



## Recipe of the Week

### Steamed Callaloo

-Adapted from eatjamaican.com

- |                               |                               |
|-------------------------------|-------------------------------|
| Bunch of Callaloo             | Scotch bonnet pepper-to taste |
| 1 medium onion, chopped       | 1/2 tsp dried thyme           |
| 1 medium ripe tomato, chopped | 1 Tbsp oil & 1 Tbsp butter    |
| 1 clove garlic finely chopped | 1/8 tsp salt                  |

Soak for 1/2 hr in a pot of salted water. Drain and rinse. Peel tough skin off stalks and slice across the diagonal into 3/4 in pieces. Coarsely chop leaves. In a large pot put oil, butter and 1/4 c water. Add chopped callaloo, then add remaining seasonings. Cover and cook over medium flame for approx 10 minutes, or until the pieces of stalk are tender. The callaloo must stay green—if it's turning brown it's overcooked.

### Winter Farm Day

**Sunday, Dec. 9th,  
11:30 am to 4pm.**

Fun down on the farm.

Meet fellow CSA members, local Slow Food Convivium, and local farmers.

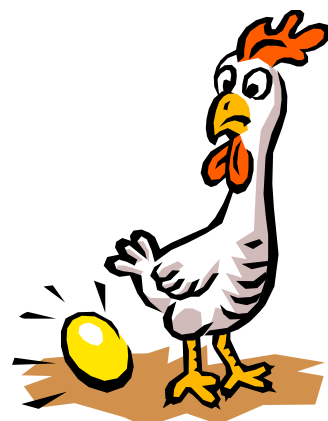
- ◆ **Bring a covered dish using local foods, to share.**
  - ◆ **Hay Rides**
  - ◆ **Make a Scarecrow**
- (bring funky old clothes, crazy hats, funny shoes, and junk jewelry to dress up the scarecrows, which you can take home afterwards).**
- ◆ **Seasonal produce and honey for sale**
- ◆ **Bring your family and friends**

Your \$10 contribution will help fund our agricultural student internship program.

### EGG CORNER

The response this year to our egg-share signup was just amazing— we sold out within 6 hours!! And I'm still hearing from disappointed folks who didn't get in... just starting to lay, and soon they will be adding their eggs to the total. In the meantime, please be patient— we can't squeeze them hens!

For those lucky ones who did get an egg share this season— here's the current state of production: the hens started moulting very late this summer. They're still nowhere near back to full production, so the first few egg shares will likely be short, until the hens start laying well again. The 'Easter brood' hens are



### 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.

**Find our newsletters online!** Go to [www.redlandorganics.com](http://www.redlandorganics.com) ,click on CSA, then Newsletters.



## Farm News

### Welcome, Everyone, and Happy Thanksgiving!

Welcome to our 7th CSA season. It's hard to believe that we've been at it so long already. Some of you have been with us from the very first trial season, when we were trying to decide if the CSA model was the way to go. Well, six years and many long-term CSA members later, I'd say it's a definite YES!

I am really grateful for the support you provide us and our network of local organic farms. Without your loyalty and trust in us, we would probably not be farming today.

Those of you who are just joining our CSA family— WELCOME! I hope you enjoy our produce and remain with us for many years to come.

Although I have not met many of the newer members, I feel like I know you. It is so gratifying to see the same names each season. I get goose bumps seeing the early renewals coming through and seeing the familiar names.

Our crew this season includes two agriculture student interns, an experienced farmhand, a well-traveled WWOOFer, and a former CSA member family from the Keys.

Early arrivals Ryan and Sibyl with their 2-year-old daughter Coral are former CSA members from Key West. Among other projects, Ryan rebuilt our shade house and benches, while Sibyl started getting the barn in order in

preparation for the growing season. After nearly 3 months, we're bidding adieu to them as they move on to explore other options.

Claudia, who is in her 3rd year at Earth University in Costa Rica, began her internship in early September. Her stay ends in mid-December. Claudia's special project while here is to kick-start our school visit program.

Katharina, our other agriculture student intern, arrived in mid-September from her 5th year studies at Bonn University in Germany. She will be with us through mid-April.

Scott comes with a lot of drive and experience from working on other organic farms. He is staying at least until December, and hopefully longer.

Matthieu, from the Brittany region of France, has WWOOFed in Hawaii, and is not only an enthusiastic worker, but our resident baker. He makes one mean cake brownie!!

Jesus, our year-round farmhand, keeps the grove well weeded and the chickens well-fed.

**Holiday Schedule**

Sat Nov 24	-NO
Sat Dec 1	-YES
Sat Dec 29	-NO
Sat Jan 5	-YES

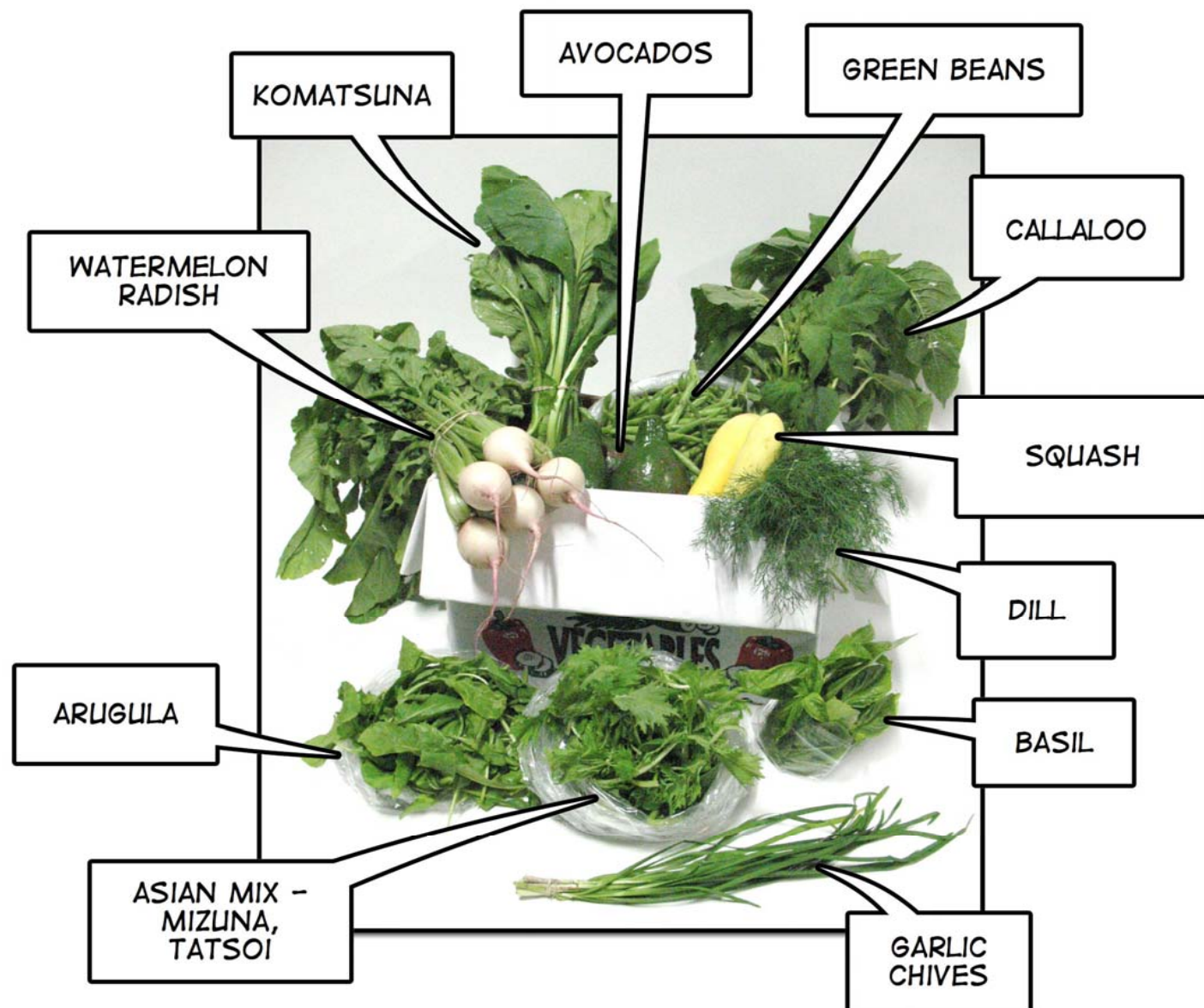


*It's rich, "organic", down-to-earth, user-friendly, and nourishing!*

## Featured Item

**Radishes w/Tops.** There are 3 kinds of radishes in the shares this week. You might get the familiar red round radishes, elongated red and white French radishes, or Watermelon radishes. Also known as Red Heart or Red Meat Radishes, these radishes are a surprise. The white exterior hides a shocking pink inside! These radishes will turn quite sweet after some time in storage. Radish tops are great for cooking in soups or stir-fries, so don't throw them out. Cut the tops off the radishes, and bag them separately until ready for use.

**Komatsuna and Yukina Savoy.** These Asian vegetables are both members of the brassica family, juicy, crunchy and full of nutrition. The komatsuna is the one with the flat softer green leaves, while the Yukina Savoy looks like tatsoi on steroids. They are great cooked as well as raw— throw some in soup a bit before serving. Briefly steam them and serve as a side dish. Include them in a stir fry along with some yellow squash....



**About the shares...** There are two sizes of box, corresponding to the two share sizes. And, no, **two half-share boxes does NOT equal one full-share box.** So, if you're sharing with someone, or if your full share box is missing (hopefully not!) please DON'T take two half-share boxes if you paid for a full share. We also have an eXTRAS box, with goodies to rummage through and exchange with others—but they go fast!

## What's in my share box today?

**NOTE: A full share is NOT the same as 2 half-shares!**

**Komatsuna or Yukina Savoy (WF)** -both are mild Asian vegetables great for stir-fries

**Asian Salad Mix: Tatsoi & Mizuna (WF)**- these brassica family members make a not-so-ordinary salad

**Arugula (WF)** - sharp , spicy greens mix well with the Asian salad mix (full shares only)

**Callaloo (TSF)** -Caribbean favorite, spinach substitute (full shares only)

**Green Beans (HOF)** - plenty for your Thanksgiving meal

**Yellow Squash (HOF)**

**Radishes with tops— a bunch of Watermelon radish, Red Round or French (WF)**

*Remember to USE those tops— they're good cooked!!*

**Herbs- a bunch each of: Dill (WF), Garlic Chives (BHF), Basil (WF)**

**Lula Avocados (HOF)** -small, but they pack a lot of taste— eat when a bit soft

This **NEWSLETTER**

**Xtras!! (Take it or leave it...)** Take a goodie, or 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.

**Eggs are for EGG SHARE SUBSCRIBERS ONLY**

Honey Shares come on the first Saturday of the month (Dec 1, Jan 5, Feb 2, Mar 2, Apr 6)

**Did you buy a tote bag?- Don't forget it!**

**Which farms supplied this week's shares?** HOF\*= Homestead Organic Farms BHF\*= Bee Heaven Farm  
WF\*= Worden Farm TSF\*= Three Sisters Farm (pesticide-free, not certified organic)  
BHF\*=Bee Heaven Farm \*Redland Organics founders & grower members

**What does it look like?** Every week, we'll include pictures to help you identify everything in your shares, especially those strange things you never saw before!... courtesy of Marian Wertalka, CSA member and CSA video documentary producer (in the works).

**Sharing your share with someone?** Here's some handy hints from our members—

- 1) Either take turns every other week picking up the share;
- 2) Or each take several items; and
- 3) DON'T try to split everything down the middle— that usually doesn't work well.