



Recipe of the Week

Ratatouille

This is a flexible recipe— vary it according to available ingredients.

2 Tbsp Olive Oil	1 large or several small Yellow Squash, sliced thickly
1 med Onion, cut into wedges	Eggplant (optional), cubed
2 cloves Garlic, chopped	1 large or several small Tomatoes, quartered
1 small pepper, chopped (optional)	1-2 tsp Italian seasoning, or fresh herbs of your choice
1 large or 2 med Zucchini, sliced thickly	Grated Parmesan or Asiago cheese

Heat oil in a large shallow pan. Sautee garlic onion and pepper until onion is golden. Add remaining ingredients. Stir to cover evenly with oil, cover and cook over low heat until the vegetables are just translucent. Serve with grated parmesan or asiago cheese.

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the shares, we pack them directly into the truck, which makes it really easy Saturday morning for Victor to just get in and drive off to deliver. So, here we were, in the middle of packing, with a hot truck and nowhere to put the food! So we quickly scrambled to put Plan B into action—could we rent a refrigerated truck? The only one available (in Pompano Beach) was way too big, required a special insurance certificate, and a lot of money to boot (though at this point, money was the least of my worries). Next was Plan C—would we find a place to store the shares overnight? Enter Farm Share— these great people, to whom we donate our leftover food, volunteered space in one of their huge walk-in coolers for us to store the shares overnight, keeping them properly chilled for delivery in the morning. Disaster averted! But we had to unload the truck, and reload in the morning with the mainland run (up to Broward), then stop on the way back to load the remainder of the shares for the Keys run. This way, the shares stay as cool as possible, even though the truck itself won't be keeping them cold. So Tuesday I will have to take the truck up to the ThermoKing facility in Miami to service the reefer unit—hopefully they will be able to fix it quickly, and we won't have to do the same thing next week!! What an eventful day... Thank you, Farm Share—you have our eternal gratitude, and we WILL be making a cash donation, as well as continue to donate food.

If you want to express your thanks to Farm Share, they are sponsoring the 14th Caribbean Fest, a Bob Marley concert Food Drive Saturday the 3rd (TODAY), at Bayfront Park Ampitheatre in downtown Miami, from 1pm-midnight. They request a donation of 4 cans of food, and concert tickets are \$36.50 at the gate. Great music for a great cause— check it out!

Tidbits See us at the So Fla Farmers Market on Sundays 8-1. SW 124th St, east of US1 @ Gardner's Market in Pinecrest., from January-March. Or, visit us at the downtown Miami Bayfront Park market Thursdays 11-3. from Feb 22nd thru April 5th.

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

The following article was submitted by long-time CSA member Jennifer Schull Johnson, after joining us for a day on the farm along with her mom, Kaye Schull.

After glancing out my office window at the beautiful outdoors long enough, I decided to take a day off from work (enlisting my mother too) and go help Margie and her fantastic crew pick veggies for this week's shares. It was a great excuse to get outside, work up a sweat, get our hands dirty, and learn about where our fabulous veggies come from and how they are grown, harvested and packed for us each week.

We arrived at about 8am to the sound of roosters crowing and the hum of the refrigerated truck and immediately started reconstructing the boxes we flatten each week until we were working in a canyon of stacked boxes. Then, off to the collard green fields with Eric to pick as much as we could - which turned out to be 94 lbs in total - enough for the half shares this week.

As Margie, Ben and Aaron bagged gobs and gobs of squash and zucchini, we bunched the collards (we hope you approve of our handiwork!). By then it was time for lunch and we were treated to a gourmet spread (prepared by Aaron using the kale and collards from the fields) and fantastic conversation as we learned about how Margie started the CSA (a subject of a future newsletter article, I'm sure) and how the program works behind the

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Farm News

Do you ever wonder how we arrive at the size of your share items? Do they seem sometimes to be huge, other times ridiculously small, or maybe just right?

Your share contents reflect what's happening around us. Some items are plentiful, not just from our core farms, but from any number of other area organic farms. Those we can afford to provide in abundance, and if we don't have enough from any one farm, we can round up what we need easily. Some things, though, require more thought and calculations. We harvest all of it, and then we have to figure out—is this enough for everyone? Or full shares only? Or maybe half shares only? Can we combine it with something else so that together, we have enough for shares? This is how some of our braising mixes are created. Some things we simply count— such as peppers, and divide the total to see how to distribute the bounty appropriately. Some things we weigh, like beans and salad mix, to figure out what quantity to put in each share.

After we do all this for the various items, we start packing. And then, sometimes we get into trouble, because we find, say, a lot more bad leaves, or buggy stuff, than we originally planned for (we always include a fudge factor in our calculations). Or, this being Florida, we may find we've miscounted something, and have to come to a screeching halt to go out and pick a little more, or pack a few missing shares in order to finish up. These are the times when we tend to mess up, and you might find an item missing from your box—sorry!



Breaking News...

As we were packing the shares Friday morning, the truck's reefer unit started blowing hot air. We quickly called Victor, who is not only our great delivery driver, but is also an accomplished truck mechanic. He rushed over, and determined that it was not simply a loose belt—the unit appears to have lost refrigerant. Since our walk-in cooler is not big enough to hold

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



Featured Items

Zucchini and Yellow Squash

I always associate these vegetables with Italian seasonings– don't know why, because I first encountered them in Southern cooking– overcooked in a greasy watery slop. But I grew to love them. Best of all, they're extremely low in calories (by themselves, without the fatty dip or the grease or butter, of course), so you can fill up on them without the slightest feeling of guilt! And they're so versatile– I always use them in Oriental veggie stir-fries. They're a quick fix– raw or quickly steamed is an instant dish.

Collards

More Southern cooking memories.... Collards have been horribly abused! Overcooked until they're olive drab green (NEVER let a dark green veggie get that overdone), they become the carrier for the ham (or bacon) fat. But it doesn't have to be that way. You can still get the flavor– use a small amount of bacon (or turkey bacon), to provide flavor and just a bit of fat, and cook 'em just until they're soft, but still glossy dark green. Season with lots of pepper, a bit of salt, and a generous splash of vinegar (that's the secret ingredient). Yum.

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scenes. We also got a chance to get to know the WWOOFers who help out each year – a very diverse and friendly bunch!

We left with a new appreciation and dedication to the CSA and locally grown, organic produce and we strongly encourage you, our fellow members, to come out to the farm and get dirty! It is a lot of fun, very rewarding, and Margie and company can always use the extra help! *We really enjoyed having Jen & Kaye with us, and hope that others will also come. Many CSAs have a work requirement. We don't because we recognize that many members don't have the flexibility to come out and help– but we do appreciate it when they do! Ed.*



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>
Collards (BHF & SunOF)	1	1
Yellow Squash (SunOF)	1.7#	0.8#
Zucchini (SunOF)	1.3#	0.7#
Eggplant (LMF)	1	1
'Jolly Elf' grape Tomatoes (SunOF)- let 'em finish ripening!	1 pint	1 pint
Shiitake Mushrooms (OM)	1 bag	1 sm bag
Sweet Green & Purple Peppers (SunOF)	4	3
Curly Parsley (LMF)-	1 bunch	1 sm bunch
Carambola (OGG)	1	1
Ruby Red Grapefruit (PG)	4	2
This NEWSLETTER	✓	✓
Xtras!! (Take a goodie, or put one in- FROM THE EXTRAS box)	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 OM=Omega Mushroom OGG=Old Geezer Grove**
LMF=Lady Moon Farm SunOF=Sunshine Organic Farms** (certification requested)
*Redland Organics founders & grower members **pesticide-free, not certified organic