

Bee Heaven Farm ~ Redland Organics  
CSA 2002-2003: Week of February 1st  
What's in my box today??

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

Collards- ALL—Worden Farm  
Kale- FULL shares ONLY-Worden Farm  
Bok Choy- HALF shares ONLY- Worden Farm  
Garlic Chives-ALL- Bee Heaven Farm  
Bell Peppers- FULL shares ONLY  
Radishes- FULL shares ONLY -Three Sisters Farm\*  
Mung Sprouts - FULL shares ONLY—Paradise Farms  
Heirloom Tomatoes-ALL—Three Sisters Farm\*  
Avocados-ALL- Old Geezer Farm\*  
Carambolas- FULL shares: 2 HALF shares: 1—Old Geezer Farm\*  
Not your Mother's Bananas- FULL shares ONLY- Bee Heaven Farm

\*not organic, pesticide-free

Please wash all items before using.  
-----

# Read Me!

**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, Peppers, Collards, Snow Peas, Turnips, Red Clover Sprouts  
-----

**Featured itema:** Avocados This is the very end of our avocado season. Florida avocados won't reappear until June (give or take a couple of weeks). These very large Monroe avocados are bigger than normally seen, as they were left on the trees to size up and get the most flavor!

Not your Mother's Bananas These bananas are definitely NOT your store-variety bananas. When they're ripe, they will not get really yellow. You'll know they're ready to eat when they begin to get some black spots on the skin, even though the skin will still look a little greenish. We grow several unusual varieties that we've acquired over the years. We don't know the name of this one...  
-----

**Recipes & Links:** Beans & Greens by Margie Pikarsky

Cook your favorite color beans until almost soft, with a couple of bay leaves, several garlic cloves, a chopped onion, and a chopped pepper. About twenty minutes before serving, add a bunch of any greens you have handy, coarsely chopped (kale and collards make a particularly good combination with white beans). Add a tablespoon of vinegar, adjust your seasoning to taste. Cook 15-20 minutes. Serve and enjoy.

PLEASE SEND US YOUR RECIPES- no matter how simple or 'commonplace'. WE WANT THEM ALL!!!!  
Go to our website for links to 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!.