



Recipes of the Week

Sweet Carrot and Daikon Radish Salad (Namasu)

- adapted from New York Times Dining & Wine section

2-4 small or 1 large daikon radish	2 Tbsp sugar (preferably raw)
1 large carrot	1/3 cup unseasoned rice vinegar
1 Tbsp salt	Light soy sauce (or Braggs aminos)

Cut daikon and carrot into thin shreds, or grate in a food processor. Combine vegetables in a bowl, sprinkle with salt, and toss well. Set aside 20 minutes. Drain off liquid as it collects in bottom of bowl. Working in handfuls, firmly squeeze out excess liquid and transfer vegetables to a bowl.

Dissolve sugar in vinegar and pour over vegetables. Toss. Refrigerate, tossing occasionally, at least 1 hour or overnight. Remove from refrigerator at least 30 minutes before serving; dish should be served at cool room temperature. Just before serving, taste; if desired, add soy sauce and toss. Yields 6 servings.

Cilantro ideas

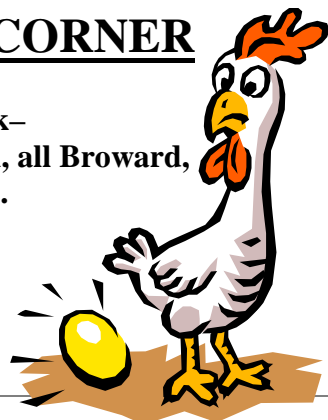
What can you do with cilantro besides put it in guacamole or tomato salsa? Cilantro is used in many Caribbean and Indian cuisines, as well as North African, too. There are many Asian dishes that use cilantro— another name for it is Chinese parsley, though the flavor is distinctly different. When allowed to mature, the cilantro plant produces a pretty edible flower, followed by coriander seed—a popular spice with a citrusy-sweet overtone, often used in curry mixes, sweets, breads and even liqueurs.

Cilantro has a very long history of use—according to the McCormick Spice Encyclopedia, it was one of the plants in the Hanging Gardens of Babylon, and is mentioned as far back as 1153 BC in the Medical Papyrus of Thebes. Cilantro (also known as coriander) was one of the first plants cultivated by the Europeans in America, dating back to the late 1600's in Massachusetts. Cilantro marries well in curries, or in combination with lemongrass, cumin, lemon or lime, ginger, and fruits such as mango. Hot pepper is a good mix, as the assertive flavors can stand up to each other. Cilantro doesn't dry well, but you can make and freeze a cilantro-based 'pesto' for later use. Use your imagination!

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 Gardners' Market parking lot in Pinecrest, on SW 124th Street just east of US1. See you there!

EGG CORNER

This week—
N. Miami, all Broward,
The Keys.



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. NOTE: TRIAL SHARES ARE NOT ELIGIBLE.

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

A strong cold front blew in this week— we covered the more delicate crops— the tomatoes, eggplant, peppers, basil, squashes, beans. Hardier crops like the chards and the brassicas welcome a bit of cold weather. Kales, cabbages and collards get sweeter after a touch of frost. Worden Farm in Punta Gorda (just north of Fort Myers) really got hit hard, with temperatures dropping into the low 20's on Wednesday night. They spent 3 days preparing, so hopefully they will have minimized the damage. At Sunshine Organic Farms, just down the road from us, the baby tomato plants suffered. Time will tell how bad the damage is. Some of the crops which didn't get fully covered had some wind-burn, but the frost was minimal.

We had a bit of upheaval and

turnover during the holidays. A couple of our WWOOFers have left prematurely. In the coming weeks, although we are expecting some new folks, we will be short-handed, especially since the trial shares are starting now, bringing us to nearly 440 shares! And, of course, the farmers markets are also starting next week.

We would love to see some of you come out to the farm to help weed, pick, or pack the shares. The best days are Tuesdays through Fridays, starting at 7 or 8am. If you can come lend a hand, please do so! Many CSAs have a work requirement— members are expected to help out on the farm two or more days during the season— some even require a weekly commitment. We understand that many of our members have full schedules and live a fair

drive away, so we do not enforce a work requirement. However, volunteering at the farm lets you really make that farm-food connection more fully. It gives you a better appreciation of what it takes to get food to your table.

Disaster struck as we finished packing the shares Friday afternoon. The refrigeration unit on the truck died, so we had to scramble to find a place to keep the shares cold overnight (too many to fit in our cooler). It's now 8pm on Friday night, and we just finished transferring all the boxes from the truck to Dan's large walk-in cooler down the road at Homestead Organic Farms. It took 2 large pickup trucks and 2 vans full to take all the share boxes over there. Luckily, with everybody pitching in, we got it done in record time.

Welcome, Trial Share members!

Welcome to our farm community. We hope you enjoy your 4-week full share trial, and elect to continue throughout the remainder of the season. If you are new and confused, feel free to ask your site host or a fellow CSA member for help, and be sure to read the newsletter each week. The tips, pictures, and recipes will help you identify and enjoy the grown for you by our network of local organic farms.

TOTE YOUR STUFF!

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.



Merlot the barn cat, doing what cats do best. Notice his extra toes! He's supposed to work for his living, but we never see him at it— he must do it very stealthily...



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

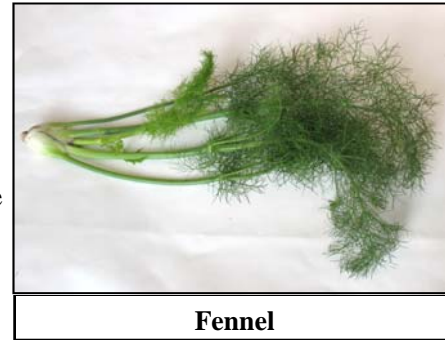
Featured Item

Fennel : This is a delicately-flavored bulb, which can be thinly sliced and marinated for a crunchy salad ingredient, or lightly sautéed or steamed for a cooked vegetable. Either way, include the leaves for added color and flavor. Fennel has a mild anise taste. The ferny leaves also make a great soup garnish, and are also good in dips.

Callaloo: This edible amaranth green is popular in Caribbean cooking. Check out the recipe from Week 1 (you can find the newsletter archives online)

A note of clarification: the sunflower buds included in your last shares are NOT Jerusalem Artichoke (aka Sun Chokes), which is a root vegetable. And although they are all in the same plant family (the Composites), they are also NOT (globe) artichokes, which is a form of giant thistle. The Florida 'chokes (Sun Buds) are actually sunflower buds—the very same sunflowers that you see looking cheerily out at you in bouquets!

Sweet-Tart Carambola: These are best allowed to ripen fully— they then become sweeter. Tart varieties of carambola are best used in drinks ('ades') or in cooking. Use the juice like orange or lime juice.



Fennel



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>
2	Callaloo (edible amaranth) (TSF) - (Full only)
165	Mixed Purple & Red Turnip roots (WF) - (Full / Half)
0 & 165	Heirloom Pole Beans –6 types (BHF) *OR* Cauliflower—purple, white or green (WF) - (All: 1)
165	Swiss Chard—Red or White (WF) - (Full / Half)
165	Baby Fennel w/tops (WF) - (Full only: 2)
165	Daikon Radish (WF) - (Full: 5 / Half: 2)
0	Herbs: Lemongrass (BHF) - (All:1)
165	Herbs: cilantro (WF) -(Full / Half)
2	Carambola– sweet & sweet-tart (TSF) - (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.
0	Eggs are for EGG SHARE SUBSCRIBERS ONLY (F/H)- very limited supply!! This week: N.Mia, allBroward, the Keys.
0	HONEY SHARES SUBSCRIBERS get honey TODAY: (then, 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;

TSF*= Three Sisters Farm**

*Redland Organics founders & grower members; **naturally-grown, not certified

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.