



Recipe of the Week

Daikon and Shiitake Soup

1 large or 2 small daikon radish	Daikon tops, chopped into 3" pieces
1/2-1 cup shiitake mushrooms	5 cups water
(optional) 1 piece kombu, 3 inches long	1/2 teaspoon Salt, or to taste
	1/4 cup scallion, finely chopped

Coarsely grate or slice daikon. Thinly slice shiitake mushrooms and/or stems. Place the water, kombu and daikon plus tops in a soup pot. Cover and bring to a boil. Reduce the flame to medium-low and simmer 7 minutes. Remove kombu and set aside to use in another dish. Salt to taste. Add mushrooms, cover and simmer for another 5 minutes. Garnish with scallions and serve.

Honey Lemon Dressing

Juice of 1 lemon (or lime)	2 Tbsp honey
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Combine juice of lemon or lime & honey. Makes a great dressing for salad greens— try it on your Tatsoi/Mizuna mix. Also great on fruit salads or as a dip for cut veggies.



**Right:
This
week's
Full
share**

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.



Helper Corner

We've had some staffing changes recently. Eli has begun working at the Farmers Market with us on Sundays. Kaitlyn will be helping out on the farm a few days per week for the next two months. Ben just returned from the Southern Sustainable Agriculture Working Group (SSAWG) conference in Kentucky, where he learned about biodiesel production and other farm-related topics. Rachel and Hiromi will be leaving within the next two weeks— Rachel returning to Michigan and Hiromi off to Mexico for another WWOOF-ing adventure.

We've been Blogged!

A couple of trial share participants posted comments on local blogs about the CSA. It's generated a bit of interesting commentary. Marian, our erstwhile documentary (still in the works, folks-stalled for lack of money), producer found them. Follow the links inside the blog posting to read Rebecca Carter's and Tere's view of things....kinda cool, actually.

Read all about it at:

<http://www.criticalmiami.com/tag/local-food/>

Some follow-up comments are at:

<http://www.criticalmiami.com/2007/01/17/eating-locally#comment>

(and here I'm beating myself up sometimes thinking there's not enough food in the shares....just goes to show...Margie)

Farm News

Well, it seems that winter may have finally arrived, even if just briefly. Monday night was our chilliest night yet, but the temperatures were only in the low 40's, at best. However, at Worden Farm, it was a different story. They awoke Tuesday morning to frost and ice. They spent many hours Monday running irrigation and covering crops with Reemay, which is a lightweight floating row cover that provides a bit of frost protection. They told me that the greens look pretty good, but the tomato plants had a meltdown. (These were the round red cherry tomatoes that were in your shares a few weeks ago.) The potatoes got some tipburn on the vines, too. Next week they'll see whether the baby potatoes are grown enough to harvest any, and by then they should know how much actual damage was done.

In contrast, Somerset Farms, just a bit south of them in Immokalee and LaBelle, reported virtually no damage.

Although still waiting for their initial inspection as part of the certification process, Sunshine Organic Farms is in full production. This week's lettuces and the kohlrabi are from Arturo, and next week we expect collards, plus ??? Their tomatoes are starting to size up— first harvest of grape tomatoes soon...

Meanwhile, back at the farm (Bee Heaven Farm, that is), our heirloom beans are putting out their final gasp, after producing quite well in spite of terrible disease and whitefly problems. Our heirloom tomatoes, though, are producing abysmally this year, compared with last year about this same time. The only ones looking good are the Matt's Wild Cherry (hint-the name sez it all), Lemon Drop, and a couple of others. This week there's nothing from us—we're in a gap between greens. Soon, though, we'll be having salad mixes (the kind with lettuces in them, not just the Asian brassica mixes). We hadn't been able to provide any yet, due to premature bolting of our earlier plantings. And if you ever want to taste something horribly bitter, try a bolting lettuce-yikes!

Trial shares are over now. Eleven out of the 45 who tried it elected to continue for the remainder of the season. Some folks are only in town for a limited time and only participate for the 4 weeks; others found the full share was just to much food for them.



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

Featured Items

Daikon Radish with Tops

This radish is very often found in Oriental dishes, but not so well known here. There are mild types and spicy types. These, grown by Worden Farm, are young and sweet and have great tops—good for making soups, and stir-fry, and also make nice pickles. Or just slice them into your salads.

Kohlrabi

They look like UFO's. We have long speculated that they might be alien landing craft, with their gyroscopic guidance systems disguised as leaves—or then again, they might just be the aliens themselves, perhaps encased in a protective pod just space-worthy enough to land, leaving the mother ship out there orbiting.... Are you old enough to remember the Sputnik satellite? Sure looks like one, eh? Seriously, folks, kohlrabi is a great vegetable— a member of the brassica family (cole crops— broccoli, turnips, kale, cabbage, radish, etc). They are absolutely delicious freshly-sliced on salads, or eaten like an apple. And the tops are mild, juicy and tasty too. Use them just like you would collards, or kale, or any green. Chop them up and add to stir-fry, to a pot of beans, to soups— the possibilities are endless!

The Box Report

We're getting close to 100% return on the boxes now— that's great! Thanks for helping us remain sustainable by reusing and recycling.



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>
Tatsoi & Mizuna (WF) - tender, spoon-shaped dark tatsoi leaves with a light petiole 'handle' , together with Mizuna's spiky, pointy, pale green with white petioles- wonderful for salad, light cooking, or add to soup at the end	1 bag	1 sm bag
Kohlrabi (SunOF) - the alien UFO's have landed! There are 3 races- purple-skinned, green-skinned, and a short, white skinned race- which one has invaded YOUR share?	1 bunch	1 bunch
Japanese Shiitake Mushrooms and/or their plump base stems (OM)	1 bag	1 sm bag
Lettuce (SunOF) - could be any of several types, including mostly red with some green butterheads	1 head	1 head
Daikon Radish with tops (WF) -some of these are pretty big- great for soup-tops and all	4	2
Baby Corn(BF) —this is the legendary baby corn you find in your Chinese dishes, still in the husk	7	—
Scallions (WF) - they're coming in strong-use them in place of onions	1 bunch	1 sm bunch
Green Peppers (LMF, C&B) - these peppers are sweet-some are huge and some are small	2-6	2
Meyer Lemons (UM) - we just managed to get our hands on some	2	1
This NEWSLETTER	✓	✓
Xtras!! (Take a goodie FROM THE EXTRAS box) This week: assorted goodies (it's first-come, first-served! not every box has everything!) 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.	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?

BF=Blumenberry Farms (Sarasota) C&B=C&B Farms (Clewiston) WF*=Worden Farm
 UM=Uncle Matt's SunOF=Sunshine Organic Farms** (certification requested)
 *Redland Organics founders & grower members **pesticide-free, not certified organic