

Bee Heaven Farm ~ Redland Organics  
CSA 2002-2003: Week of December 14  
What's in my box today??

FULL / HALF SHARES ONLY

Arugula (1 bag) - Bee Heaven Farm  
Microgreens (1 box) -Paradise Farms  
Gourmet Salad Mix (1 bag): FULL SHARES ONLY-Three Sisters Farm\* & Worden Farms  
Red or Green Looseleaf Lettuce (1 head): HALF SHARES ONLY— Worden Farm  
Mustard Greens (1 bag) — Bee Heaven Farm  
Basil (Large-leaf Italian) (1 bag)- Worden Farm  
Monroe Avocados (1 each) - Paradise Farms  
Chayote Squash (Mirliton) (1 each): FULL SHARES ONLY - Bee Heaven Farm  
Beets - a preview! (1 bunch): FULL SHARES ONLY -Bee Heaven Farm

TRIAL SHARES ONLY

Italian (Romano-style) Pole Beans (1 bag)— Bee Heaven Farm  
Arugula (1 bag) — Worden Farm or Bee Heaven Farm  
Red Radishes (1 bunch)-Worden Farm  
Microgreens (1 box)-Paradise Farms  
Boy Choi or Napa Cabbage (one, your choice) -Worden Farm  
Diva Cucumbers (1 each) -Bee Heaven Farm

Please wash all items (except the microgreens which are ready to use).

\*Three Sisters Farm does not have organic certification, but grows naturally without use of chemicals.

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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.

Daikon, Okra, Chayote, Turnips, Tatsoi, Cucumbers

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**Featured item:** Chayote squash (aka Mirliton, Chocho) This pale green squash has a mild flavor, and combines well with anything. It holds its shape in soups, and can be used like a summer squash, or baked (usually stuffed with a meat or vegetable filling).

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**Recipes & Links:** Beets Beets can be used, roots, tops & all! Cut off the greens from the beetroot, leaving approx 1/2 inch of stems, to prevent the beet from leaking. Boil the root in water until you can poke it easily with a fork. Pour off the water and slip off the outside skin under running cold water, or let sit in cold water until you're ready to peel them. Slice and serve, hot or cold. They're great marinated in a solution of vinegar, sugar and allspice. Steam the greens separately, and season to taste.

Go to our website for links to recipes, including Chef Peg's recipes developed using produce items from Redland Organics- it's updated weekly with new recipes. Your recipe can be included too! Just e-mail it to us.

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**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!