresh, sprinkle a very little bit of water on the greens, then close up the bag with a twist-tie, a rubber band, or tie a knot on top and immediately store in your refrigerator. If they arrived wilted, this should restore them to their former glory. 2) **In the car** If you're going to run around in a hot car for awhile with your veggies, bring along a small cooler with a couple of ice packs. Put your greens in the cooler as soon as you pick them up. 3) **Basil** NEVER place Basil directly on ice, and don't let the leaves sit in water. It will turn black very quickly! If in doubt, leave it in a sealed zip top bag at room temperature. Herbs are best used within a couple of days.

Featured item: **Braising Mix** Braising mixes usually contain a variety of textures and flavors. They can be sauteed lightly, or doused with a hot dressing to wilt the greens but still retain their raw

Recipes & Links: **Stir Fried Radishes (!) with Bok Choi & Tofu** Haven't thought to cook your pretty salad radishes? Eva Worden of Worden Farms suggests this: Try a quick stir-fry with Radishes (use the tops too), Bok Choi, onions and Tofu. Season with some Tamari Sauce, a dash of vinegar, cumin seed and add turmeric, salt & pepper if desired. Another fast and yummy recipe!

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

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

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...

Thanks to the students from Miami Southridge Senior High's TMH program for their help packing and labeling the shares!