

**Bee Heaven Farm ~ Redland Organics 2003-2004 CSA**  
**Week 4- December 13, 2003**

The turnip greens in your shares this week may or may not have much turnips attached. We started picking the larger turnips, thinning as we went. But we found that they had been a bit too crowded and were starting to grow long funky shapes, so we pulled them all! That's why there's lots of greens but not much roots in many of your bunches. We also noticed they had a lot of aphids. These look like specks of gray dirt----except they move around. They tend to sit on the undersides of the leaves. A good wash will get rid of the ones that hitched a ride inside the coolers.

**What's in my share?**

**FULL SHARES**

**HALF SHARES**

<b>1 bunch</b>	<b>Long Scarlet Radishes w/tops(BF)</b>	<b>1 bunch (unmarked)</b>
<b>Large bag</b>	<b>Turnip Greens (BHF,TSF)</b>	<b>1 bunch (RED tape)</b>
<b>1 bunch</b>	<b>Collard Greens (BHF) — FULL ONLY</b>	<b>-none-</b>
<b>3 each</b>	<b>Green Patty-Pan Squash (LM)</b>	<b>2 each</b>
<b>1 each</b>	<b>Eggplant (LM)</b>	<b>1 each</b>
<b>Pint box</b>	<b>Pea Shoots (PF)</b>	<b>1/2 pint box (RED dot)</b>
<b>-none-</b>	<b>Arugula (GG)— HALF ONLY</b>	<b>1 bunch</b>
<b>2 each</b>	<b>Canistel/Eggfruit (HOF) — FULL ONLY</b>	<b>-none-</b>
<b>1 each</b>	<b>Newsletter</b>	<b>1 each</b>

**And to choose from the Extras Box:**

(take some goodies from the XTRAs bins but don't be too greedy— give others a chance, too!)

Daikon Radish w/tops (BHF), Pea Shoots (PF), Green Patty Pan Squash (LM), Eggplant (LM), Canistel/Eggfruit (HOF), Black Chayote Squash (BHF)

BHF=Bee Heaven Farm / TSF=Three Sisters Farm (transitional organic) /  
 LM=Lady Moon Farms (Ft. Myers) / BF=Blumenberry Farm(Sarasota) /  
 HOF=Homestead Organic Farms / PF=Paradise Farms / Govinda's Garden(Alachua)

**Featured Item of the Week**

**Pea Shoots:** These young pea vines are crunchy, tender and very tasty! Use them fresh in salads, or try throwing them into a quick stir-fry at the last minute. Garnish your sandwiches with them. Better than sprouts!

**Canistel/Eggfruit:** They call it eggfruit because it looks and feels like hard-boiled egg yolks inside. This fruit has a latex in the skin which goes away when ripe, but not before! WAIT UNTIL IT SOFTENS BEFORE EATING- but DON'T wait until it turns a darker yellow--too long, and it begins to turn a darker yellow & spoils. Canistel makes a pretty good milkshake, with a bit of lime and some sweetener.

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

## Farm News

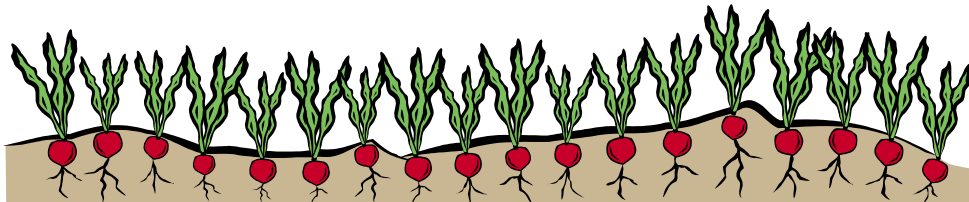
We've made great progress on the onions- this week we had visiting WWOOFers for a couple of days, and they planted quite a few flats. Plus one of our shareholders, Annette Zimmerman Wells, has come to work on the farm several times and planted quite a few onions herself (see her comments below).

You might wonder why some things are only in the Xtras. If we have something (but not enough for everyone), we'll send some out to each of the sites so that members can have a chance to partake of those things. Likewise, if we have lots of something, we'll parcel them out among the sites in the xtras box, so you can have more if you like. This encourages early pickup of your share, as the early birds will get the best 'pickins'!

## Notes from our members

From Annette Zimmerman Wells, MDC Prof and CSA member:

*"When I read Margie's invitation to come out to the farm to help weed, plant, pick...I RSVP'd in person...and had a wonderful time...so I brought some of my students and a colleague out for the Bee Heaven experience. We all agree, that besides being edifying, it's an effective way to de-stress in a beautiful serene setting, with warm, lighthearted companions--- and a great butt-workout!"*



**TIP:** Most tropical fruits do not take well to refrigeration. Ripen them at room temperature, and only refrigerate after fully ripe.

## Recipe of the Week – Beans and Greens

This is a great all-purpose recipe. Use it with different greens and see how the character of the dish changes! Or, experiment with the quantity of beans & carrots, or add other vegetables such as corn, to make more like a soup or a stew.

Soak 1-2 cups of white beans (or another favorite bean) in plenty of water for several hours until swollen, or overnight. Drain & rinse. Put beans in a large pot with enough water to cover, plus 2 more cups. Add 2 bay leaves, 1 Tbsp olive oil, 2 split cloves garlic, 1 large onion quartered, and 2 carrots cut into thick slices. Bring to a boil, then reduce heat to simmer until tender (may take 1-3 hours). Taste and add salt & pepper if desired. About 15 minutes before serving, chop up a bunch of greens (collards, mustard, kale, chard or any combination!) and add to the pot. Stir in 2-4 Tbsp balsamic vinegar just before serving. Enjoy.

Hint: It tastes even better the next day!

## Farm Profiles- Bee Heaven Farm

Bee Heaven Farm (aka Pikarco) is the hub of the Redland Organics group. Margie Pikarsky, along with her husband Nick and daughter Rachel, own this 5-acre farm in the heart of the Redland area. Margie fled a sedentary indoor office life in to run the farm 4 years ago. She runs the CSA with the able help of a great group of WWOOFers. Besides the CSA, Bee Heaven Farm sells at the Farmers' Market in Pinecrest, supplies edible flowers and arugula to local high-end restaurants, and mail-order gift boxes of avocados in the summertime. Come visit Bee Heaven Farm during this winter Farm Day on December 28<sup>th</sup>—schedule and details next week!

**Going out of town?** Please send us an email ([office@pikarco.com](mailto:office@pikarco.com)) and cc: your pickup site coordinator 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.