

**Bee Heaven Farm ~ Redland Organics 2003-2004 CSA**  
**Week 6- December 27, 2003**

Well, we escaped one freeze threat. The bean plants looked a bit scorched on top, and some of the grass got browned out, but that's OK!

Stephanie, Jackie, Eric & Peter left to visit family for Christmas, so this week Sky and Aaron packed most of the shares by themselves. They're really an asset on the farm, but we have to be careful. Since we've been overrun by aphids, Sky has shown us a dark side-----she takes great glee in murdering the little suckers!!

Don't forget our Farm Day celebration. The WOOFers will all be back in time for this event. This is a fun, relaxing activity. Come and go as you please. We're hoping for great weather and the best company possible- YOU!

**What's in my share?**

**FULL SHARES**

**HALF SHARES**

Lg bag	.....Gourmet Mustard Mix (BHF).....	sm bag (RED DOT)
1 large bunch....	Green Kale (LM).....	1 sm bunch (RED tape)
1 head	..... Romaine Lettuce (LM).....	1 head
Lg bunch.....	Garlic Chives/Chinese Leek (BHF)...	sm bunch (RED tape)
bag of 6	..... Zucchini Squash (HO).....	bag of 3 (RED DOT)
1 (12oz) jar.....	Honey (BL) .....	1 (6 oz) jar (RED DOT)
bag of 8	..... Hamlin Oranges (WF).....	bag of 4 (RED DOT)
1 each	..... Newsletter .....	1 each

**Xtras!!** Avocados (OGG), Romaine Lettuce (LM), Green Kale (LM), Pea Shoots (PF), Daikon Radish w/tops (BHF), Hamlin Oranges (WF), Hot Peppers (TSF)

**Note: YOU CAN ONLY TRADE WITH SOMETHING FROM THE EXTRAS BOX- IF THE EXTRAS ARE EMPTY, DON'T TAKE SOMETHING ELSE FROM THE LIST-YOU'LL BE STEALING SOMEONE ELSE'S FOOD!!**

BHF=Bee Heaven Farm / TSF=Three Sisters Farm (transitional organic) /  
LM=Lady Moon Farms (Ft. Myers) / WF=Worden Farm(Punta Gorda) /  
PF=Paradise Farms / HO=Heartland Organics (Hmstd) / BL=BeeLand Honey (natural honey)

**Featured Item of the Week**

**Gourmet Mustard Mix:** Mustards grow very well here. We use them as a shield of sorts to 'hide' the tomato plants from hungry bugs. It does seem to reduce the number of critters visiting the tomatoes, and our special mix of Osaka Purple, Giant Red, and Florida Broadleaf Evergreen mustards paints a pretty picture. Mustards are a fast-growing plant. The leaves will get gigantic if you let them. To harvest, take the outside leaves and leave the young ones in the center to grow. You will get a long harvest from these plants. When they eventually bolt, they send up spikes of pretty yellow flowers, which are edible in their own right. The young seed pods are good to munch on with a bit of that peppery zing. Since these mustards are open-pollinated varieties you can save the seeds or leave them to reseed. They will come up by themselves in the fall. Mustards make a great edible landscape plant. They also attract sulfur and cabbage butterflies. If you don't care about caterpillars devouring your plants, you will have beautiful clouds of butterflies over the flowers.

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

## Farm News

Don't forget tomorrow's Farm Day event from 11-4. Bee Heaven Farm is located at 19000 SW 264<sup>th</sup> St, 1 mile south of the Fruit & Spice Park. Head south on Krome (177 Ave) or US1 to Bauer Drive (264<sup>th</sup> St) and go west, PAST 19030 (strange but true). Follow the signs to the fun.

**The tomatoes are coming!** Last week you had Roma Tomatoes, a commonly-grown paste tomato, from Lady Moon Farms. We have many other tomatoes coming along from Three Sisters Farm and Bee Heaven Farm. Soon... you will taste wonders such as: Amish Paste, Basinga, Black from Tula, Black Krim, Black Plum, Black Prince, Black Russian, Bonnie's Best, Brandywine, Cherokee Purple, Everglades Cherry, Red Calabash, Gold Medal, Green Zebra, Hillbilly Potato Leaf, Isis Candy, Livingston's Favorite, Matt's Wild Cherry, Moskovich, Pineapple, Principe Borghese, Pusa Ruby, Riesentraube, Sungella, Sun Gold, St. Timothy's Rose, Tigerella, Yellow Pear...

### Recipe of the Week – Zucchini Pie

Adapted from VegWeb, submitted by Liz (thinckid@aol.com)

2-3 cups zucchini	1 onion (grated)
½ cup oil	Salt & pepper
½ cup water	1 cup Bisquick
3 eggs or ½ c flaxseed (vegan option)	½ cup Parmesan (soy parmesan-vegan)
2-3 cloves garlic	

Mix wet ingredients together, then add the dry ingredients. Do not overmix. Pour into 9" cake pan and bake at 350°F for about 1 hour. Test by inserting toothpick into center. If toothpick comes out clean, pie is done. **Vegan option:** soak flaxseed overnight, grind and use in place of eggs; substitute Soy Parmesan for cheese. **Variation:** use a green such as spinach or kale in place of zucchini.

### Recipe of the Week – Quick Sautéed Mustard Greens

Coarsely chop approx ½ bunch of mustard greens. Boil or steam until soft but still bright green. DO NOT OVERCOOK! Drain and sauté in a pat of butter with cayenne pepper to taste.

### Tidbits

Threw away a newsletter and forgot to save the recipe? The CSA newsletters are now online! Go to [www.redlandorganics.com/newsletter.htm](http://www.redlandorganics.com/newsletter.htm) for links to all the newsletters from last season, and this season, too.

### Farmers' Market season is here!

We'll be at the South Florida Farmers' Market held every Sunday at the Gardner's Market in Pinecrest from 9-1, beginning Sunday, January 3<sup>rd</sup>. Come see us there. We'll have some of the same items you get in your shares, plus other things that we grow (and may not have enough to pass on to the CSA). And this year we'll have BeeLand Honey and royal jelly at our booth. (SW 124<sup>th</sup> St just east of US1).

**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 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.