



Recipe of the Week

New Potatoes with Dill

New potatoes	Butter or olive oil
dill	Salt & pepper to taste

Wash and boil new potatoes gently until you can pierce them with a fork. Do not overcook. Drain. If using butter, melt it in a small saucepan over low heat. Chop dill finely and sprinkle over potatoes. Add salt and pepper to taste. Pour butter or olive oil over potatoes and gently mix until potatoes are coated evenly. Serve.

**We have overcome! The final stage of the kohlrabi invasion—
they're in a pickle!** *These are really easy, yummy pickles, courtesy of Hiromi (who made them) and Marian (who photographed them). And we will enjoy them on the farm!*

KOHLRABI INVASION

BOIL TOGETHER ONE CUP OF EACH -- VINEGAR, WATER, SUGAR

WHILE THE VINEGAR MIXTURE BOILS, CHOP THE KOHLRABI INTO BITE SIZE PIECES

PEEL THE KOHLRABI. USE 1 LARGE OR 2 MEDIUM TO FILL A 1-QUART JAR.

FILL THE JAR WITH KOHLRABI. FLAVOR WITH GARLIC, CHILI PEPPER, OR FRESH HERBS

POUR BOILING VINEGAR MIXTURE OVER THE VEGETABLES, AND FILL TO THE NECK OF THE JAR. WHEN IT COOLS, STORE IN THE FRIG. RESULT: KOHLRABI PICKLES! THEY'RE GREAT ON THE SECOND DAY.

GARLIC SLICES

KOHLRABI PIECES

THAI CHILI SLICES

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

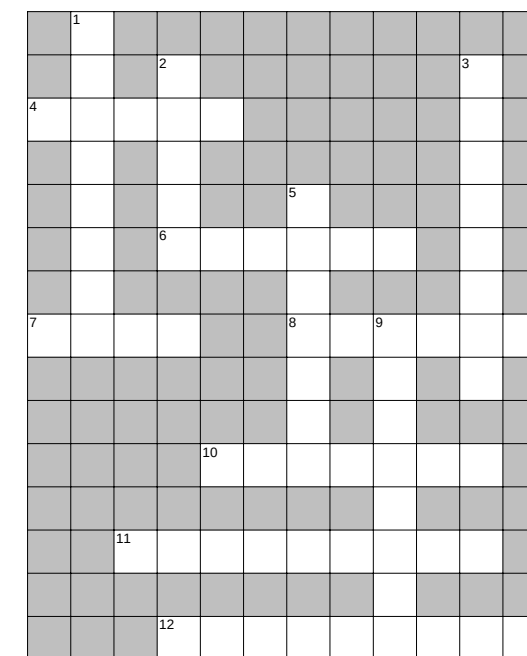
As I write this, the weather service has issued a frost watch for the western part of Dade County. It means that we might find ourselves with a bit of patchy frost in the early morning hours, so we'll be working late tonight, covering a few of the very tender things like basil, peppers and eggplant. The rest of the crops should be OK— the tomatoes are so nearly dead it's not worth the trouble to try to protect them. Now I turn it over to Rachel (Purple-hair):

Frozen feet frantically frolicking,
Attempt at adequate alleviation,
Cold collards calling, complaining, crispily,
Toes turning turquoise,
Ostentatious onions objecting obstinately,
Tomatoes tingling with tantalizing tastefulness,
Leaves lightly lingering with a litany lighting off their lips.
Thus is the winter of Florida.

So yea, I've decided that I should grow fur and become a polar bear. And then I can star in the Coca-Cola commercials and make loads of money during the Super Bowl. Tonight we're expecting some super cold weather. Like... for a Floridian, crazy cold. Anyway, I've been told to take up space because my mother's brain cells seem to be frozen and aren't working very well. Hope you liked the poem about "winter", cuz it was hard enough to write it with my stiff purple fingers and with my mum's jacket practically eating me alive. :D —Rachel-Purple-Hair.

Community Supported Agriculture

Cold Feet



Created with EclipseCrossword — www.eclipsecrossword.com

Across

- spinach substitute
- Juicy red fruit
- Pickling herb
- broccoli raab
- spicy green
- starfruit
- japanese green

Down

- alien UFO vegetable
- cold crystals
- green squash
- rabbit food
- Rhymes with tomatoes

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

Featured Items

New Potatoes

Remember a few weeks ago when frost hit Worden Farm, and killed the tops of the potato plants? These are the baby potatoes from those plants. The potato harvester couldn't handle these (they're too little), so they were dug up by hand on Wednesday. These baby potatoes are great, simply fixed and served as in the recipe we provided.

Zucchini

The zucchini started bearing this past week. Hopefully, the cold weather (we're expecting patchy frost) won't kill the plants, and we'll get to enjoy them again. These zucs grow so fast they must be harvested every day. The first few we harvested were absolutely gigantic—they wouldn't fit in the shares box, so we donated those to Farm Share. They vary quite a bit in size, so you may find several baby zucs, or a few bigger zucs in your share. Enjoy them raw or steamed, or battered and fried (a tempura batter works great).



Right:
This
week's
Full
share
box

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>
Brocoli Raab (WF) - aka Rapini	1 bunch	1 sm bunch
Red Tomatoes (LMF)	6	2
Zucchini (SunOF) -how many are in your box depends on their size!	2-4+	2+
New potatoes (WF)	1 pint	-
Kohlrabi (SunOF)-	1	1
Carrots w/tops(WF) -	1 bunch	1 sm bunch
Braising Mix (BHF) - this is a mix of mustard, chard and komatsuna	1 bunch	1 sm bunch
Dill (WF)	1 bunch	1 sm bunch
Carambola** (OGG)	2	1
This NEWSLETTER	✓	✓
Xtras!! (Take a goodie FROM THE EXTRAS box) <u>This week:</u> assorted goodies (it's first-come, first-served! not every box has everything!) <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!
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

WF*=Worden Farm

OGF**=Old Geezer Grove

LMF=Lady Moon Farm

SunOF=Sunshine Organic Farms** (certification requested)

*Redland Organics founders & grower members

**pesticide-free, not certified organic