



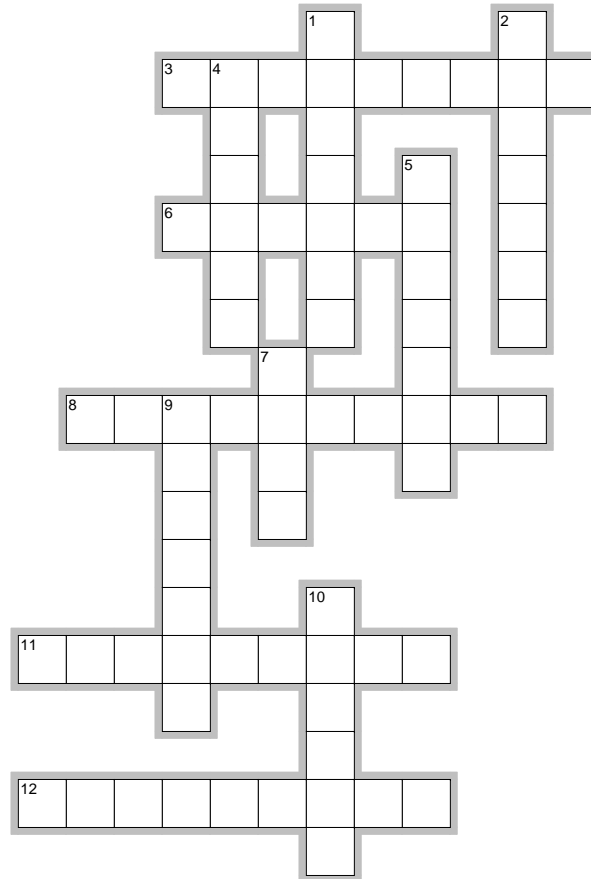
Recipe of the Week

Simply Green Beans

Green beans	1 tsp chopped garlic chives
1 tbsp Olive oil or butter	Salt & pepper to taste

Wash beans and pinch off both ends. Place beans in a saucepan or microwave dish. Toss with oil, chives and salt & pepper. Cook covered on med-high heat (or in microwave on high setting) for a few minutes, stirring to keep from sticking, until beans turn bright green and still crispy. Serve.

LETTUCE EAT



Across

- 3. loose-leaf lettuce
- 6. mild mustard
- 8. soft lettuce
- 11. green onions
- 12. green bean dish

Down

- 1. romaine
- 2. White turnip variety
- 4. small spicy root
- 5. green herb
- 7. garlic chives, aka Chinese _____
- 9. honeybell
- 10. type of lettuce

Created with EclipseCrossword — www.eclipsecrossword.com

Tidbits See us at the So Fla Farmers Market on Sundays 8-1. SW 124th St east of US1 @ Gardner's Market in Pinecrest.

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.



Farm News

Finally a bit of cool weather! The last few mornings have been very foggy. That's a great time for harvesting, because you don't have to worry about the vegetables wilting in the sun or drying out before you bring them in from the field. Most of the time it's sunny and hot, so what then? We bring wet towels with us, which we use to cover the harvest bins. The field heat, as it is called, can stay in the center of the bin for several hours, causing the quality of the food to deteriorate-some greens are especially prone to wilting. That's why we bring in the vegetables frequently, and either wash or spritz them generously before placing them in the cooler to chill down.

Speaking of washing vegetables.... We do NOT wash the vegetables. They stay fresher if you don't wash them until you're ready to use them. Some veggies we wash to remove the dirt- things like radishes, beets and carrots (bottoms only). Some we don't let water touch if we can help it, as their leaves are very delicate and bruise instantly.

So what should you do when you get your veggies home?

- A) Place greens into a plastic bag that you can close. If they seem very dry, add a spritz of water to them. Put them in your vegetable crisper.
- B) NEVER put unbagged greens in the refrigerator. They will wilt instantly! And DO put your root veggies in the crisper drawer- they, too will also wilt if they are sitting on an open shelf in the fridge.
- C) What if something is wilted? You can usually revive a veggie by placing it in a pan of cold water for an hour or so. Drain well and bag as in (A).
- D) If you're not going to use a root veggie right away, cut off the tops and bag them separately- leaving the tops on will cause the root to 'wilt' and get soft.
- E) NEVER put unripened fruit, tomatoes or basil in the fridge. This includes avocados. You can put ripe fruit or tomatoes in the fridge, but it's not recommended, as they immediately start losing flavor in the cold environment.
- F) Basil will turn black wherever the leaves touch ice or water. Keep basil in a plastic bag on the counter, away from heat or sunlight. If the basil is bunched, cut off about 1/2" and place the bunch in a glass of water on the kitchen counter. Change the water daily.

Gardner's Markets Second Wine and Farm Festival

Join us this Sunday, January 28th from 1- 4 pm at this festival benefiting CHARLEE Homes for Children. Tickets can be purchased online or at gardnersmarkets.com or at the door. Come early to shop at our Farmers Market booth (8 am-3 pm). Gardner's Market is located on SW 124th Street just east of US Hwy 1 in Pinecrest.

Caryl Zook will be making some tasty demonstration dishes in the big tent using our produce, and I (Margie) will be there with her. We will be speaking about organic farming and cooking with locally-grown foods.

Helper Corner

My name is Hiromi. I have been WWOOFing at Bee Heaven Farm for about two months (ed: Hiromi was also here last year for 6 months). I like the weather and people here very much- they are both hot! I enjoy helping garden with them. Today, I would like to tell you about my memories of garlic chives...

I had Asthma when I was a kid and I was very weak... my mom tried to let me eat garlic chives whenever we had a chance. My favorite dish was fried garlic chives with beef liver. She would say it has rich nutrition- very good for you.

In fact... garlic chives pack a major nutritional punch for a mere 30 calories for 100 grams. Low in fat and high in dietary fiber and protein, they contain high amounts of Vitamin C and carotene, and are a good source

(Continued on page 2)



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

Featured Items

Honeybell Tangelos

This fruit, wonderfully sweet, comes to us once a year from the Broken J Ranch. This is a small private grove that the Wordens found a few years ago, and we've been getting fruit from them ever since. Tangelos are sweet and very, very juicy. They are a hybrid of mandarin orange and pummelo or grapefruit. The first known crosses were made in Florida in 1897 and in California in 1898.

Harukei Asian Turnips

We never tire of these crispy white salad turnips. Though the tops are looking terrible (it's the diseases and the bugs getting us), the roots are young and tasty. They're great cooked, too, but are best sliced into salads or cut into matchstick pieces for dipping in a tasty sauce.

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 – 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.

NOTE: The Key West New Town pickup site will be changing, effective next week, February 3rd. You should have already received an email with full specifics. Please reply to the email to let us know that you are aware of the change. If you did not get it, please email Margie at office@beeheavenfarm.com, and make sure that our emails aren't going into your junk folder. Thank you!

Right: This week's full share box



(Continued from page 1)

of calcium. They also contain Vitamin B1 and B2. In Chinese medicine, garlic chives are considered to be a yin or warming food (taken from chinesefood.about.com).

You can just add garlic chives into any stir fry dish — good for soups, too....so enjoy!



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>	<u>FULL & TRIAL</u>	<u>HALF</u>
Green Beans (HOF) - stringless bush beans	1.3#	0.7#
White Asian Harukei Turnips w/tops (WF) - these tender white turnips are great raw in salads, and their tops cook up very well	1 bunch	1 sm bunch
Lettuce (SOF) - could be any of several types, including tender red or green butterheads, Boston and green looseleaf types	1 head	1 head
Red Round Radish (WF) -	1 bunch	Some got this or
Scallions (WF)	1 bunch	this
Parsley (WF) -either flat-leaf or curly	1 bunch	1 sm bunch
Garlic Chives (BHF) - aka Chinese Leek, this chive has a flat leaf with a garlic flavor	1 bunch	1 sm bunch
Mizuna (WF) - tender mild Oriental mustard is wonderful in salads, stir-fry, steamed or soups	1 bunch	1 sm bunch
Tangelos & Ponkans (BJR) - assorted citrus from Virginia's local Ft. Myers grove	6	3
This NEWSLETTER	✓	✓
Xtras!! (Take a goodie FROM THE EXTRAS box) <i>This week:</i> assorted color heirloom beans, garlic chives, assorted citrus, mizuna (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 HOF*=Homestead Organic Farms BJR=Broken J Ranch**

WF*=Worden Farm SOF=Sunshine Organic Farms** (certification requested)

*Redland Organics founders & grower members

**pesticide-free, not certified organic