

Bee Heaven Farm ~ Redland Organics
CSA 2002-2003: Week of December 21
What's in my box today??

Braising Mix* (1 bag) - Bee Heaven Farm
Basil (Lemon or Thai) (choose 1 bag)- Bee Heaven Farm
Cilantro (1 bag)—Worden Farm

Green Beans- FULL&TRIAL SHARES: 2 lbs, HALF SHARES: 1 lb—Homestead Organic Farms

Carambolas - FULL&TRIAL SHARES: 2, HALF SHARES: 1 - Old Geezer Farm**

Daikon Radish- FULL SHARES ONLY: 1 —Bee Heaven Farm

Chayote Squash (Mirliton) - FULL&TRIAL SHARES ONLY: 1 - Bee Heaven Farm

- This week's Braising Mix contains Indian Chard Palak Durga, Japanese Komatsuna greens, Daikon Radish tops, Russian Red & White Kale and a dash of Mustard

**carambolas are not organic (they're growing among avocado trees that are sprayed with Copper earlier in the season)

Please wash all items before using.

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.

Okra, Chayote, Turnips, Avocados

Featured item: Daikon Radish The Daikon radish is a large oriental radish which can be mild or hot, depending on variety. Ours are mild, and can be used any way a radish is used, raw or cooked. Their tops are very tasty too. They are included as part of this week's braising mix. Look for the lighter green, long, highly-indented leaves with a crispy midrib.

Recipes & Links: Braised Greens, Dried Fruits and Nuts submitted by Jen Karetnick

In a heavy saucepan over medium heat, sauté 1 finely-chopped shallot in 2 Tbsp olive oil until aromatic. Add 1/3 cup each: raisins, apricots, pine nuts and soy nuts. Stir until nuts are lightly browned and fruit plumps up. Mix in 2 cubes bouillon. Stir until cubes break apart. Deglaze pan with 2 Tbsp white wine. Add 4 cups chopped braising mix (leaves & tender stalks only) and stir briefly. Add 1-2 cups hot water until greens are covered and begin to wilt. Add salt and pepper to taste. Cook over low heat for 10 minutes. Serves 4. Tips: This vegetarian side dish can be used as a pasta sauce and is particularly good with wide noodles such as pappardelle. For a non-vegetarian version, cook 4 strips of bacon, crumble, and use as a garnish.

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.

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!