



Recipe of the Week

Don't feel like cooking much? Prepare these simple, quick but lovely salads.

Green Bean and Cherry Tomato Salad

- Green beans 1-2 scallions
- Cherry tomatoes vinaigrette

Wash & pinch off ends of beans. Steam lightly until bright green, but still crisp. Cut cherry tomatoes into wedges. Slice scallions (white and green parts) thinly. Toss all with vinaigrette.

Orange and Avocado Salad

- 1/2 avocado Mesclun mix
- 1 orange vinaigrette

Peel and section 1 orange. Then, either remove the membranes and leave sections whole, or leave membranes, cutting each section into half or thirds. Peel and cube avocado. Wash and drain salad greens.

Serve avocado and orange chunks over bed of greens, and top with a drizzle of vinaigrette.

Holiday Schedule

Sun Dec 9 - FARM DAY

Sat Dec 29 - NO share

Sat Jan 5 - Shares resume

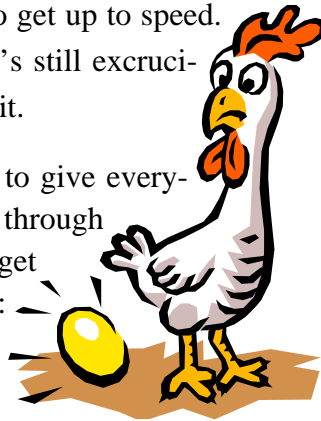
Sun Jan 13 - Farmers

Market begins in Pinecrest

EGG CORNER

We're still waiting for the hens to get up to speed. Though we're seeing progress, it's still excruciatingly slow and frustrating to wait.

We still don't have enough eggs to give everyone. So, we'll continue to cycle through the sites, taking turns until we get enough production. This week: NMiami/Shores, all Broward sites, Key Largo & Islamorada



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 past newsletters online! Go to www.redlandorganics.com ,click on CSA, then Newsletters.

Share your recipes! Email your recipes to: recipes@beeheavenfarm.com or visit one of our **Member blogs:** www.miamidish.net; www.criticalmiami.com; tinkeringwithdinner.blogspot.com



Farm News

We're looking forward to seeing lots of you at our Farm Day party tomorrow. CSA members are always welcome to visit the farm, but we're not normally open to the public, except for special occasions like these. Along with the hayrides and making scarecrows, this annual potluck event promises to be a lot of fun for everyone. This is the first time we've lined up a local singer, and our neighbor and tilapia producer Wayne is supplying us with fish for our chefs to prepare. The challenge we gave them— use local ingredients!

This week we bid adieu to Scott, and welcome Paul, who

joins us from chilly Canada. Claudia completes her internship in a week and will be returning to Costa Rica to continue her studies. We will be seeing some new faces in the next couple of months.

Scott says: "It was fun to work with these nice people who are from different corners of the world.

"I hope you guys enjoy these fresh veggies & greens— especially the greens. And remember, in regards to the greens...when in doubt, make pesto. Mizuna pesto, collard and parsley pesto... Yum! (ed: he's not kidding—just about any green can be made into great

pesto— get creative!)

"Thanks for a nice couple of months." We'll all miss Scott's easy-going attitude and great work.

Looking back at past records, I see that the hens molted two months later than usual. It certainly explains why we're so short on eggs right now. There's a small but steady increase in egg count every few days, so we'll eventually get back to full production. We'll try to figure out what we can do about making up the shortage later on this season.

The crops are looking great. The cooler, drier weather means more watering. With highly efficient drip tape and microjets for irrigation, we feel comfortable about our water usage.

Winter Farm Day TOMORROW (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 prepared with food from the farm & local tilapia
 - 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!

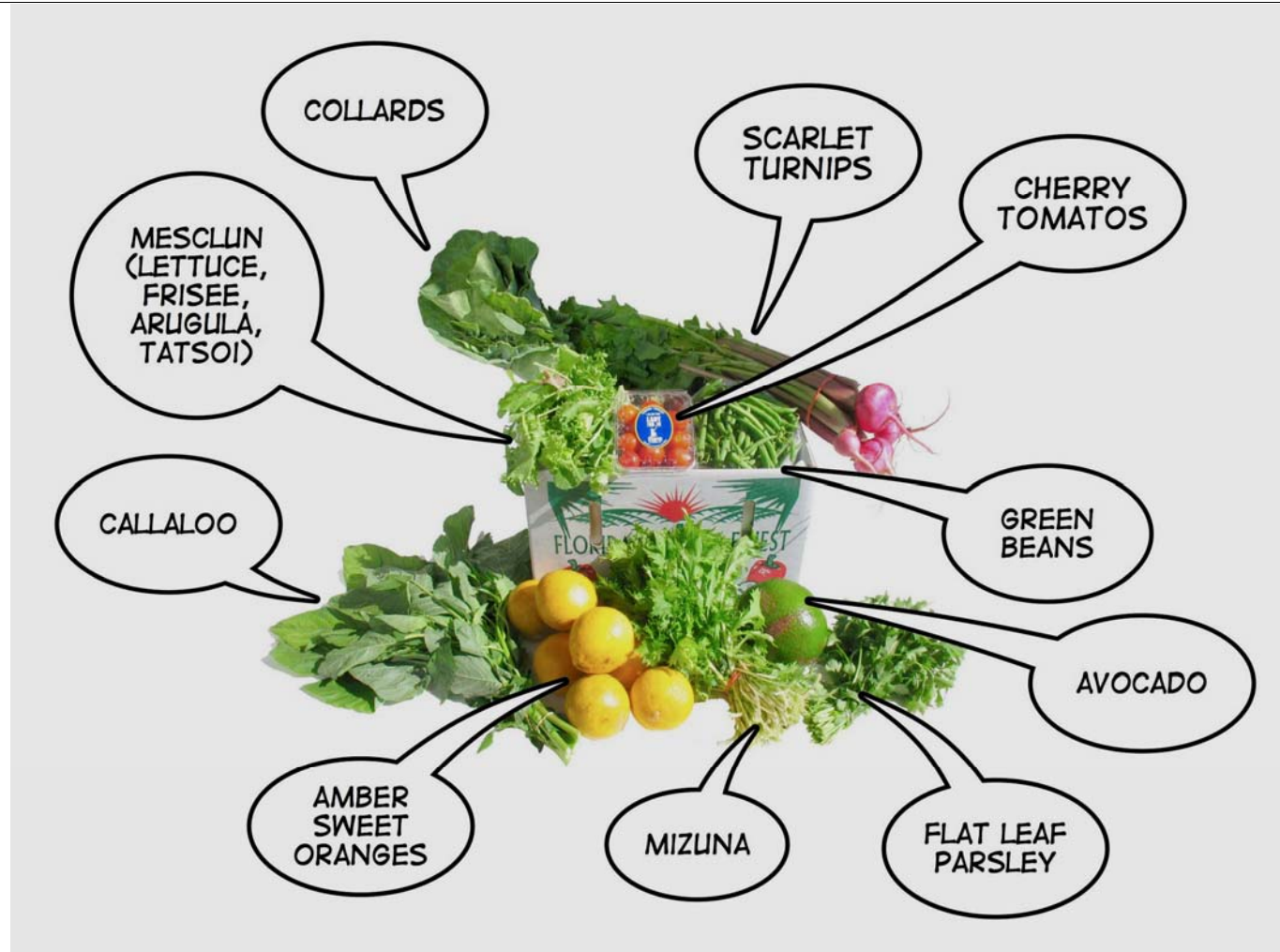
Featured Item

Mizuna. An delicate, mild Asian green, one of many that grow so well here. Often used in salad mixes, it's great on its own as a lightly-steamed vegetable, or included in a stir-fry dish.

Turnips. This vegetable provides both greens and a hearty starchy root. They come in different colors— this time we have red and the more traditional purple-top white turnip. A mess of turnip greens, with the roots cut into small cubes, is great cooked with a smoked ham hock (smoked turkey works well too). Those who eschew meat can add a drop of smoke flavoring to get the same effect. Or roast the turnips, lightly tossed with olive oil plus your favorite spices, together with carrots, onions, and any other root veggie you may have handy. Save the tops for another dish— add them to a pot of beans to increase nutritional value and add interest.

And another member writes a blog about his shares:

Bill Jacobs: <http://tinkeringwithdinner.blogspot.com> Check out our CSA members' blogs! **Trina Sargalski:** 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; **Rebecca Carter:** www.greenermiami.com



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

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!

Food Miles	What's in my share box today?
<i>From BHF</i>	<i>NOTE: A full share is NOT the same as 2 half-shares!</i>
0	Collards (WF) (Full)
165	Turnips (scarlet or white purple-top) (WF) - (Full / Half)
165	Mizuna (WF) (Full / Half)
2	Callaloo (TSF) - Half shares get it this time
3	Green Beans (HOF) (Full: 1.5# / Half: 0.75#)
0	'Spring' Salad Mix (BHF) -mixed lettuces, arugula, frisee (endive), tatsoi (Full)
150	Cherry Tomatoes (LMF) - (1 pint)
165	Herbs: parsley (WF) (Full / Half size)
5	Monroe Avocados (PF) - (1) we're nearing the end of the season!
185	Ambersweet Oranges (UM) - yum! (Full:7-8 / Half: 3)
	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!! This week: N.Miami, Bwd-East, Bwd-West, Pompano, Key Largo, Islamorada
	HONEY SHARES SUBSCRIBERS get honey next: (Jan 5, Feb 2, Mar 3, Apr 6) -1 lb jar
	<i>Please remember to return your gently-flattened box each week—directions can be found at www.redlandorganics.com/CSAboxes.htm. Better yet, buy one of our tote bags and transfer your share when you pick it up— then flatten your box and go!</i>

Which farms supplied this week's shares? HOF*= Homestead Organic Farms; WF*= Worden Farm; BHF*=Bee Heaven Farm; PF*=Paradise Farms; LMF=Lady Moon Farms; UM= Uncle Matt's Citrus ; TSF*= Three Sisters Farm *Redland Organics founders & grower members

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; but
- 3) DON'T try to split everything down the middle— that usually doesn't work well.