



Recipe of the Week

Lemongrass Tea

We usually serve this tea at farm functions, and everyone loves it!

Cut the tops off several lemongrass stalks. Trim off any brown tips.

Reserve the tender white bottom parts for another recipe.

Bring a pan of water to a boil and add lemongrass tops. Boil gently for a few minutes— turn off and steep.

Strain liquid and add honey to taste. Serve chilled on ice. Garnish with a mint sprig.

Ben's Topsy Turnips

Turnip tops, coarsely chopped	1/2" piece of ginger
Optional: Cube turnip roots or save for another dish	2 cloves garlic
Olive oil	Soy sauce
Hot peppers (habanero preferred)	Juice of 1 lime

Saute hot pepper, garlic and ginger in olive oil. If using turnips roots, start cooking them first. then add turnip tops after a few minutes. Cook until tender. Do not overcook! Toss with soy sauce and lime juice and serve.

Farm Day

Sunday, Dec. 10th,

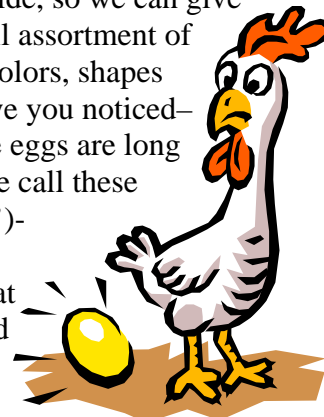
11am to 4pm.

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 produce, herb plants and honey available for purchase. Bring your kids and friends We will raffle off a full share box at 1:30 pm—tickets \$5.

EGG CORNER

When we collect eggs, they look so appetizing in the basket! As we pack the shares, we lay out all the egg cartons side-by-side, so we can give everyone a full assortment of the different colors, shapes and sizes. Have you noticed—sometimes the eggs are long and pointy (we call these 'torpedo eggs')-sometimes they're very fat and round, and everything in-between.



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 make-up 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

Our WWOOFers have many talents unrelated to plant cultivation. Eric composed this poem after arriving at Bee Heaven Farm. Below, he tells us a bit about himself.

The Tropical Farm

A medley of colors, shapes, smells and tastes. Swiss chard with its long green leaves And bright yellow or magenta stalks. Lettuce's lighter bright green or vivid deep red. Clumps of tall lemongrass with a pungent smell When cut. Thick stemmed tomato plant's unmistakable scent. Onions' round green stalks. Carrots' lacy tops with hidden orange roots. All of these plants growing out of ground That is as much rock as soil. When weeds are pulled often roots cling to rocks. The difference in color between watered and un-watered soil. Awe and amazement at the beauty of the colors. And the quickness with which plants grow In such a warm climate.

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I just wanted to introduce myself. I am Eric, a WWOOFer at Bee Heaven Farm. I grew up in New England and have been in Florida on and off for the last two years. As well as working on the farm I work as an administrative assistant in a charter school in Florida City. What brings me to the farm? It is my belief in the value of organic food. Growing organic food is important both environmentally and in terms of health. Eric



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Farm News

IMPORTANT HOLIDAY SCHEDULE CHANGE:

What's the change? We will deliver on Jan 6th instead of Jan 3rd.



Mark and Ben packing shares

Mark your calendars! We will deliver on Saturday, December 23rd. NO SHARES on December 30th. NO SHARES on Wednesday, January 3rd. Instead, we will resume Saturday, January 6th.

We had a lot of confusion this past week at several pickup sites. (I heard that Mercury was in retrograde, and, of course, it was full moon...) A number of people picked up a full share box instead of a half-share box, causing all sorts of repercussions for those coming after them. If you take a moment to look carefully, you can see that the boxes are different sizes. The full share box is taller. The boxes are also imprinted on the side with '3/4 bu' for the full share boxes, and '1/2 bu' for the half-share boxes. It appears that that's not enough for the casual observer in a hurry to "grab 'n go", so we added a label on the lid: "FULL" and "HALF". Although it's an added cost to buy the labels, and it takes us longer to pack since we have to stick them on the boxes, I hope this extra step will fix the problem. Please, if you see anyone struggling at your pickup site, help them – show them where to find their share size on the sign-in sheet, and how to pick out their share.

Don't forget—FARM DAY is tomorrow! (details on back)



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



Featured Item—Red Salad Turnips

Red Turnips Red turnips have a creamier texture than the white Asian turnips in last week's shares. Although they are good either raw or cooked, they are a bit sharper raw. Turnips are a great vegetable. The tops are a nutritious dark leafy green, while the bottoms contrast as a starchy vegetable. Turnips are equally at home in soups as in stir-fries, or mashed with butter and garlic.



Featured Item—Japanese Shiitake Mushrooms

Shiitakes These delightful mushrooms are grown in Palmetto (near Bradenton). Dr. Chang, the grower, tells us that shiitakes are at their best with closed spore cases. In America, shiitakes are usually sold with the top opened flat out—after the spore cases are open. These are at their prime, so they may appear different from other fresh shiitakes you've seen.

Baked Shiitakes- adapted from *Fungi Perfecti*:

Cut the stems from the caps of fresh, whole Shiitake mushrooms. Place gills facing up. Do not slice mushrooms. (The stems can be dried and used for a soup base or discarded.) Make a sauce made of equal parts olive oil, sesame oil, tamar and white wine. Stir vigorously as the ingredients tend to separate. Pour onto the mushrooms, making sure the gills become saturated with the sauce. Bake uncovered in a 350° F oven for 30-40 minutes. Or barbecue on an open grill, which lends it a smoky flavor. Serve hot with seafood, rice, pasta or veggies.

How to flatten 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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Ed: Correction— there was a typo in last week's newsletter. Rachel's horse is named Balbriggan, or BALI for short. We printed Bail instead!

What's in my share today?

SHARE ITEM	FULL (3/4 bu) BOX	HALF (1/2 bu) BOX
<i>NOTE: A full share box ≠ 2 half-share boxes</i>		
Red Salad Turnips w/tops (WF) - no, they're not radishes or beets. The tender tops are great eating.	1 large bunch	1 small bunch
Cilantro (BHF)	1 bunch	1 sm bag
Lettuce (WF) - assorted varieties of head lettuce	1 head	1 head
Lemongrass (BHF)	1 bunch	1 sm bunch
Braising Mix (WF) - a combination of mizuna, komatsuna, arugula, tatsoi, red kale, chard and collards. Good for cooking and raw salads	1# bag	1/2# bag
Scallions (WF)	1 bunch	—
Shiitake Mushrooms (OM)	1/2 lb	1/4 lb
Orlando Tangelos (UM)	8	4
This NEWSLETTER	1	1
Xtras!! (Take a goodie FROM THE EXTRAS box) <i>This week: Lettuce, beans, radishes, lemongrass, turnips, braising mix, scallions, arugula, and more</i>	Yes!	Yes!
<i>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.</i>	don't be greedy- everyone wants some	don't be greedy- everyone wants some
REMEMBER to return your flattened box each week for us to reuse!	1 box	1 box
EGG SHARE SUBSCRIBERS ONLY The young hens are slowly coming into production- we're still a bit short.	3/4 dozen	1/3 dozen

Which farms supplied this week's shares?

WF= Worden Farm*

BHF=Bee Heaven Farm *

OM=Omega Mushrooms

Hints for sharing from our members: 1) DON'T try to split everything down the middle— nobody will be happy; 2) Take turns every other week picking up the share; 3) Each take several items.