



Recipe of the Week Greens— for all occasions

-Margie Pikarsky, Bee Heaven Farm

We're often asked for an all-purpose recipe that can be used with virtually any greens. Here's what we do on the farm. It's a cookbook in itself! No measurements are provided, as you might have a little or a lot of something at any one time. Be adventurous with variations.

Greens, washed and coarsely chopped, including the stems (keep separate)	Green apples or Dried fruit (optional-raisins, apricots-best for bitter or sharp greens like mustard or chicory), chopped
Garlic (optional-one or several cloves), chopped	Olive oil
Onion (up to 1 large), chopped	Salt, pepper & hot pepper to taste

Cook onions with optional fruit & garlic in oil until onions are golden. First add the chopped stems, and cook a few minutes, until they begin to soften. Then add the chopped greens, together with other seasonings. Cook briefly, stirring to coat all surfaces with oil, until greens are wilted. Some coarser greens like collards may require a few more minutes of cooking. Do NOT let them turn olive-drab green— that's a sign of overcooking and releases bad-tasting (and smelly) sulfur compounds.

Serve on the side or as a topping for pasta or rice— even as a main dish. Some variations:

- Mediterranean: omit fruit; add grated cheese (asiago, parmesan, or mozzarella are good choices), chopped tomato, chopped black olives
- Southern style: boil a smoked ham hock or turkey neck in enough water to cover until tender; add greens for the last 5-10 minutes
- Asian: omit fruit or use pineapple chunks instead; finely-chopped fresh ginger and Bragg's aminos or soy sauce, sesame seeds, chunky peanut butter (diluted with water), coconut 'milk', curry powder
- Main dish: add your choice of beans (white or red are colorful), chopped chicken breast, tofu, chopped hard-boiled eggs, or nuts (almonds, cashews are good)
- Salad: slice very thinly to make a 'slaw' and add shredded carrots and onions— dress with sour cream & mayonnaise, or a vinaigrette

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.



Meet Your Farmers Field Trip to Worden Farm

Next in a series— where is your food growing? You met us at Bee Heaven Farm on Farm Day. On **Sunday, January 21st**, we will trek to Worden Farm, located in Punta Gorda. You will meet the Worden family and their helpers, get a tour of their 55-acre farm, meet Al's beef (and perhaps Al himself), check out the potato plants (among many other crops) and spend a couple of pleasant hours on the farm.

Everyone will meet at 9am at the truck stop on US 27 and Griffin Road (located just a bit south of the I-75 interchange). The group will then proceed by caravan to Worden Farm. We'll go approx 95 miles north on US 27 to Palmdale, turn left on SR-29, then an immediate right to continue west on CR-74 (Bermont Road), approx 35 miles directly to the farm. We'll arrive at around 11:45am, and will start heading back by 2pm, to arrive by 5pm.

Bring a picnic lunch to eat on the grounds. **Please RSVP by January 15th to: CSAtrip@beeheavenfarm.com to let us know how many in your party.**

Since we'll be at the Farmers' Market on Sundays beginning in January, we won't be going ourselves, so we need a coordinator to accept RSVP's, meet the group at the truck stop and lead the way. Please email Margie to volunteer (office@beeheavenfarm.com).

To read about Worden Farm, visit their website at www.wordenfarm.com.

HOLIDAY SCHEDULE



NO shares:

Sat, Dec 30

Next pickup:

Sat, Jan 6

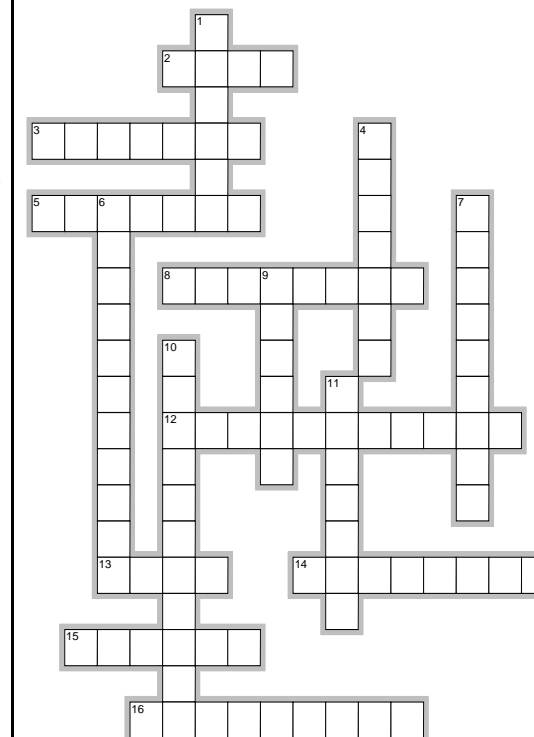
Happy New Year!

Farm News

It's been a 'comedy of terrors' this week. The cabbages were supposed to be MUCH smaller and enough for everyone. Instead, we got a lot less, of monster cabbages. A couple of them weighed in at 11 and 13 pounds each (the monster-sized heads are in the Xtras boxes).

We were expecting turniproots instead of kale, and cubanelle peppers, which never got here, plus more tomatoes. We've noticed all the greens growing much faster than expected this season— consequently they were all ready at once, and they can't wait two weeks

Share the Bounty



Created with EclipseCrossword — www.eclipsecrossword.com

Across

2. sweet pollinators
3. round root vegetable
5. spicy green
8. Hand-me-down treasure
12. rascal
13. pickle ingredient
14. aubergine
15. offal
16. microscopic worms

Down

1. tomato relative
4. from scraps to soil
6. root-less beets
7. starfruit
9. spicy root vegetable
10. farming
11. main slaw ingredient

more to be harvested, so this week is a bounty of greens. We had to go buy a larger box to pack the full shares, and you'll notice the Xtras boxes are much larger than usual. Welcome to "farming— feast or famine"! I've included our all-purpose greens recipe, which should help you make many different combinations of dishes. Remember, there's no shares next week, so consider this your two-weeks' worth of veggies.



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

Featured Items

Chard

Chard is basically beet-tops. Over the centuries, some beets were selected to produce large storage roots, while others were selected to produce abundant, tender tops. All the plant's energy goes into making the leaves. Chard is often used as a spinach substitute. All beets are high in vitamins C, A and folate, and have lots of fiber. Our blend of baby red and 'Oriental Spinach' chard is very tender, and can be used just like spinach. A quick stir-fry with olive oil & garlic is heavenly. A simple chard pesto recipe using pine nuts and cilantro (*aka* coriander leaves) can be found at: <http://www.vegbox-recipes.co.uk/recipes/swiss-chard-recipe-1.php>

Featured Item

Carambola

Also known as starfruit because a cross-section looks like a star, carambola is a juicy tropical fruit that can be used in many ways. There are many varieties of carambola, from completely sweet to totally tart, and in-between. Most are bright orange when ripe, but color also varies by variety, as does shape. Some have very prominent 'wings', while other varieties have more rounded lobes. This week's carambola is a mix of a couple of varieties which are sweet or sweet-tart. The sweet-tart varieties get sweeter as they ripen. Carambolas are best eaten when fully ripe—usually a deep orange color, with the edges just turning brown. To eat, cut off the thin outer edges of the 'wings' (there's a bit of off-flavor skin there), then slice. Use in salads or as a garnish for drinks; bake fish topped with carambola slices; squeeze to get a juice very reminiscent of tangelos; made 'ade' with tart carambolas.

Hints From Our Members

Keep forgetting your boxes?

Bring bags with you. Transfer your share items to your bags, flatten the box, and leave it for us to collect— that way you don't need to remember to bring it back. (but please, DO flatten your box – don't leave the site host with an extra chore.



At Right- A box from this week's full share— picture by Rachel W

Which farms supplied this week's bounty?

WF= Worden Farm* BHF=Bee Heaven Farm *
 LMF=Lady Moon Farms PLF=Promised Land Farms
 TSF=Three Sisters Farm*
 *Redland Organics founders & grower members

HOLIDAY SCHEDULE

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



Merry Christmas and a Joyous Kwanzaa



What's in my share today?

<i>NOTE: shares are not interchangeable—two half-shares does not equal one full share</i>	<u>FULL</u>	<u>HALF</u>
Christmas Chard (WF) -young and tender red chard	.9#	.5#
Round Red Radishes (WF)	1 bunch	1 bunch
Hon Tsai Tai (BHF) - the flowers are pretty and edible-any tough purple 'stems' are easily peeled by hand to reveal the juicy, tasty insides	1 bunch	1 bunch
Assortment of: Komatsuna, Red or Green Mustard, Mizuna (BHF), Green or Red Kale (WF) - It's a smörgasbord of greens this week- no telling which ones you'll find in your box- they're all yummy	2 bunches	2 bunches
Green Cabbage (PLF) - these cabbages range from medium to humongous!	1 large	-
Lettuce Mix (BHF)	12 oz	6 oz
Tomatoes (LMF)	2	1
Green Peppers (LMF)	1	1
Scallions (WF)	1 bunch	1 bunch
Dill (WF)	1 bunch	1 sm bunch
Carambola (TSF) - some are sweet-tart, some are sweet-let them ripen before eating for a wonderful taste experience	3	2
This NEWSLETTER	✓	✓
Xtras!! (Take a goodie FROM THE EXTRAS box) <i>This week: round red radishes, scallions, cabbage, eggplant, assorted beans, peppers, assorted greens</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>		
REMEMBER to return your flattened box each week for us to reuse!	✓	✓
EGG SHARE SUBSCRIBERS ONLY	1 dozen	1/2 dozen

Errata: Last week, we had an error in the contributing farms. The tomatoes in last week's shares were from Somerset Organic Farms, and not from Lady Moon Farms as stated. This week's tomatoes are from Lady Moon.