

Bee Heaven Farm ~ Redland Organics  
CSA 2002-2003: Week of January 11th  
What's in my box today??

Please make sure you take one of each item listed below:

Red Leaf Lettuce- FULL shares ONLY—Worden Farm

Red Buttercrunch Lettuce- HALF shares ONLY—Bee Heaven Farm

Mesclun Mix (Lettuces, Frisee Endive, Arugula\*, Dandelion, Mizuna)-FULL shares ONLY -  
Bee Heaven Farm, Worden Farm, & Three Sisters Farm\*

Basil (Lemon)— Bee Heaven Farm

Oregano- Sawmill Farm

Scallions- FULL shares: Large / HALF shares: Small —Worden Farmn Farm

Green Beans- FULL shares: 2# / HALF shares: 1# —Homestead Organic Farms

Pea Shoots- FULL shares ONLY— Paradise Farms

Arugula- FULL shares: Large bag / HALF shares: Small bag —Bee Heaven Farm

Heirloom Tomatoes-FULL shares: 1 lb /HALF shares: 1/2 lb — Three Sisters Farm\*

\*not organic

Please wash all items (except microgreens, which are ready to eat) before using.

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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.

Chayote, Carambola, Snow Peas, Sugar Cane, Chard Color Mix. tomatoes

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**Featured itema:** Pea Shoots Paradise Farms grows these crispy and tasty pea shoots as part of their specialty microgreens. Enjoy them raw in salads, as a crunchy snack, or include in stir fries.

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**Recipes & Links:** Roasted Green Beans (contributed by Tobe Marmostein) Heat oven to 425°F. Lightly oil a cookie sheet. Spread a layer of thinly-sliced red onions on the sheet. Lay green beans on top. Sprinkle with crushed garlic cloves and coarse salt to taste. Spray or drizzle olive oil on top. Roast for 20-25 minutes, stirring once or twice. Watch carefully to avoid burning! Drizzle with a good balsamic vinegar just before serving.

Go to our website for links to 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!.