



## Recipe of the Week

The following general directions for braising greens, and the preparation tip, come to us courtesy of Worden Farm. As you know, they grow many of the items in your shares. Their farm is located in very sandy soil near Fort Myers, as you have probably already surmised from the residue in your veggies!

### Braising Greens

Braising is a cooking method similar to sautéing, but with liquid. Any cooking greens can be cooked in this way. Simply wash the greens well, leave undried, and roughly chop. You may mix with other cleaned and trimmed veggies, like radishes, turnips, or carrots. In a large pan or skillet that can be covered, sauté garlic or onions in olive oil or butter for about 2 minutes. Add the greens and other veggies and sauté 3-5 minutes, until the greens begin to lose some volume. Turn the heat to low, add ¼ inch of water, wine, broth, or juice, cover, and cook to desired tenderness, stirring occasionally. Add more liquid as necessary, top with your choice of condiments, like roasted nuts, sliced mushrooms, or lemon juice, and enjoy!

### Tip: Preparing Cooking Greens

The best way to wash off any sandy residue is to fill your sink or a large bowl with enough water to submerge the kale or other greens. Swish the greens gently and allow to sit a few moments to let any sediment settle. If there is a lot of sand, repeat this process. Remove the greens, cut out any thick, tough stems, and cut into bite size pieces before sautéing, braising, or adding to your favorite recipe.

Check it out! [www.miamidish.net](http://www.miamidish.net) by a CSA member FOR CSA members and foodies

### Holiday Schedule

Sun Dec 9 - FARM DAY

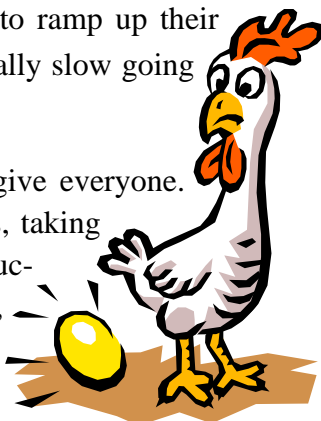
Sat Dec 29 - NO share

Sat Jan 5 - Shares resume

### EGG CORNER

We're still waiting for the hens to ramp up their production. Unfortunately, it's really slow going right now.

We don't have enough eggs to give everyone. So, we'll cycle through the sites, taking turns until we get enough production. This week: Palmetto Bay, Church, South Miami, Gables, Grove, Beach and Farm.



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

**Please share your recipes!** Please email your recipes to: [recipes@beeheavenfarm.com](mailto:recipes@beeheavenfarm.com).



## Farm News

I hope you had a great Thanksgiving. We feasted on beans, squash, avocados, callaloo, cranberry/carambola sauce sweetened with agave syrup, chunky sweet potatoes with nuts and other goodies in them, and seasoned our turkeys with fresh herbs right from the herb patch.

The veggies have had a bit of a slow start, but now that cooler weather is here, they've been growing more nicely.

### Veggie Storage Tips

Several of you emailed asking how to store the various veggies.

Here's a few general rules:

- 1) Tops ARE edible— don't waste them! (even carrots)
- 2) Store greens (of all kinds) in a plastic bag in the fridge .
- 3) Don't wash greens until ready to use.
- 4) Don't refrigerate any tropical fruit that is not fully ripe (avocados, carambola, mango, black sapote, etc)- they get internal cold-damage.
- 5) Don't refrigerate basil— put it in a glass with some water on your kitchen counter. Cold (and wet) turns basil black immediately. Ditto for sage.

- 6) For root veggies, bag roots and tops separately. That way, the roots won't get soft from the leaves stealing their moisture.
- 7) Don't peel carrots— a bit of scrubbing is all you need— especially for young ones. And use the tops like parsley!
- 8) If your greens (or roots) are wilting— soak them in cold water for an hour or so—unless they're complete mush, they will recover nicely. Drain, gently shake off excess water, bag and store in fridge.
- 9) NEVER refrigerate a tomato!
- 10) NEVER refrigerate a tomato!
- 11) NEVER refrigerate a tomato!

### Winter Farm Day

Sunday, Dec. 9th,  
11:30 am to 3:30 pm.

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

- Bring a covered dish using local foods, to share.
- Local musician Grant Livingston will be singing at 12 & 2
  - Sample student chef recipes
  - Hay Rides
- Make a Scarecrow - (bring funky old clothes, crazy hats, funny shoes, and junk jewelry to dress up your scarecrow; take it home afterwards).
- Seasonal produce and honey for sale • Bring your family and friends

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

**Directions to the farm:** (SW 190th Ave & 264th St)

From US1, go west on SW 264th (Bauer Drive) approx. 5 miles. Look for the farm sign on your left.



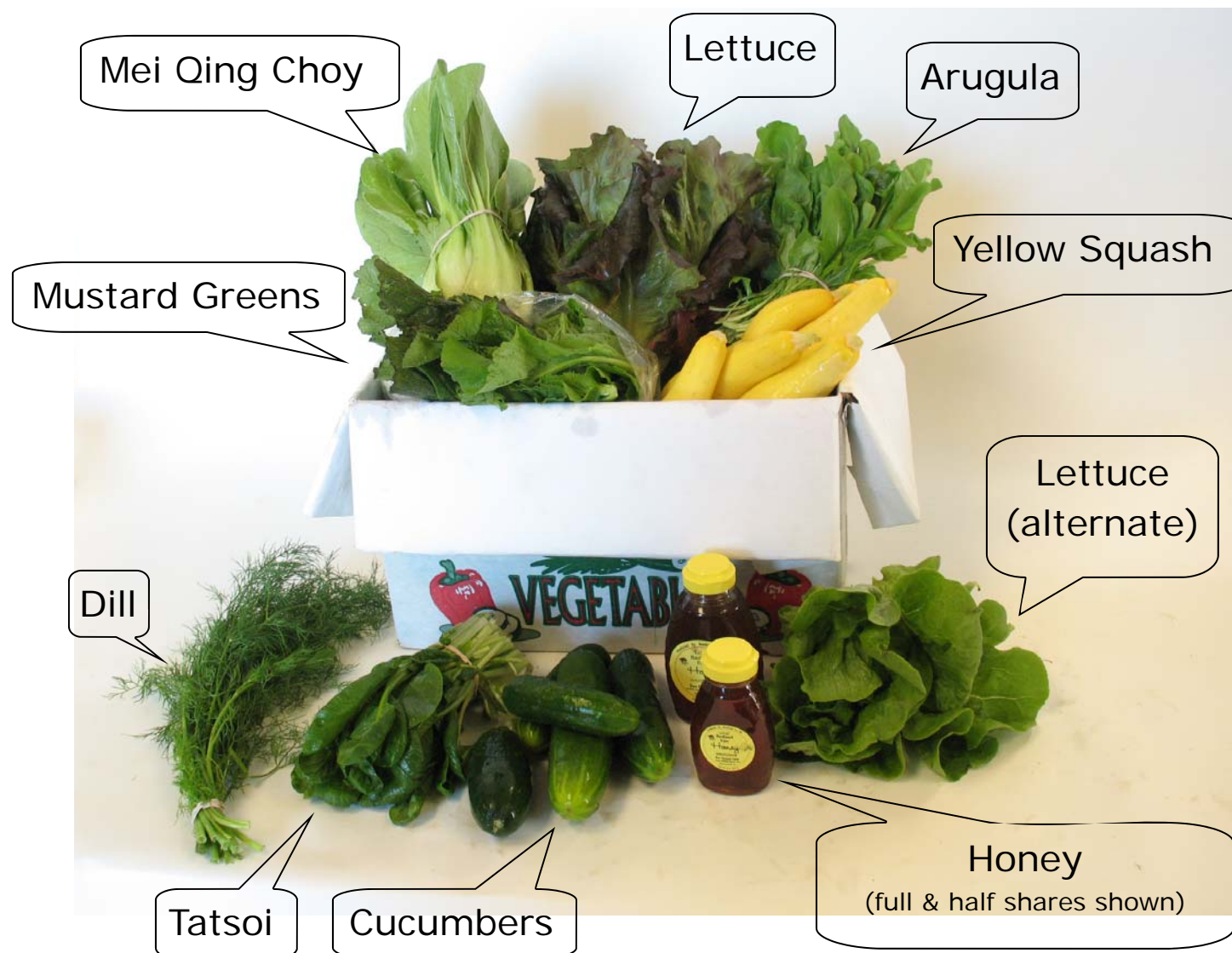
*It's rich, "organic", down-to-earth, user-friendly, and nourishing!*

## Featured Item

**Mustard Greens.** These nutrition-packed greens are a mix of heirloom varieties— Florida Broadleaf Evergreen, Osaka Purple, Red Giant, some natural crosses, and perhaps a bit of Purple Wave and Green Wave. Mustard greens are a Brassica (related to broccoli, bok choy, turnips and radishes). Raw, the leaves pack a spicy wallop; cook 'em and the sharp spiciness goes away. Mustard greens pair very well with a sweet/sour combination— some fresh or dried fruit, and some balsamic vinegar added while cooking really blends the flavors and mellows the sharp bite of the raw greens.

**Cucumbers.** Darn, they're good! You don't need to peel these, since there's no pesticides on them. Slice them thinly and make a light pickle of them, or serve them with yogurt and spices— dill, caraway, fennel, anise-seed— whatever you have handy.

Check out our CSA members' blogs! Trina Sargalski: [www.miamidish.net](http://www.miamidish.net)— she'll be following each week's share, supplying recipes and links for more info on the veggies  
Alesh Houdek: [www.criticalmiami.com](http://www.criticalmiami.com); Rebecca Carter: [www.greenermiami.com](http://www.greenermiami.com)



**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.** 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!*

**A bunch of Arugula (WF)** (Full/Half-size)

**Mei Qing Choi (WF)** - a type of bok choy (Full shares only)

**A bunch of Tatsoi (WF)** (Full/Half-size)

**A bag of Mustard Greens (BHF)** - our heirloom mix (Full: 0.7#/ Half: 0.35#)

**Yellow Squash (HOF)** (Full: 6 / Half: 3 )

**Cucumbers (HOF)** (Full: 5 / Half: 2 )

**Honey (BHF)** - in time for Hannukah & Christmas sweets (Full: 1 lb/ Half: 8 oz)

**Herbs- a bunch of: dill (WF)** (Full/Half size)

**Lettuce (WF)** - assorted red & green types (All)

**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 (F/H)- very limited supply!!**

Only Palmetto Bay, Church, So.Miami, Gables, Grove, Beach and Farm get eggs this week

**HONEY SHARES SUBSCRIBERS get honey this week: (Dec 1, Jan 5, Feb 2, Mar 3, Apr 6) -1 lb jar**

*Please remember to return your gently-flattened box each week— better yet, buy one of our tote bags and transfer your share when you pick it up— then flatten your box and go! Directions can be found at [www.redlandorganics.com/CSAboxes.htm](http://www.redlandorganics.com/CSAboxes.htm)*

**Which farms supplied this week's shares?** HOF\*= Homestead Organic Farms WF\*= Worden Farm

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!... pictures by CSA member Marian Wertalka

**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.