

Bee Heaven Farm ~ Redland Organics 2003-2004 CSA
Week 5- December 20, 2003

Did you notice? We have started to list the full-share amounts separately from the half-share amounts on either side of the item description. This should make it easier to see exactly what comprises your share portion.

We're still having problems at some pickup sites. You need to read carefully and take ONLY what the list tells you. If you want to exchange an item, you can only do so with something that's in the eXtras box. If the eXtras box is empty, don't take something from the shares- you'll be stealing someone else's food!!!

This is a bounty week for salads! The lettuce and other salad greens LOVE the cold weather. Pray we don't get any freezes, though..... the tomatoes, basil and beans DO NOT like cold.

Speaking of tomatoes.....soon! They're starting to produce, but just a trickle so far. We'll be listing all the varieties in a future newsletter.

What's in my share?

FULL SHARES

HALF SHARES

| | | |
|--------------------|-----------------------------------|-------------------------|
| Large Zip bag..... | Cilantro (BHF) | long soft bag (RED DOT) |
| Large bag..... | Chinese Flowering Kale (BHF).. | small bag (RED DOT) |
| 1 each | Romaine (Head) Lettuce (LM) | 1 each |
| 1 each | Watercress (B&W) | 1 each |
| 1 Quart box..... | Tomatoes (LM) | 1 pint box (RED DOT) |
| 1 Large bag..... | Mesclun Mix (BHF) | 1 small bag (RED DOT) |
| 2 each | Black Sapote (TSF) | 1 each |
| 1 each | Newsletter | 1 each |

And to choose from the Extras Box: (take one or two goodies from the XTRAs bins but don't be too greedy- give others a chance, too!)

HOT Caribbean peppers (TSF), Purple String Beans (BHF), Green Cabbage (HO), Chinese Kale (BHF)

BHF=Bee Heaven Farm / TSF=Three Sisters Farm (transitional organic) /
LM=Lady Moon Farms (Ft. Myers) / WF=Worden Farm(Punta Gorda) /
HOF=Homestead Organic Farms / PF=Paradise Farms / B&W=B&W Farms (Fellsmere) /
HO=Heartland Organics (Hmstd)

Featured Item of the Week

Black Sapote: Weird persimmon! This close persimmon relative looks somewhat like a round green bocce ball. Inside, is a surprise--- when it's ripe, the soft inside custardy pulp is so dark brown it's almost jet-black!! Wait until it gets very soft (it starts to turn brown in spots and stays indented when pressed. Then enjoy the black sapote (aka 'chocolate pudding fruit') with a spoon directly out of the fruit. You can make an interesting mock-chocolate mousse—see this week's recipe. The Rare Fruit Council cookbook has some good recipes for this unique tropical fruit (and many others).

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

Farm News

The water reclamation area is in place! Now our vegetable rinsing water gets routed to a garden plot where we've planted our celery. We'll be monitoring it to see how it grows. The area was cleared and the rock border prepared by the students from the Miami Southridge TMH program. Our WWOOFer artist-in-residence, Aaron, with his able sidekick Sky, prepared the soil and the water feature in the center.

Notes from our members

Thank you for the wonderful emails praising our service. (We also have had a few complaints, mostly related to the fact that people are taking more than they're entitled to take and leaving the site short for the latecomers.) We'd love to include some of your feedback in the newsletter, but we won't do it without your permission. So, drop us a note, let us know it's OK to quote you, and we will!

Recipe of the Week – Black Sapote Mousse

from Tropical Fruit Recipes- Rare and Exotic Fruits published by the Rare Fruit Council International, 1981

| | |
|---------------------------------|---------------------------------|
| 1 cup black sapote pulp | 1 tsp almond flavoring |
| 3 Tbsp powdered sugar | 2 cups whipped cream or topping |
| 2 Tbsp brandy or Crème de Cocoa | |

Mix sapote pulp, sugar, brandy and flavoring together. Fold in the whipped cream. Serve at once or chill in refrigerator. Do not freeze!

Recipe of the Week – Turnips and Turnip Greens with Ginger and Garlic

This recipe was provided by CSA member Jodi Mailander-Farrell (adapted from Around the Southern Table, by Sarah Belk, 1991, Simon & Schuster)

Trim, peel and dice turnips then steam in vegetable steamer over boiling water for 2-3 minutes or until crisp-tender. Set aside.

In a large skillet, heat 1 1/2 tablespoons of vegetable oil and 1/2 tablespoon of sesame oil over low heat. Add three garlic cloves, minced, and one tablespoon of minced fresh peeled ginger. Stir frequently about one minute. Add 1/4 cup water and raise heat to simmer gently. Add turnip greens, trimmed and chopped into one-inch pieces, a handful at a time. (Let them wilt slightly before adding the next handful.) Cook uncovered, stirring frequently, for 5 minutes or until greens are wilted and crisp-tender. (Don't raise heat or garlic will burn and taste bitter.) While greens cook, in a small cup, combine 2 1/2 teaspoons sugar with two tablespoons of soy sauce or tamari. Add to greens and toss to mix. Simmer uncovered two minutes. Add turnips, toss to coat. Simmer uncovered until most of liquid has evaporated and turnips are lightly glazed, about three minutes.

Jodi's comment: "This was sooooo good!"

Farm Day!

Sunday, December 28th is Farm Day at Bee Heaven Farm. Come join us from 11-4 for some fun at the farm. Meet our WWOOFers and some of your CSA farmers! We're planning hay rides, make-your-own scarecrow, paint-the-barn, and good food. Bring a dish to eat and share with 8-10 people. We'll provide the grills (one for carnivores, and one for herbivores). Bring the kids and your friends. 19000 SW 264th Street, Redland, FL.

Going out of town? Please send us an email (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 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.