



Recipe of the Week

Happenin' Jalapeño Dip

from jalapenomadness.com

2 cups Yogurt	2 Tablespoons minced Onion
2 Tablespoons Mint	2 Seeded Jalapeño Peppers
2 Tablespoons fresh Parsley	2 Diced Plum Tomatoes
2 Tablespoons Cilantro	Dash of Cumin dash of salt

Blend Mint, Parsley, Cilantro, Jalapeño Peppers, and Onion in a blender. Add to the Yogurt and stir well. Add Dash of Cumin, Dash of Salt, and Diced Tomatoes. Mix well.

Refrigerate 1 hour before serving. Serves 6.

EGG CORNER



Meet Gladys Shreveport...she wandered over from next door a few months ago and chose to stay. Gladys hangs around the chicken tractors and eats out of your hand. Sometimes she lays an egg somewhere in the grove (if we can find it!) We tried putting her in with the other chickens, but they beat her up up so badly we immediately took her back out. When she hears us coming with the feed she come running pell-mell to make sure she gets her handout. We have other chickens who visit regularly from next door (some were even hatched and raised here in the high weeds during summertime), but unlike Gladys, they are totally wild—you can't get close to them and they run away when they see you coming!

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.



Helper Corner

-Rachel W.

My name is Rachel (not of the purple-hair variety) and this is my second time WWOOFing at Bee Heaven Farm. Every morning I'm oh, so grateful to be in Sunny Florida when I check the wind-chill temperature back home in Michigan (13°F today!). Who would have thought you could harvest



heirloom tomatoes in January? They're finally ripening and selling like crazy at the Gardner's Farmers Market. You really should stop by. It'll give us a chance to meet and chat for a little bit...not to mention snagging a few of those yummy, pretty tomatoes for yourself! (Ed's note: I wish we were harvesting enough for the CSA shares. The plants are dying right and left. We're hoping to keep them going long enough to get some to everyone!)

Gardner's Markets Second Wine and Farm Festival

Join us on Sunday, January 28th from 1-4pm at this festival benefiting CHARLEE Homes for Children. Tickets can be purchased online at gardenersmarkets.com. Come early to shop at our Farmers Market booth (8am-1pm). Gardner's Market is located on SW 124th Street just east of US Hwy 1 in Pinecrest.

Farm News

The bitter cold has decimated the California winter vegetable and citrus output. We're still cozy warm here, at least for now, so we really can't complain too much about the bugs and diseases! Sure, some of the produce doesn't look as pretty—some is downright religious...oops, I meant holey...but it's plenty good to eat.

We welcome a new local grower, Sunshine Organic Farms. Arturo has been eagerly waiting the day he could apply for organic certification, after the mandatory 3-year cessation of any prohibited inputs. We are happy to say that Arturo has officially filed his certification application, which is currently being reviewed. The next step is to have his 10-acre farm inspected, and if all goes well, he will join our small but select group of local organic growers here in the Redland area. We are privileged to enjoy his very first harvest of wonderful baby lettuces this week. Although not certified organic (yet!), he has been following all the rules of organic production, so feel comfortable to enjoy his product. Arturo is growing several crops for our CSA operation, including kohlrabi, broccoli, kale, cabbages, tomatoes and various herbs, to name a few.

This week you'll note there is nothing from Worden Farm. They were hard hit with the current flu bug that's going around. Most of their crew got sick, leaving no one to harvest the crops. We wish them a speedy recovery.

Trial shares end next week. If you enjoyed yours and wish to continue uninterrupted to the end of the season, please send your payment of \$340 right away to Bee Heaven Farm, PO Box 924095, Homestead, FL 33092. We need your payment POSTMARKED by Thursday, Jan 25, in order to process it in time, so please don't delay. We don't want you to miss out on any veggies.



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

Featured Items

Mrs Burns' Lemon Basil

Most of our heirloom herbs and vegetables are never seen outside of a home garden or perhaps a farmers market. Mrs. Burns' Lemon basil is no exception. There are several lemon basil varieties around, but in contrast with other lemon basil varieties, this selection has wide leaves and the most delicious lemon aroma. Don't just think of this basil for cooking a main dish or seasoning a vegetable—this basil makes a delectable ice cream, and an awesome iced tea.

Mustard Greens

Mustard greens are a spicy green— or not! When you eat it raw, it's as hot as a cayenne pepper, but when cooked, it totally mellows out, and you'd swear it's a different vegetable altogether! Its slight bitterness allows mustard greens to pair well with dried fruit (think apricots, raisins, mamey, carambola, apples—pretty much any sweet fruit). Nuts add protein and a good crunch, whether walnuts, soy nuts, or another nut of your choice. And a splash of vinegar to finish the dish does wonders.

Ever wonder what happens after a crop is harvested? It depends on the crop. Some crops are harvested once and then pulled up. Others, like arugula, cut salad greens, chard, or the collards shown below, can be cut several times during the growing season. Still others, like beans, must be picked consistently (and sometimes, it seems, constantly!) in order for the plant to keep on producing. With beans, for example, if you accidentally leave some behind to mature in the pods, the bean plant gets a signal that it's 'finished' and stops blooming (thus, stops bearing). The picture below shows the collard plants right after we harvested this week's shares. We've left the new leaves in the center to regrow so we can harvest again in a week or two.



Above: This week's Full share box

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?

	<u>FULL & TRIAL</u>	<u>HALF</u>
<i>NOTE: shares are not interchangeable—two half-shares does not equal one full share. A TRIAL share is a FULL share.</i>		
Mustard Greens (BHF) - a great mix of our Asian greens, suitable for fresh salads or stir-fry	1 bunch	1 sm bunch
Collards & Red Kale (BHF) - most get collards, but some half-shares get a mixed small bunch of collards and red kale	1 bunch	1 sm bunch
Red Cabbage (SF,PLF) -these sweet young cabbages are great	1	1
Jalapeño Peppers (SF)	4	3
Roma Tomatoes (LMF) -great for sauces or sliced in sandwiches	2 lbs	1 lb
Baby Lettuce (SOF) - could be any of several types, including tender green butterheads (Boston or Bibb types) and red or green looseleaf types	1 head	1 head
Broccoli (LMF) -	2-3 heads	1-2 heads
Mrs. Burns' Lemon Basil (BHF) - an heirloom basil variety with in-	1 zip	1 sm zip
This NEWSLETTER	✓	✓
Xtras!! (Take a goodie FROM THE EXTRAS box) <i>This week:</i> beans, bananas or plantains, jalapeños, mustard greens, red kale, eggplant (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?

BHF*=Bee Heaven Farm SF=Somerset Organic Farms PLF=Promised Land Farms
 LMF=Lady Moon Farm SOF=Sunshine Organic Farms** (certification requested)
 *Redland Organics founders & grower members **not certified organic