



### Recipe of the Week

#### Cabbage & Turnips

-Still have some cabbage batting around? Here's a recipe adapted from lovetoknow.com

Veal shoulder, oxtail, or other roast cut	Optional— an onion, peeled and quartered
6-8 turnips, peeled & halved	2 bay leaves
1/2-1 cabbage, washed and quartered	Salt & pepper to taste

Put meat and bay leaves in a roasting pan and cook in a moderate oven for approximately 1/2 hour. Add the remaining ingredients and continue roasting for another 1/2 hour, or until the meat is tender and the vegetables soft . Serve with horseradish or sour cream.

#### Ben's Swiss Chard Pie

1 onion, chopped	2 eggs
1 stalk celery, minced	1/3 cup shredded cheese
2 tablespoons oil	1/2 block extra-firm tofu, diced or crumbled
1 bunch Swiss chard	2 whole wheat pie crusts

Heat oven to 400 degrees. Brown onion & celery in oil. Trim and chop chard stems included, add to pan and cook until wilted. Beat eggs in a bowl; add cheese, tofu and chard. Season to taste and mix. Pour into pie shells and bake at 400°F 30-40 minutes. Makes 2 pies. This is equally good with kale or another green.



Above— This week's full share— picture by Marian W

#### 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 Worden Farm Visit

Next in a series— where is your food growing?

**Who: YOU and yours**

**What: Farm Visit**

**When: Sunday, January 21st, 2007**

**Where: Worden Farm**, a 55-acre family farm located in Punta Gorda.

**How: Rendezvous at 9am** at the truck stop on US 27 and Griffin Road (located just a bit south of the I-75 interchange).

**Caravan/carpool** 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.

**Why: Make the connection to your food.**

Bring a picnic lunch to eat on the grounds.

**Please RSVP** to [CSAtrip@beeheavenfarm.com](mailto:CSAtrip@beeheavenfarm.com) by **January 15th** to let us know how many in your party.

**WANTED:** a trip coordinator to meet the group at the truck stop and lead the way.

Please email Margie to volunteer at

[office@beeheavenfarm.com](mailto:office@beeheavenfarm.com) .

To read about Worden Farm, visit their website at [www.wordenfarm.com](http://www.wordenfarm.com).

### Farm News

*Trial Shares start this week— WELCOME!*

#### Holey Moley! Or rather, Holey Chard!!

The excessively warm and cloudy/moist weather has made for a weed and bug explosion. We were really looking forward to our heirloom chard harvest. The unbelievably bright tints of the 5-color Silverbeet variety blow us away every time we work with them. So, when we harvested the chard, we found to our horror that weeds were effectively hiding many chomping caterpillars. About half the harvest had to be discarded because the leaves were completely shredded. We packed what was left— enough for full shares. It's perfectly good to eat, though not the unblemished leaves we've been lulled into thinking represent really good food. As one of our members so aptly pointed out— "if the bugs won't eat it, I certainly don't want to!" (Personally, I've always looked upon perfect fruits & vegetables with suspicion.) Well, the caterpillars found our chard very tasty, and so will you. Just give it a good rinse before eating (as you should ALL produce), and make sure you eat those stems, too. Most cookbooks tell you to carefully cut out the ribs on things like chard, mustard, collards, and kale, but they contain lots of vitamins, and most of the time they only need to be started cooking a few minutes before the more tender leafy parts. This chard is so colorful you really don't want to waste those wonderful stems.

#### Bugs to the rescue!

(Left) We found these predator stink bugs busy sucking the juices out of a caterpillar that had been feasting on the chard— amazing, as most stink bugs around here have a bad reputation as plant pests. These are some of the good guys— beneficial insects that help control the pest population. Unfortunately, they couldn't keep up with the caterpillar outbreak, and we have to use some BT to help them along. (BT stands for Bacillus thuringiensis, a naturally-occurring bacterial disease of insects allowed for use in organic production.)



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



### Featured Items

#### Shiitake Mushrooms & Stems

We've had Japanese shiitake mushrooms in the shares before, but this is the first time we've had the stems. This part of the mushroom is fat and tender, and is great for slicing in neat round circles. Include them in a brown rice dish— they make a great sausage (or wiener) substitute, and impart wonderful flavor to any dish.

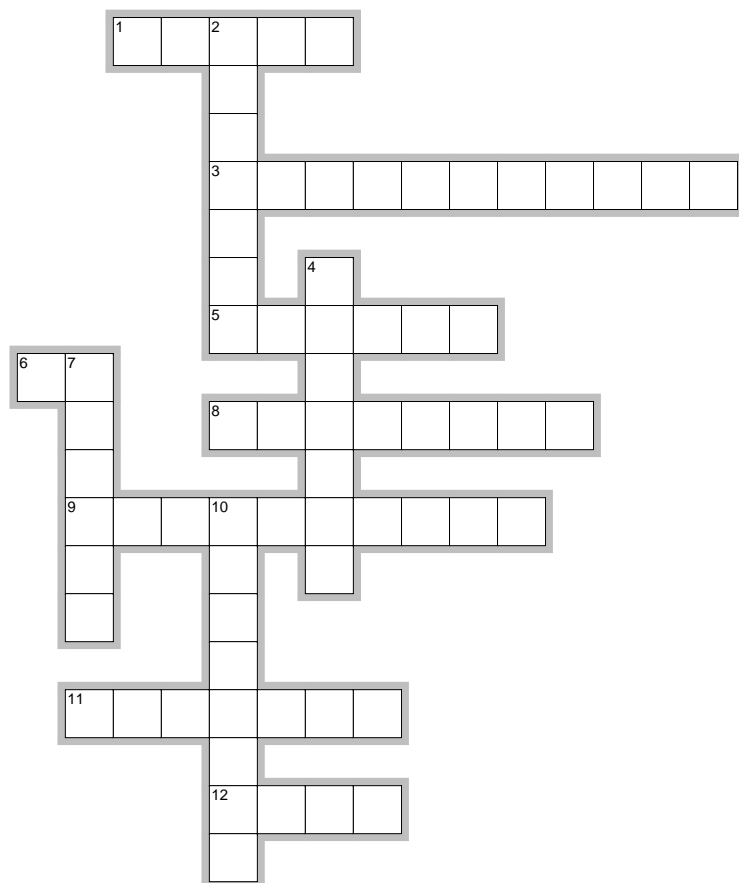
#### Hamlin Oranges

Florida citrus is one of the few fruits that bear in the wintertime. Hamlin oranges are traditionally known as juice oranges, but they make great eating too. They have about a half-dozen seeds. Colder weather helps make citrus sweeter. We haven't had much cold weather yet this year, except for some early in November.

#### 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.



Created with EclipseCrossword — www.eclipsecrossword.com

#### Across

- 1. rootless beet
- 3. larval butterfly
- 5. citrus fruit
- 6. bacillus thuringiensis
- 8. fungus
- 9. what you're reading
- 11. salad green
- 12. hardy green

#### Down

- 2. alligator pear
- 4. breath freshener
- 7. root vegetable
- 10. type of mushroom



### What's in my share today?

*NOTE: shares are not interchangeable—two half-shares does not equal one full share. A TRIAL share is a FULL share.*

	<u>FULL &amp; TRIAL</u>	<u>HALF</u>
<b>Heirloom chard mix (BHF)</b> -“5-color Silverbeet”, plus a thin-stemmed green “Palak Durga”	1 bunch	-
<b>Broccoli (WF)</b>	3-4 heads	1-2 heads
<b>Shiitake Mushrooms (OM)</b> -either mushrooms or their fat tender base stems (the latest rage among chefs)	7.5 oz	4 oz
<b>Lacinato Kale (BHF)</b> - aka Italian, Toscano, Dinosaur, Blue, Black Kale, delicious by any name	1 bunch	1 sm bunch
<b>Turniproots (WF &amp; BHF)</b> -a mix of “white globe purple top” and “scarlet” turnips	2+ lbs	1+ lbs
<b>Lettuce (WF)</b> - a head of lettuce- could be any of several types	1	1
<b>Avocados (PF)</b> - Monroes, the last of the season	1	-
<b>Italian Flat-leaf Parsley (WF)</b>	1 bunch	1 sm bunch
<b>Hamlin Oranges (UM)</b> -great juice and eating oranges	6	3
<b>This NEWSLETTER</b>	✓	✓
<b>Xtras!! (Take a goodie FROM THE EXTRAS box)</b> <i>This week: chard, turnips, mushrooms, beans</i> <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.	Yes!	Yes!
<b>REMEMBER</b> to return your flattened box each week for us to reuse!	✓	✓
<b>EGG SHARE SUBSCRIBERS ONLY</b>	1 dozen	1/2 dozen

#### Which farms supplied this week's bounty?

WF= Worden Farm\*      BHF=Bee Heaven Farm \*  
 OM=Omega Mushrooms      PF=Paradise Farms\*  
 UM=Uncle Matt's Grove