

Bee Heaven Farm ~ Redland Organics 2003-2004 CSA
Week 2- November 29, 2003

We hope you had a great Thanksgiving. We had our Thanksgiving dinner on the farm with our WWOOFers, family and friends. It was great fun. We're thankful for your support, which enables us to grow and share our food with so many of you.

The first week of this season's CSA has come and gone. At most pickup sites things went fairly smoothly. We had some mix-ups with trial share members picking up shares early (they don't begin until January!)- consequently, some people got shorted. We also got some exuberant shareholders who didn't read the master list and got carried away with the produce (or rather, carried the produce away!) Please read the master list carefully and take only what it says- we send the exact number of shares, and if you take someone else's food, they won't get any. If you were shorted your veggies and you haven't let us know yet, please drop us a line (email: office@beeheavenfarm.com). We're repeating some of last week's items in the 'Xtras' box, so if you missed out on something, you can still get some. We don't have enough for everyone, though- it's first-come, first-served with the extra stuff!

What's in my share?

Gourmet Mustard Mix (Osaka Purple, Red Giant, Florida Broadleaf Green, and Green Wave mustards)- BHF & TSF- Full Shares: big bag/ **Half-shares: small bag
Greens Mix (a mix of baby Tatsoi, red kale, endive, arugula, mizuna, Chinese kale and baby mustard greens)- BHF- Full Shares: large bag / **Half-shares: zip bag
Red Radishes w/tops- Blumenberry Farms (Sarasota) - Everyone: 1 bunch
(Sweet) Cubanelle Peppers- Heartland Organics (So.Fl) -Full shares: 2 / Half-shares: 1
Sunburst Squash— LMF- Everyone: 3 squash each
Chinese Leek (Garlic Chives)- BHF - Everyone: 1 bunch each
Satsuma (mandarin) oranges—EGN - Full Shares: 7 each /**Half-shares: 3 each
Carambolas—OGG- Full Shares ONLY: 1 each FULL shares ONLY!

And to choose from the Extras Box (take what you like!)

Daikon radishes w/tops (some sites have extra red radish bunches w/tops,
Chinese Kale, Sunburst Squash, Eggplant, Green Beans, Cubanelle Peppers

BHF=Bee Heaven Farm / TSF=Three Sisters Farm-(transitional organic) /
OGG=Old Geezer Grove- not organic but pesticide-free /
LMF=Lady Moon Farms (Ft. Myers) /
EGN= Eagle's Nest Grove (Central Florida)

PLEASE REMEMBER TO BRING BAGS OR BOXES WITH YOU EACH WEEK TO BAG YOUR SHARE.

“What *are* those weird things in my greens mix”, you might ask, “and how do I eat this- cooked or raw?” The answers are: baby tatsoi is the dark green, spoon-shaped round leaf; mizuna is pale green with a bad hair day; arugula is a long dark green indented, distinctively-flavored leaf; Chinese kale is the same very tender green you received last week-a pale green leaf with flowering stems; red kale is the gray-green spiky leaf with purple-red stems; endive is a salad chicory with a narrow lettuce leaf; and, the baby mustards are tiny versions of the mustard greens in your share this week. (Try describing these leaves without using botanical taxonomy terms- oy!) They make a great salad mix by themselves, mixed with lettuce, or cooked very briefly in a stir-fry (my favorite quickie way of cooking greens).

Farm News & Recipes on Back-Check it Out! →→→→

Featured Item of the Week

Garlic Chives: also known as Chinese Leek, this herb is delicious used in place of scallions, chives, or garlic. Its garlic flavor gives your salads a lift. Garlic chives can be used to replace part of the garlic in pesto recipes. Chop them on top of your soups, tacos, baked potatoes, or mix with sour cream for a great topping.

Farm News

Well, the onion starts got wiped out twice by the rains (they had fungus meltdown). We finally got some great-looking starts, but they're so late they won't have a chance to size up big. They'll still be good eating, but this is one crop you have to wait for awhile - it takes a few months!

The turnips are starting to make baby turnips- you'll be seeing some in your shares soon.

The weeds are seriously trying to take over the world—any weeders out there? We can use the help any time. We also have several flats of baby onions still to set out- very tedious and time-consuming work. Come plant your onions with us!

Be sure to mark Sunday, December 28 on your calendar. We're having our Winter FARM DAY. Bring your family, a covered dish, and plan on spending an afternoon of fun. We'll have hay rides for the kids, and fun projects. Make your own scarecrow to take home or leave at the farm.

**Do you think that mustard greens are too spicy for you?
TIP: Cooking drastically reduces the heat of these greens.**

Recipe of the Week – Mustard Greens with Tamari Sauce

bunch of Mustard Greens	½ tsp curry powder
2 Tbsp sesame oil	½ cup walnuts
4 cloves chopped garlic	2 Tbsp Tamari Sauce
½ onion	½ cup of dried fruit OR 1 Tbsp sugar

Wash and trim any bad pieces off a **bunch of Mustard Greens**. Drain but don't dry completely. Chop coarsely.

Heat **2 Tbsp sesame oil** in a wok. Add **4 cloves chopped garlic** and **½ onion** cut into chunks. Fry until golden. Stir in **½ tsp curry powder** and **½ cup walnuts**.

Add the chopped mustard greens. Stir-fry quickly until greens are wilted but ribs are still crisp. Stir in **2 Tbsp Tamari Sauce**. Serve and enjoy!

Variation: to further cut the slightly bitter flavor of the greens, add the following a minute or two before the greens: **½ cup of dried fruit** (such as raisins or apricots) **OR 1 Tbsp sugar**.

Tidbits

What does WWOOFer stand for? Willing Workers on Organic Farms... Worldwide Opportunities on Organic Farms... Willing Weeders on Organic Farms... Woeful Wadders (my reluctant daughter bunching the garlic chive 'wads')... Wonderful Women (the men are BBT's-but that's for another day, another story, and definitely sexist)... Waddling Woofer (the fat dog)... can you think of a few more? Come out to the farm, work a day, and see!

Going out of town? Please send us an email at least 48 hours in advance. We'll suspend delivery of your share for that week and credit you for an extra week at the end of the season. If you don't notify us in time, we'll send your share as usual, and you will forfeit the credit.