



Recipe of the Week

Baba Ganoush

-adapted from The Victory Garden Cookbook

1 med or large eggplant	2-3 Tbsp tahini (substitute: yogurt or sour cream)
2 Tbsp lemon juice	1/4 c chopped parsley
2 tsp minced garlic	1/3 c toasted pine nuts
1/2 tsp salt	Olive oil

Preheat oven to 400° F. Prick eggplant all over with a fork. Bake whole until tender (about 30 minutes). Remove from oven, halve and scoop out the flesh. Blend in a food processor with the lemon juice until smooth. Mash the salt and garlic together and combine with the eggplant, along with the tahini. Cool and stir in the parsley and pine nuts. Before serving, drizzle with the olive oil. Serve as a dip with tortilla chips or triangles of flat (pita) bread.

EGG CORNER



Did you know? Hens rarely lay more than one egg per day, and often skip a day—yet their brood of chicks (12 to 20) will all hatch within hours of each other!

At left: Noontime egg collection at Bee Heaven Farm



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 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.

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



Left: getting ready- first week at Farmers Market in Pinecrest

Farm News

If you're planning to do the Worden Farm field trip, we need your RSVP right away!!!

Caramba-ola!

There's an abundance of carambolas right now. It seems the trees are making up for not bearing any fruit last year. We have a wonderful assortment of varieties from several of our network of farms. They are all naturally-grown with no pesticides. Our own are certified organic, but the others are not certified., as they are from growers who don't produce enough to justify the costs of organic certification.

The carambolas are very juicy and sweet (some are sweet-tart, too). They vary in color, size and shape, from deep orange to pale yellow, and from very large with big 'wings' to very narrow and elongated. Enjoy them raw, in cooked dishes (they're exceptionally good with fish or chicken), or in salads.

What the....there's flowers in my food!

At last— a bit of a break in the weather. It's been so hot, everything has been bolting prematurely. But did you know just about all of the flowers from the greens we enjoy are perfectly edible?? The really notable exception is lettuce, which turns horribly bitter when it starts to bolt, and becomes practically inedible. However, broccoli, radishes, basil and arugula, to name but a few, are just as tasty. Basil flowers are very good, and the young developing seeds are slightly gelatinous. There is a popular Thai tea drink made with basil seeds— they're a bit like Chia seeds when soaked.

Calling all boxes...

We're getting only about half the boxes back each week. That's a really poor return rate. We budgeted pessimistically for a 2/3 return rate during the first few weeks with the expectation of getting approx 80% back eventually, but we're nowhere close to that. We're forced to buy more boxes, and at \$1 a pop, it becomes a pretty big expense to have to replace half of them every week— that's over \$175 a week of added costs! Please make an effort to remember and return your boxes— we really appreciate it, and we hate to feed Mt. Trashmore!!



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



Featured Items

Asian and Braising Mixes

These mixes are different every time. Most of the ingredients in the Asian mix are cruciferous vegetables—members of the Brassica family. This family includes many familiar vegetables: broccoli, radishes, turnips, mustard greens, raab, kolraabi, cabbage, bok choy, as well as many of the lesser-known (in the United States, at least) Asian veg- gies that grow so well here. Today’s Asian mix includes Chinese kale (yellow flowers), Green Lance— a flowering broc- coli with white flowers, mustard, hon tsai tai, red amaranth and komatsuna.

The braising mixes may have almost any combination of greens from the farm. Today’s mix has red and green kale, savoy cabbage, rapini (also knows as broccoli raab)- a mustard relative resembling broccoli, collards and chard (a bee- tles beet relative). All these vegetables are nutrient powerhouses.

Eggplant

Eggplant is ready now. This versatile vegetable is known and used around the world. It is equally tasty in Italian, African or Oriental dishes. Middle Eastern Baba Ganoush makes a healthy and delicious spread (or dip).

Where Bees Dream

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Brilliant, deep magenta of the beet greens.
Light yellowish green feathery carrot tops.
An even lighter shade on green lettuce,
Contrasted with a deep red on other lettuce.
The lighter colors, having a translucent quality,
Seem to radiate color.
Vibrant, circular orange flowers growing under trees.
Smaller squarish purple flowers pointed at the bottom
And expanding as they reach toward the sky.
Hens bawking and roosters crowing.
A wild section with only native plants.
Two huge piles of compost.
Rows of avocado, citrus and other fruit trees.
This is where bees dream as they sit in their hives,
Surrounded by trees and smells to enchant.



Above: A pallet-full of carrots from Worden Farm in the reefer truck, waiting to be packed in the share boxes

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.



What's in my share today?

<i>NOTE: shares are not interchangeable—two half-shares does not equal one full share. A TRIAL share is a FULL share.</i>	FULL & TRIAL	HALF
Asian Mix (BHF) - a great mix of our Asian greens, suitable for fresh salads or stir-fry	14 oz	-
Beans (BHF, HOF) - an assortment of beans- green bush beans, and 3 kinds of heirloom pole beans	1 ½ lb	¾ lb
Braising Mix (WF) -a tasty mix of cruciferous veggies plus chard	1 lb	1/2 lb
Large Purple Eggplant (SOF)	1	1
Topless Beets (WF) -a mix of red, candy-striped (Chioggia, an heirloom variety) and golden beets, topless because the bugs shredded the leaves	1+ lbs	1/2+ lbs
Lettuce (WF) - a head of lettuce- could be any of several types	1	1
Red Cherry Tomatoes (WF)	1 half-pt	1 half-pt
Carrots (WF)	1 bunch	-
Carambolas (BHF, OGG, NA, SF) - an assortment of sweet carambolas	3	2
This NEWSLETTER	✓	✓
Xtras!! (Take a goodie FROM THE EXTRAS box) <i>This week:</i> beans, broccoli, Asian mix, Braising mix, eggplant, collards (remember, not every box has everything listed!) <i>Note:</i> 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!
REMEMBER to return your flattened boxes for reuse!	✓	✓
EGG SHARE SUBSCRIBERS ONLY	1 dozen	1/2 dozen

Which farms supplied this week's bounty?

WF*= Worden Farm BHF*=Bee Heaven Farm SOF=Somerset Organic Farms
SF*=Sawmill Farm** NA=Nature's Acre** OGG=Old Geezer Grove**
*Redland Organics founders & grower members
**not certified organic