



Recipe of the Week

Sugarcane

An easy way to prepare sugarcane for eating is to use a potato peeler to remove the hard outer skin. Cut the sections just above or below a joint. After peeling, split the sections in half lengthwise, then again to make 4 strips.

An Internet search for "sugarcane recipes" yielded a number of recipes. Here are just a few of the sites found. Many of the recipes have an oriental slant and include shrimp. Sugarcane is also good used as skewers in shish-kabobs.

- Foodnetwork.com has a shrimp on sugarcane with rum glaze
- Brookstropicals.com (click on the 'consumers' and 'recipes' links)
- Recipeland.com has several recipes using sugarcane

Tatsoi

Tat soi, or "Asian spinach" is a fantastic leafy green. It can be used like traditional spinach, either raw or cooked.

- Sauté in olive oil with garlic
- Add to egg dishes: omelets, stratas or frittatas
- Chop and mix in green salads with arugula and lettuce
- Mince and float in soups with minced scallions just before serving

Farm Day

Sunday, Dec. 10th,

11am to 4pm.

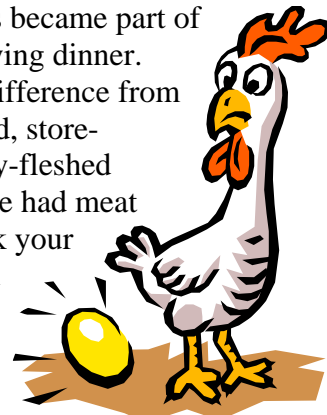
Bee Heaven Farm 19000 SW 264th St, Redland.

From US1 go west on Bauer Drive (264th St) -look for the flags
Get ready for a fun day in the country. Meet fellow CSA members and local farmers. Bring a covered dish to share. We'll provide refreshments and the grill (we have a meat side and a veggie side, so all can enjoy!) Bring funky old clothes, crazy hats, funny shoes, and junk jewelry to dress up the scarecrows (which you can take home afterwards). We will have hay rides. There will be some produce and honey available for purchase. Bring your kids and friends and enjoy an outing in the country. Plan a whole day, and visit other Redland area attractions— the winery, an orchid place, the Fruit & Spice Park, Monkey Jungle, Knaus Berry Farm, Robert Is Here, Castellow Hammock...

EGG CORNER

The first blue-green eggs were laid this week. Some lucky person will have one in their egg share— look for it!

Three roosters became part of our Thanksgiving dinner. Boy, what a difference from factory-farmed, store-bought, mushy-fleshed chicken! These had meat you could sink your teeth into, and flavor— big flavor.



Tidbits

Going out of town? Please let us know by email no later than Wednesday night, as we start getting things ready very early on Thursday. Send us an email (office@beeheavenfarm.com) and cc: your pickup site coordinator. If you don't notify us in time, we'll send your share as usual and you will forfeit the credit. There is a max of 2 credits per season, and 2 makeup weeks at the end to redeem your credits.

Find our newsletters online! Go to www.redlandorganics.com ,click on CSA, then Newsletters.

Please share your recipes! Please email your recipes to: recipes@beeheavenfarm.com.



Helper Corner

Last week we introduced some of our helpers— our apprentices, interns, and WWOOFers. If you're new to our CSA, you're probably wondering what the heck's a WWOOFer????

WWOOF stands for "World-Wide Opportunities on Organic Farms", and is an international movement that began in England and has spread to every continent. WWOOFers help out in exchange for basic room and board. Host farms offer various arrangements, depending on their needs and facilities.

Our WWOOFers come from all walks of life, all ages, levels of experience, and ethnic backgrounds. We've hosted WWOOFers since 2002, and have really enjoyed the experience. Switzerland, Holland, Ireland, Japan, Canada, France, Belgium, Germany, Italy, and a number of states— most frequently, Michigan, have all been represented at various times in the past few years.

Our youngest WWOOFer so far was 3, and our oldest was in her mid-50's. Many are college students; some have a serious interest in organic agriculture; some use their WWOOFing as an economical way to visit and learn about other countries and cultures— all are interested in connecting with their food supply and growing food in ways that do not harm the planet.

Mark will be working on a curriculum for farm tours for school groups (2nd thru 5th grade).

Hiroimi has returned for another season, after having spent the summer in Canada. We're happy to have her back with us. Jonathan has

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Farm News: Meet your farmers!

Do you want to see where your food grows? It's nice to be able to say—"I know who grows my food, where it's grown, and even how it's grown". You can't say this for the food you get from the local supermarket— or even the local food delivery service. But you CAN meet us.

Start with Bee Heaven Farm's Farm Day celebration on December 10th. Meet Margie, Nick, Rachel Purple Hair (yes, our darling entertaining talented teenage daughter), the chickens, Bali the horse, Merlot the barn cat, and our helpers. Later in January we're planning a field trip to Worden Farm in Punta Gorda, so you can meet the Wordens — Chris, Eva, young Asa and baby brother Grant— and their helpers, and see where a significant portion of the food in this year's shares is being grown.



Organic corn !!?? Yes! For the first time, we've found someone daring to grow organic corn in South Florida— C&B Farms, located by Lake Okeechobee. It's not going to be the picture-perfect corn you see at the store, guys, but it's organic— quite a feat in this climate. It's quite tasty, too. The full shares have it, and there's some in the Xtras box.

Rachel Purple Hair's Take on Things....FARM DAY!!!!

The day you get to come to the farm, bring food to share, and eat some of our food! And dance around with large mustard green leaves on your head (or maybe that's just my eccentricities)! The day that, if you're willing to get your hands dirty, you can weed the overgrown holy ground that is the farm.

Yes, that's right! You get to meet the masterminds behind your food! (Be scared. Be very scared. But... not scared enough that you don't come...) Meet the compost maker—Bali the horse. Meet the WWOOFers— Rachel, Mark, Ben, Hiroimi, and Eric! Meet the exceedingly annoying dogs and, for reasons unknown, multiplying cats. Meet the egg makers— THE ONES YOU'VE ALL BEEN WAITING FOR— the chickens!!! Partake in our fun farm activities!

So, what are the rules, you ask? Just bring a covered dish to share, a friendly smile, and, if you possess any of the little scoundrels, your kids!



It's rich, "organic", down-to-earth, user-friendly, and nourishing!

Featured Item—Sugarcane

Sugarcane is a genus of several species of tall grasses originally from tropical Southeast Asia. The sucrose-rich sap in its thick, jointed stalks are used to make sugar. Sugarcane is one of the most efficient photosynthesizers in the plant kingdom, able to convert up to 2 percent of incident solar energy into biomass. Grown from cuttings containing at least one bud, sugarcane is usually planted by hand and can be cut from two to ten times before it needs to be replanted. Sugarcane is harvested by hand or mechanically. Hand harvesting accounts for more than half of the world's production. When harvested by hand, the sugarcane field is usually set on fire to burn away dry dead leaves, and kill any venomous snakes hiding in the crop, leaving the water-rich stalks and roots unharmed. Harvesters then cut the standing cane just above the ground, using cane knives or machetes. A skilled harvester can cut 500 kg of sugarcane in an hour. In Florida, the commercial sugarcane production is centered around Lake Okeechobee. During harvest season, signs on US27 warns motorists of possible "Fog Smoke" conditions. The local organic sugar producer ("Florida Crystals" brand) also grows rice, and produces electricity to sell back to FPL from its sugarcane processing waste.

Sugar may be the most well-known product of sugarcane, but there are many other ways it is used. Cane syrup is used as a sweetener in drinks. Rum is made from sugarcane, as are molasses. Children (and adults) the world over peel and chew sections for a refreshing snack. Sugarcane juice ("guarapo") is appreciated in the Caribbean islands and throughout Latin American countries, many of which are sugarcane producers. Split sugarcane sections can be used as BBQ skewers. There is a delicious Vietnamese dish consisting of shrimp paste on top of sugarcane pieces, which are then steamed to blend the flavors.

Saul Wiezenenthal, owner of Nature's Acre, supplied the sugarcane in this week's shares. This sugarcane is naturally-grown, pesticide-free, though not certified organic. If you're interested in cuttings, more sugar cane, guarapo, or to see Saul's juice extracting machine at work, call Saul at (305) 261-2594.



Sugarcane

Featured Item—Asian Salad Turnips

White Asian salad turnips, also called Hakurei turnips, may be eaten raw or cooked. We love to slice them into fresh salads or snack on them raw. Try them with other dipping vegetables to update the traditional vegetable platter. They can also substitute for traditional turnips in most recipes and are delicious baked, mashed or roasted.



Asian Turnips

The tops are also great in sautés and soups. For best quality in storage remove the tops from the roots, and store separately.

Some do's and don'ts for flattening your box:

Gently pull back (not up) while folding the flap to disengage the flap(s) from the notches.

Don't yank— you'll rip it!





For full directions, visit www.redlandorganics.com/CSAboxes.htm

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bid us adieu, after taking a semester off from college. He is returning to Michigan to continue his college education. He was a great help and will be sorely missed. Brooke livened up the place for the brief time she was here-and now she's off to Europe. She's promised to return in 6 weeks to claim her brined chicken feet (don't ask!)

What's in my share today?

SHARE ITEM	FULL 3/4 bu BOX	HALF 1/2 bu BOX	
NOTE: A full share box is NOT the same as 2 half-share boxes!			
Note: If there's something in your share that you won't use this week, donate it to the extras box —someone else will be happy to have it.			
	White Asian Turnips w/tops (WF) or Baby Purple Turnip Tops (BHF)-	1 bunch	1 bunch
	Hon Tsai Tai (BHF)- purple stems, yellow flowers (edible)	1 bunch	1 sm bunch
	Greenleaf or Romaine Lettuce (WF)	1 head	-
	Zucchini Squash (SF)	3	2
	Tatsoi (WF)-dark green spoon leaf w/white stems	1 bunch	1 sm bunch
	Lettuce Mix (BHF)	-	1 bag
	Sweet Italian Basil (WF)	1 bunch	1 sm bunch
	Corn (CB)- from an organic farm near Lake Okeechobee	3 ears	-
	Sugar Cane (NA)-pesticide-free, not certified organic	3 pcs	1 pc
	This NEWSLETTER	1	1
	Xtras!! (Take a goodie FROM THE EXTRAS box)	Yes!	Yes!
	<i>This week: Baby eggplant, papaya, basil, corn, lettuce, zucchini, sugarcane</i>		
	REMEMBER to return your flattened box each week for us to reuse!	1 box	1 box
	EGG SHARE SUBSCRIBERS ONLY	1 dozen	1/2 dozen

Hints for sharing from our members: 1) DON'T try to split everything down the middle— that usually doesn't work well; 2) Take turns every other week picking up the share; 3) Each take several items.

Which farms supplied this week's shares?

WF= Worden Farm*
SF= Somerset Farms

BHF=Bee Heaven Farm *
NA= Nature's Acre**

LMF=Lady Moon Farms
CB=C&B Farms

*Redland Organics founders & grower members

**not certified organic