

Bee Heaven Farm ~ Redland Organics  
CSA 2002-2003: Week of January 18th  
What's in my box today??

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

Napa (Chinese) Cabbage- FULL shares ONLY—Worden Farm

Italian Dandelion greens- FULL shares ONLY- Worden Farm

Mustard Madness! Hot/Spicy Mix: Osaka Purple, Giant Red & Fla Broadleaf Green-Bee Heaven Farm  
plus Mild Mizuna—Worden Farm (both in 1 bag)

Cilantro— Bee Heaven Farm

Chives- FULL shares: Large / HALF shares: Small —Worden Farm Farm

Heirloom Tomatoes- FULL shares: LG box / HALF shares: SM box — Three Sisters Farm\*

Green Peppers- FULL shares:2 / HALF shares: 1 —(Lady Moon Farms, Ft. Myers)

Cucumbers- FULL shares ONLY—(Lady Moon Farms, Ft. Myers)

Oranges- FULL shares: LG bag (8) / HALF shares: SM bag (4) —(Eagle Nest Grove, FL)

Local Honey- FULL shares: LG jar / HALF shares: SM jar—Beeland Honey\*

\*not organic, pesticide-free

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, Green Beans, Tomatoes

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**Featured item:** Beeland Honey This honey is from local hives, some of which are located at Bee Heaven Farm. Beeland's honey is not pasteurized or filtered. It is strained to remove bits of comb and debris. If your honey crystallizes, place the jar in a pan of warm water. It will turn liquid again. It is virtually impossible to certify organic honey in South Florida, as the requirements include that there be no towns or sprayed fields within a 5 km radius around the hives. In Florida, the only places left that can qualify are in the National Forests in Central and North Florida, and a few National Parks and preserves.

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**Recipes & Links:** Cilantro pesto by Gena Urias from Vegetarian Allrecipes.com

In an electric food processor or blender, blend 1 bunch cilantro, 5 cloves garlic, 1/2 Tbsp vinegar, 1/3 c grated Parmesan cheese, 1/2 tsp cayenne pepper, 1/3 c walnuts or pecans and salt to taste. Add 1/4 c olive oil. Blend and add more oil as needed until the pesto reaches your desired consistency.

**Thai-style Cilantro Pesto** from the Real Thai cookbook

Grind 1 tsp whole white or black peppercorns to a fine powder (using peppermill, spice grinder, small food processor). Blend with 2 Tbsp chopped cilantro leaves and stems and 1 Tbsp coarsely-chopped garlic in a food processor until a fairly smooth paste. (You may need to add a little water or oil to ease the grinding). You can scale up to make more. The pesto will keep for a week in the fridge, with a little oil on top to keep it fresh. Use it as any other pesto, or try it as a rub on chicken to marinate before cooking. 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!.