



Recipe of the Week

Simply Beans

Rinse a bunch of beans, but don't dry-leave water clinging to them. Pinch off the stem ends. Cut into 2" pieces. In a saucepan, cook briefly on medium heat, with 1Tbsp olive oil or butter turning often, allowing the beans to be completely coated with the oil while gently steaming in the residual water. Add a little bit more water if necessary, but don't drown the beans! Purple beans provide a built-in blanching indicator: as soon as they turn dark green, the beans are just about ready to serve. Season lightly with a bit of chopped basil, salt & pepper to taste.

Pickled Beans

Refrigerate leftover beans in a marinade of vinegar diluted with a bit of water, a dab of honey (or sugar) and herbs of your choice overnight (or up to two days) for a totally different dish to serve on the side or with salad.

Please share your recipes! No matter how simple your recipe seems, if you enjoy it, so will others. Please email your recipes to: recipes@beeheavenfarm.com. We've been collecting recipes for some time now, and hope to put out our own cookbook one of these years (any volunteers out there to help us put it together?)...

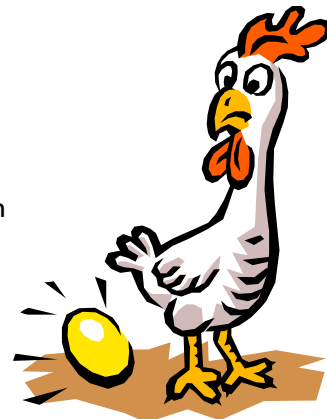


This week's share

EGG CORNER

A partial list of our poultry breeds:

- Rhode Island Red
- Buff Orpington
- Dominique
- Red Cap
- Cuckoo Maran
- Red Star
- Blue Andalusian
- Auracana
- White Leghorn
- Light Brahma



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.

Lost your newsletter? Find it online: Go to www.redlandorganics.com, click on CSA, then Newsletters.

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



IMPORTANT HOLIDAY SCHEDULE CHANGE:



- ✓ YES — Sat, Dec 23
- ✓ NO — Sat, Dec 30
- ✓ NO — Wed, Jan 3
- ✓ YES — Sat, Jan 6
- ✓ YES — Sat, Jan 13

What's the change? No midweek delivery on Jan 3rd-resuming the 6th.

Helper Corner

Yuka has just joined us for 3 1/2 weeks. She tells us: "I am an exchange student from Japan and during my winter vacation, I am experiencing organic farming here. I am studying Agriculture at a university in Missouri. I have learned how to build a fence, drive a tractor, and studied soil science, crops and livestock.

"Because of these studies, I really wanted to have hand-on experience farming, so I joined as a WWOOFer.



Yuka putting the beans in the shares

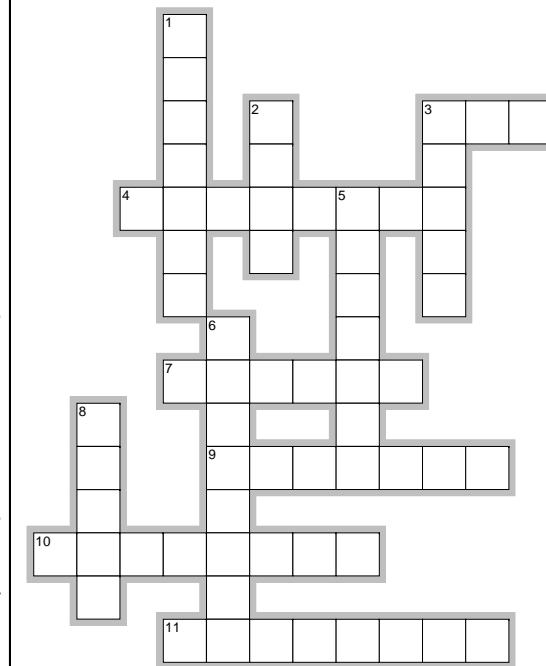
"Here, in addition to harvesting, I am learning about packing vegetables for market. Actually, I didn't know how vegetables were produced and delivered.

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Farm News

Farm Day was great- we had approx 80 people; lots of kids. Folks brought some exciting dishes to share, from venison lasagna to greens with beans & dried mamey (believe it or not- it was yummy! and no one could guess what it was). We made several funny scare-

Share the Bounty



Created with EclipseCrossword — www.eclipsecrossword.com

Across

- 3. container for shares
- 4. Love Apples
- 7. Mild Mustard green
- 9. Alligator Pear
- 10. Chinese lettuce
- 11. Soul Food

Down

- 1. from scraps to soil
- 2. Jack & the ___ stalk
- 3. Pesto ingredient
- 5. no synthetic chemicals or fertilizers
- 6. Salsa ingredient
- 8. Bee spit

crows. We raffled off a box of produce, which the winners were quite happy to get. The weather was perfect, and the slight malfunction on the hayride was quickly corrected, once we kicked off a few of the big 'kids'! We sold quite a bit of honey, dried fruit & produce, too. All in all, it was a wonderful event.

Next week is the last share until after the New Year. We resume on January 6th. We're looking forward to our holiday break, and to the start of the trial shares. As of this writing, we have about 40 trial shares- the signup deadline is December 22nd, so we might get a few more. This is by far our biggest year yet. People are waking up to the amazing difference in truly farm-fresh organic produce, and we're happy to provide! Now if we could just buy the land next door.....



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

Featured Item—Mizuna

Have I told you about mizuna? That's the refined cousin of the lowly mustard green that everyone loves to hate or adore. Mizuna looks like someone plugged it into an electric outlet. It's pale and frizzy, but it's juicy and has a wonderful mild flavor. Mizuna mixes well with other salad ingredients, or on its own, and can be used in stir-fry dishes, soups, or in sandwiches and as garnishes. You've already had it in the braising mix. Enjoy this week's mizuna on its own to fully experience its tender texture and flavor.



Mizuna

Featured Item—Pei Tsai

Also known as Chinese lettuce, Pei Tsai is a tender member of the cabbage family. The leaves hold up well both in salads and in cooking. It is used interchangeably with lettuce. A recent arrival from Cuba told me that's a popular lettuce there— I told him it wasn't really lettuce, but he insisted that's what they know and love— understandable, as this is a tropical plant that grows very rapidly. It is much better suited for warm climates than 'regular' lettuce varieties.



Pei Tsai



Don't pull straight up or yank!

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

From Our Members

Hints for sharing your share:

- 1) DON'T try to split everything down the middle— no one will end up happy;
- 2) Take turns picking up the share every other week ;
- 3) Each take several items.



Happy Hanukah!



(Continued from page 1)

"It is really useful for me because I am thinking of studying Agricultural Business next semester.

"Since I was born and raised in an urban area, everything is very new for me, but I really enjoy and like staying here and farming with Margie and with the other young people on the farm."

What's in my share today?

SHARE ITEM	FULL (3/4 bu) BOX	HALF (1/2 bu) BOX
<i>NOTE: share types are not interchangeable—two half-shares does not equal one full share</i>		
Mizuna (WF)	1 bunch	1 bunch
Cilantro (WF)	1 bunch	1 sm bunch
Pei Tsai (BHF)	1 bunch	1 sm bunch
Collard Greens (WF & BHF)	1 bunch	-
Green Beans (HOF)	1.2#	0.6#
A colorful mix of heirloom pole beans (BHF): Lazy Housewife (BHF), Purple Podded (BHF) and Yellow of Bacau (BHF)	0.6#	0.4#
Tomatoes (LMF)— not the heirlooms yet, though... please let these ripen for several days before eating- they're really not ready yet!	5 toms	3 toms
Italian Basil (WF)	1.3oz	2/3oz
Monroe Avocados (PF)	1	1
Local Wildflower Farm Honey (BHF)	1 lb	8 oz
This NEWSLETTER	1	1
Xtras!! (Take a goodie FROM THE EXTRAS box)	Yes!	Yes!
<u>This week:</u> daikon and French Breakfast radishes, lettuce, eggplant, and a little bit of everything else	don't be greedy- everyone wants some	don't be greedy- everyone wants some
<u>Note:</u> 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.		
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
More green eggs every week and delicate pink & beige- but no blue ones?		

Which farms supplied this week's share items?

WF= Worden Farm*

BHF=Bee Heaven Farm *

LMF=Lady Moon Farms

HOF= Homestead Organic Farms*

PF= Paradise Farms*

*Redland Organics founders & grower members