

Bee Heaven Farm ~ Redland Organics 2003-2004 CSA
Week 3- December 6, 2003

We're still working out the snags, but thanks to some members who have volunteered to be at the big sites for a couple of weeks, everyone is getting help learning the process. Thank you, guys! It's people like you that make CSAs work!

We have students from Southridge Senior High's Training for Mentally-Handicapped (TMH) program helping us with some farm tasks. A group comes out on Friday mornings, and they do things like pick out the big rocks from the rows (and boy, do we have rocks!). They also help pack share items. Marc & Jimmy helped pack your basil shares this week, and Jimmy counted out the avocados for each pickup site. They learn, practice their skills, and we get badly-needed help. Thanks to Tobe Marmostein, who is coordinating the group. This is Tobe's and the students' second year at the farm.

What's in my share?

Salad Mix (BHF & TSF)—Everyone: 1 bag

**Green/Purple Bean Duo (HOF, BHF & TSF)—Full shares: 1.6#
/ Half-shares: (RED DOT) 0.8#**

Watercress (B&K)—Everyone: 1 bunch

Green Bell Peppers (LMF)—Full shares: 3 / Half-shares: 1

Yellow Squash (LMF)—Everyone: 2 squash each

Carambola (TSF)—Everyone: 1 each

Avocados (OGG)—Full shares: 2 each / Half-shares: 1 each

Basil (BHF)—Full shares: 1 bag / Half-shares: 1 small (RED DOT) bag

Newsletter Sheet—Everyone take one!

**Xtras!! Help yourself to some goodies from the XTRAs bins
(but don't be too greedy— give others a chance, too!)**

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

Green/Purple Beans, Bell Peppers, Pea Shoots (PF), Salad Mix, Watercress,
Komatsuna bunches (some sites)

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) / B&K=B&K Quality Growers (Fellsmere) /

HOF=Homestead Organic Farms / PF=Paradise Farms

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

This week's salad mix contains a surprise ingredient-can you pick it out? No! don't pick it out- eat it! Pink sorrel (Oxalis) looks like a 3-leaf clover, but with triangular leaves. It has a citrusy tart flavor that accents salads well. Your salad mix also contains several kinds of lettuce, arugula and assorted other salad greens that you have already met in prior weeks.

Featured Item of the Week

String Beans or Green Beans: This is mostly a misnomer, as these beans are stringless, and as you can see, they're not just green. String beans are great cooked OR raw. The purple beans turn green when they cook, so if you want to keep the pretty purple color, serve them raw for a crunchy, colorful addition to salads.

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

Farm News

The onion saga continues- we have so many flats of baby onions to set out, everyone is sick and tired of planting them! But as of this writing, we STILL have nearly 9 more flats to plant out (and each flat has hundreds of baby onion plants). HELP!

The tomatoes are starting to bloom. A few more weeks....

TIP: Basil turns black if it touches cold water or ice. Don't keep basil in your refrigerator. If you can't use it within 2 or 3 days, you can puree it with a bit of oil and freeze it in an ice cube tray. Pop the cubes into a freezer bag and when you want some basil flavor in a soup or sauce, add a cube or two.

Recipe of the Week – Steamed Beans

Lightly steam a bunch of beans. Toss with olive oil, garlic, goat cheese and walnuts. (recipe provided by Annette Wells)

Recipe of the Week – Watercress and Pea Shoot Salad

My mom used to make this very simple but elegant salad with watercress. The dark green of the watercress is set off by the vibrant yellow-orange of the calabaza. Pea shoots are entirely optional, but add a nice variation.

½ bunch Watercress	1/2 onion, very thinly sliced
½ 'bunch' Pea Shoots (optional)	Olive oil & vinegar
¼ Calabaza ('Cuban' pumpkin)	Coarse Pepper & Salt

Wash and clean 1/2 bunch watercress and an equal amount of pea shoots. Drain well. Cut calabaza into 2-inch chunks (don't peel), and cook in boiling water until a fork pierces the flesh easily, but is still firm. Drain and chill.

Put watercress and pea shoots on a large plate. Peel the chilled calabaza chunks and arrange them on top. Finish with onion slices. Drizzle olive oil and vinegar (you can use balsamic vinegar if you like). Sprinkle with pepper and salt to taste.

Farm Profiles- Three Sisters Farm

Three Sisters Farm is family owned and operated. Cliff and Jackie Middleton, along with their youngest daughter Rachael, run the farm according to principles of sustainable agriculture. Three Sisters Farm specializes in open-pollinated heirloom tomatoes, vegetables and herbs. Open-pollinated heirloom seeds are seeds that have not been altered or genetically modified in any way. They are chosen for their superior taste and quality, and are handed down from one generation to the next (hence the heirloom designation). Everyone will be able to find a tomato to their liking out of the over 25 varieties grown at the farm, each distinctly different in flavor and appearance.

Three Sisters is a rather young farm; this year marks the second harvest, but the property has already been certified as transitional organic and the greenhouse is certified organic. Certified organic plugs and plants are available at the farm. The farm is located at 18401 SW 248th Street, across from the Fruit and Spice Park. If you would like to visit the farm or find out more call 305-245-8104 or visit www.homegrowngreens.com.

Going out of town? Please send us an email at least 48 hours in advance. This really means you have to let us know by Wednesday night, as we start getting some things ready on Thursday. 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.