



Recipe of the Week

Sauteed Hon Tsai Tai

-adapted from a Harmony Valley Farm CSA recipe

2 tsp olive or vegetable oil	2-3 tsp toasted sesame oil
1 clove garlic, sliced thin	1 bunch Hon Tsai Tai
1 Tbsp fresh ginger, minced	Salt and ground pepper to taste

Heat oil in a medium sauté pan over moderate heat. Saute garlic and ginger about 1 minute.

Add Hon Tsai Tai and season with salt and pepper. Stir greens to wilt them down. Cover and let steam for 2-3 minutes, adding 1 tablespoon of water if there is not enough moisture from the greens.

Drizzle with toasted sesame oil and serve.

Our member blogs have recipes as well as links for more information about share items—check them out:

Trina Sargalski: www.miamidish.net; Alesh Houdek: www.criticalmiami.com;

Bill Jacobs: <http://tinkeringwithdinner.blogspot.com>

Holiday Schedule

Sat Dec 29 - NO share

Sat Jan 5 - Shares resume

Sun Jan 13 - 8-1 Farmers

Market begins in Pinecrest

EGG CORNER

This week—NMiami/Shores and Pompano will get their eggs from last week, which got left behind in the barn (sorry, guys!)

Marathon, Big Pine, Key West will also get eggs this week, and we begin the cycle again with Palmetto Bay, Beach and BHF.

The chickens miss Jesus, I think...



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 make-up 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

Farm Day was awesome! We had well over 100 folks, plus a lot of kids. Everyone had a great time. The food flew—I saw a number of dishes that I didn't get to taste, but heard were very yummy. The tilapia was really good—kudos to the 'cheffettes', Rachel, Adri & Morgan— and the music was great. Grant sang songs he composed about life in Florida. The kids made some cool scarecrows, and the hay rides were ever-popular. We are grateful for Slow Food Miami's sponsorship and great turnout— thank you, JoAnne!

This week we welcome Mary, who has been active in the Asheville community gardens program. Come out and meet her sometime! We also say goodbye to Claudia—her last official duty as farm intern was packing your shares this week.

We're beginning to see things like tomatoes, peppers, pole beans and eggplant now. Beets are starting, and soon we hope to have carrots, too. Take a break this week from too many greens!

We welcome C&B Farms (Little Cypress Organics) as a new grower in our network. They supplied this week's tomatoes, eggplant and peppers. C&B Farms is located in the Devil's Garden farming area a little southwest of Lake Okeechobee, about 150 miles from our farm. And speaking of miles, have you noticed? We're

including food miles for each item in your box. Since you live in a pretty spread-out area, and the CSA is based out of Bee Heaven Farm, we're using that as the zero milepost. We did have a typo in the last newsletter— the collards from Worden Farm should have said 165 miles, not 0.



Claudia and Katharina
our agriculture student interns

Lastly, a joke:

In California's Sonoma Valley, where vineyards cater to wine snobbery, a woman phoned the classified ad department of a newspaper. She offered for sale what sounded like "well-aged Caume-neur."

The ad-taker was unfamiliar with that particular wine, but was

Our Farm Family

First of all I want to say thanks for an interesting and nice experience. I came here to learn and I did, but that's not all. I also met really nice and interesting people. We all lived together for a while, some of them left and new ones came and to all I appreciate a lot and will miss making jokes and talking.

Take care everyone and for you CSA members—enjoy your vegetables and come to the farm. You will love it. The farm is short one person right now— Jesus, the regular worker. (*Ed: Jesus was hit by a truck last week. He is OK, though he will be convalescing for awhile— we wish him a speedy recovery*).

To Matthieu, Katharina, Paulo and Mary— take care of each other and go out more often.

To Margie, Rachel and Nick— thanks a lot and take care.

Love, Claudia Hernandez
Earth University intern

used to the infusion of French words into the local vocabulary.

"Could you please spell that?" he asked.

"You know!" said the woman impatiently, "C-o-w M-a-n-u-r-e".



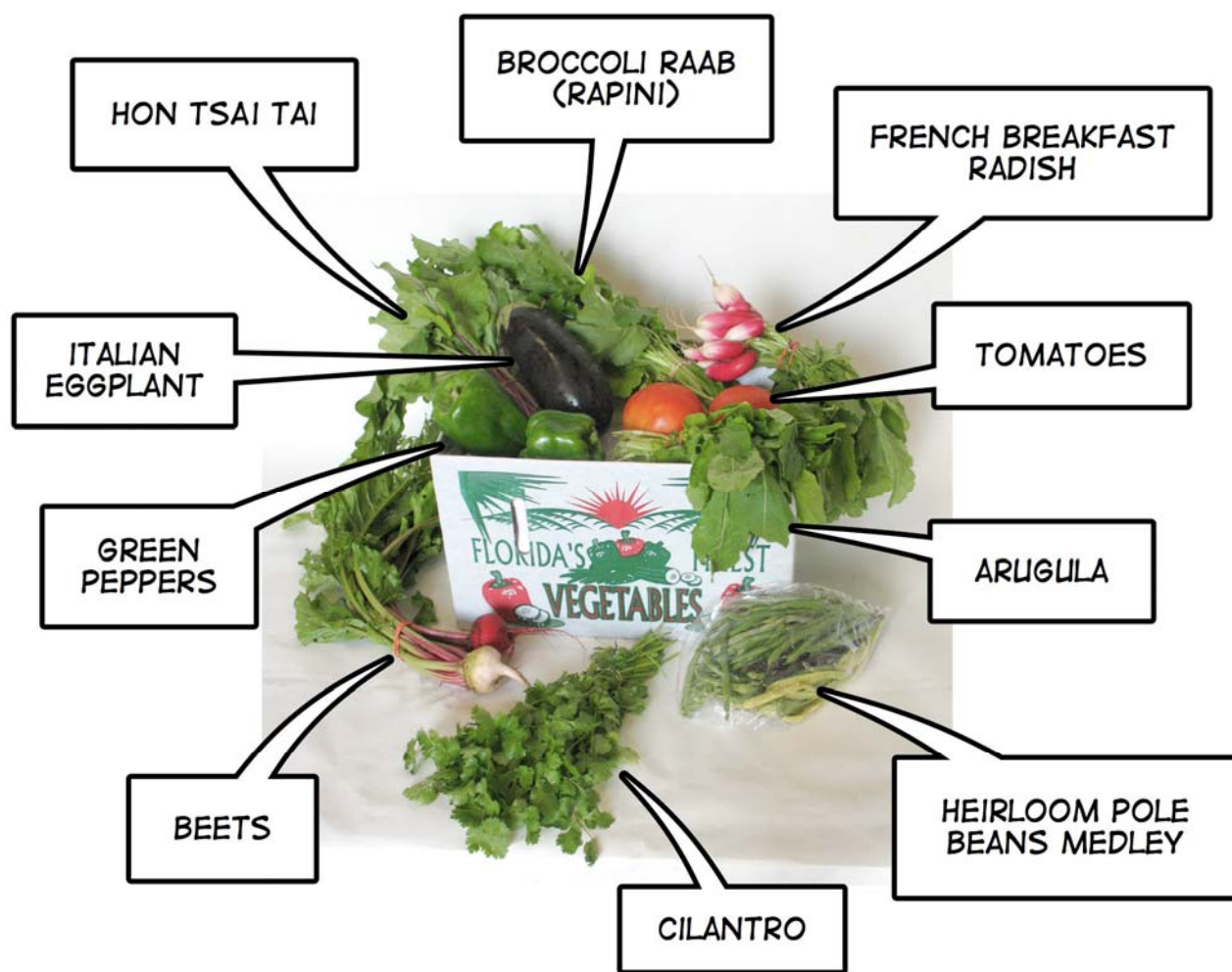
It's rich, "organic", down-to-earth, user-friendly, and nourishing!

Featured Item

Broccoli Raab (Rapini): This Italian green acts and tastes a bit like a cross between turnip greens and broccoli, with a hint of spicy mustard. It's typically harvested when the plant begins to shoot up flower buds. The buds have the appearance of a small head of broccoli-hence the name. Raab makes a great cooked green. A little sweetener (dried raisins, or a bit of sugar, or a chopped up apple) tones down the flavor. Offset that with some soy sauce (or liquid aminos), or some balsamic vinegar, and you have a wonderful side dish.

Hon Tsai Tai: This Asian green is also best right when it begins to flower. The purple leaf petioles (they look like stems, but aren't) are very juicy. This is a mild green which is good by itself or in a stir fry.

Heirloom Pole Bean medley: Those of you lucky enough to get the beans in your box will find an assortment of 5 heirloom bean varieties: Cascade Giant, Rattlesnake (both are green with purple streaks), Gold of Bacau, Purple-podded, and Ideal Market (green). The purple color disappears when the beans are cooked, but lightly marinated and served raw preserves the pretty purple. We should have more of these beans in the coming weeks- look for them in the Xtras boxes- perhaps even in the shares.



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	Rapini- aka Broccoli Raab (BHF) (Full / Half)
165	Mixed Beets (Chioggia, purple and white) (WF) - (Half shares only)
165	Red round or French Breakfast Radishes w/tops (WF) (Full / Half)
0	Hon Tsai Tai (BHF) - (Full / Half)
100	Eggplant (C&B) -OR- Heirloom Pole Bean Medley (BHF) (Full only)
165	Arugula (WF) - (Full / Half)
100	Tomatoes (C&B) - (Full:2 / Half: 1)
0 & 165	Herbs: cilantro (BHF & WF) (Full / Half)
150	Green Peppers (C&B) - (Full:2 / Half:1)
	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, Pompano), Marathon, Big Pine, Key West, Palmetto Bay, Beach and farm.
	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? WF*= Worden Farm; BHF*=Bee Heaven Farm; C&B=C&B Farms (Little Cypress Organics) *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.