



Recipes of the Week

Florida 'Chokes (Sun Buds)

-Worden Farm

The unopened buds of sunflowers are a special edible flower treat this week. They taste strikingly similar to artichoke hearts, which are in the same plant family. They are also surprisingly filling. Note: people with allergies should be cautious about eating edible flowers.

4-8 sunflower buds	3 tablespoons bread crumbs
2 tablespoons butter	Juice of 2 medium lemons

Bring 2 small pots of water to boil. Add sunflower buds to one pot. Boil for 3 minutes, and then transfer them to the second pot of water. This eliminates any bitterness. Continue to cook buds until fork tender.

Drain and set aside. In a skillet, melt the butter. Add bread crumbs and stir, sautéing lightly. When bread crumbs turn golden, toss in sunflower buds. Pour on lemon juice to taste, toss to coat. Serve immediately, piping hot.

Beans 'n Greens

Don't know what to do with all the **greens**? Still have some hanging around the fridge from two weeks ago? Cook up a pot of your favorite beans, and 20 minutes before they're done, add a mess of chopped up greens to it. Not only will it add color, but it will pack a nutritional punch. It doesn't matter what kind of greens or beans you use—they all work well. Dry beans are best, but canned beans will work in a pinch. This is a great basic recipe which will be unique every time you make it. Vary the seasonings or combinations at will.

Raita

Wash and shred **cucumbers** (if you're fastidious, you can peel and remove seeds first). Mix with plain yogurt (thick Greek-style is best). Season with cumin seed, **cilantro**, salt & pepper to taste. Optional: add a bit of onion, or use mint..

Dill ideas

Not sure what to do with **dill**? Mix with cottage cheese or sour cream and a bit of finely chopped onion; make a creamy salad dressing; add to chicken soup; melt butter and add chopped dill—mold & use as needed; bake dilly bread.

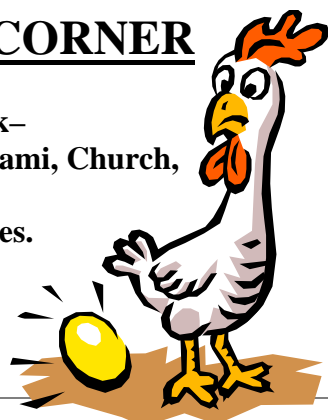


Holiday Schedule

Sat Dec 29 - NO share
 Sat Jan 5 - Shares resume
 Sun Jan 13 - Farmers
 Market begins in Pinecrest 8-1

EGG CORNER

This week—
South Miami, Church,
Grove
and Gables.



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

The little cold snap was great—we're looking forward to more of the same (but not too cold, mind you!).

Our pole beans are going into full production now. The carrot tops are showing luxuriant growth, indicating that tiny carrots starting to form under the ground.

Farmers Market season is just around the corner. The first farmers market begins on Sunday, January 13th, from 8am-1pm. Mark your calendars. It's located at the Gardeners' Market parking lot in Pinecrest, on SW 124th Street just east of US1. See you there!

Remember there are NO shares next week, December 29th. We wish everyone a joyous holiday season and a healthy and

happy New Year!

Regular pickups will resume Jan 5th. Trial shares begin that week as well, so please be sure to greet any new folks you run into at your pickup site.

Meghan has joined us for a month during her winter break. She hails from Pennsylvania, is attending college and works at a CSA farm located on Rodale Institute land. She gives us her perspective in our "Farm Family" column.

If you haven't bought a tote bag yet, please consider doing so. The profits help support our CSA, including our farm internship program. And they're really high quality bags. Spread the Community-Supported Agriculture message and support your local family farm.

Our Farm Family

-Meghan Fridirici

Working at Quiet Creek Farm, a 200-member CSA in Kutztown, Pennsylvania, has taught me a lot about growing organic vegetables, but when I got to Bee Heaven Farm here in Homestead, Florida, I realized that running a CSA can be quite different at opposite ends of the country.

Members of Quiet Creek Farm look forward to July strawberries, August watermelons and cantaloupes, and October apples and squash. Our members would be surprised to find avocados or oranges in their share boxes that the people of Homestead expect to see in their shares at some point during the season.

But eating locally is a goal all CSA members share across the country.

Heirloom Pole Beans:

Oops! There are really 6 kinds of heirloom bean varieties in our plantings this year: Cascade Giant, Rattlesnake (both are green with purple streaks—Rattlesnake is a darker green and is more streaked than Cascade Giant), Gold of Bacau, Purple-podded, Ideal Market (green, round), and Speckled Cranberry (green, flattened). The purple color disappears when the beans are cooked, but lightly marinated and served raw preserves the pretty purple. Your share includes a small bag of beans—the variety is a surprise.



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

Featured Item

Baby Brassica Braising Blend: A mélange of nutritious members of the Brassica family, this mix of Red Kale, Mizuna, Mustards, and Tatsoi is jam-packed with goodness, textures and flavors.

Yin Yang Salad: This is a mix of Pei Tsai, a pale Asian green commonly known as Chinese Lettuce, and dark green arugula. The blend of mild and sharp tastes and the contrast of colors led me to the name. It is great served in a simple salad with some raspberry vinaigrette— perhaps with some walnut pieces sprinkled on top, and optionally gorgonzola or blue cheese crumbles.



Yin Yang Mix



Braising Blend



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	Yin Yang Salad mix— Pei Tsai & Arugula (BHF) - (Full : 0.7#/ Half:0.36#)
165	Florida 'Chokes (Sunflower buds) (WF) - (Full: small bag)
165 & 0	Baby Brassica Braising Blend—Red Kale (WF), Mizuna (WF), Mustard (BHF) & Tatsoi (BHF) - (Full:1# / Half:1/2#)
0	Rainbow Chard (BHF) - (Full: 1 bunch)
100	Heirloom Pole Bean Beans— any one of 6 varieties (BHF) - (All: small bag 0.4#)
5	Monroe Avocados (PF) - (All:1)
100	Tomatoes (C&B) - (Full:3 / Half: 2)
165 & 0	Herbs: cilantro (WF), dill (WF) -(Full/Half) & garlic chives (BHF) - (Full)
150	Cucumbers (C&B) - (Full:6 / 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.
0	Eggs are for EGG SHARE SUBSCRIBERS ONLY (F/H)- very limited supply!! This week: South Miami, Church, Grove and Gables.
0	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), PF*=Paradise Farms
*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.