



Recipe of the Week

Roasted Tomato and Avocado Salad with Lemon Dressing

- courtesy of Rachel O’Kaine & Adri Garcia

On Farm Day, Cordon Bleu student chefs Rachel & Adri whipped up this great salad. We cut the recipe in half. You can substitute any greens, including the romaine lettuce in your shares this week. Enjoy!

1 pint Grape Tomatoes	1/2 bunch Fresh Thyme
1 Avocado, halved and sliced	Kosher salt, to taste
1-2 cups Mixed Greens, thoroughly washed and rinsed	Black pepper, to taste
1/2 cup lemon juice	1 1/2 tsp. Sugar/Honey
1/4 cup Olive oil, plus more for roasting the tomatoes	

Preheat oven to 400°F.

Roast the Tomatoes: Slice grape tomatoes in half. Remove thyme leaves from sprigs, and finely chop the thyme leaves. Place tomatoes into a roasting pan, coat with olive oil, chopped thyme leaves, salt, and pepper. Mix by hand to evenly coat tomatoes. Roast for approximately 15 minutes, or until just done. Set aside.

Lemon Dressing: Put lemon juice in a non-reactive medium-size mixing bowl. Add honey or sugar and whisk to combine. Slowly begin to whisk in the olive oil a little at a time. Add salt and pepper to taste. Taste the dressing and adjust accordingly. You may need to add more sugar or honey, depending on how sweet or acidic the lemons are.

To Serve: Place greens on a platter, add roasted tomatoes to the center and then add avocado slices around the sides. Pour some of the dressing over the greens and leave some in dish to serve alongside.

Farmers Market season is here!

The first farmers market begins this Sunday, January 13th.

Mark your calendars. See you there!

When: Every Sunday from 8am –1pm

Where: Gardner’s Market parking lot– Pinecrest,
on SW 124th St just east of US1

EGG CORNER

This week–
All Dade County sites



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 makeups 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; mangoandlime.net



Farm News

Thank you for being so patient last week. It turns out the truck had major electrical problems (Victor spent several days installing a new wiring harness), plus a transmission issue, AND the compressor on the refrigeration unit seized up. These are all BIG and unplanned expenses, and we’re still working on the repairs. In the meantime, we have implemented “plan C”.

This week we used Homestead Organic Farms’ walk-in cooler again. We also used his packing shed to pack the shares. Thanks, Dan– you’re a life-saver! And a big thanks to Victor and his son– they worked really hard to get the shares to you.

For those of you who don’t already know, Dan grows the green beans you have in this week’s shares. He’s been farming in Dade County for many years, first as farm manager for Direnberger (organic) Farms, later taking over and renaming the business when Bill Direnberger retired. Dan

also grows cucumbers, pickles and yellow squash in early fall.



Farmer Dan

On another note: another awesome food blog—this one from a new trial share member: Paula Nino’s mangoandlime.net. Current Miami Slow Food convivium leader Donna Reno turned me on to it. Get more ideas for what to do with the things in your shares. Check it out!

From Our Members

“Tales from my partially organic kitchen - Last night, I finally got up the “courage” to cook the sunflower buds from 2 weeks ago. They were really good !! One of the things that I really enjoy about the CSA is that I eat vegetables that I wouldn’t normally buy. Also - I eat more vegetables because they greet me and remind me to eat healthy every time I open my refrigerator !! You can quote me on this !!” (ed: thanks, Denise)

“Cultivating Peace in the Keys”

Denise D.

Our Farm Family

This week we welcome Keisha, who is joining us as an intern for the remainder of the season. She has spent some time in Africa working on a beet farm. The lure of farming has led her away from law school. Come meet her at the farmers market or on the farm. We also welcome Lowry and Erin, who join us for a few weeks.

School Farm Visits

Have you asked a child lately where their food comes from? How a carrot grows? A tomato? A bean? You’d be amazed at the answers... we’ve lost the connection to our food and its origins. Help re-establish that awareness— speak with your child’s teachers about a field trip to Bee Heaven Farm. We offer Tuesday or Wednesday morning or afternoon farm visits. Cost is \$7 per child. One teacher free. Additional teachers and accompanying parents \$7 each. The farm visit includes a farm tour and an activity for the children, if time permits. Don’t just think of science— think art, math, social studies, economy, language arts... we have lesson plans we can provide teachers who wish to integrate them into their classrooms. They were developed by the “Ag in the Classroom” program and meet Sunshine State standards. There are activities in all subjects and grade levels.



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

Featured Items

Acorn Squash : These small winter squashes can be simply prepared by cutting in half, scooping out the seeds, and placed cut side down on a deep dish with a bit of water. Then, either microwave until soft, or bake. Alternatively, you can put them cut side up, add a pat of butter, brown sugar and a bit of cinnamon or nutmeg, and bake until tender. You can also stuff the centers with a meat or bread stuffing.

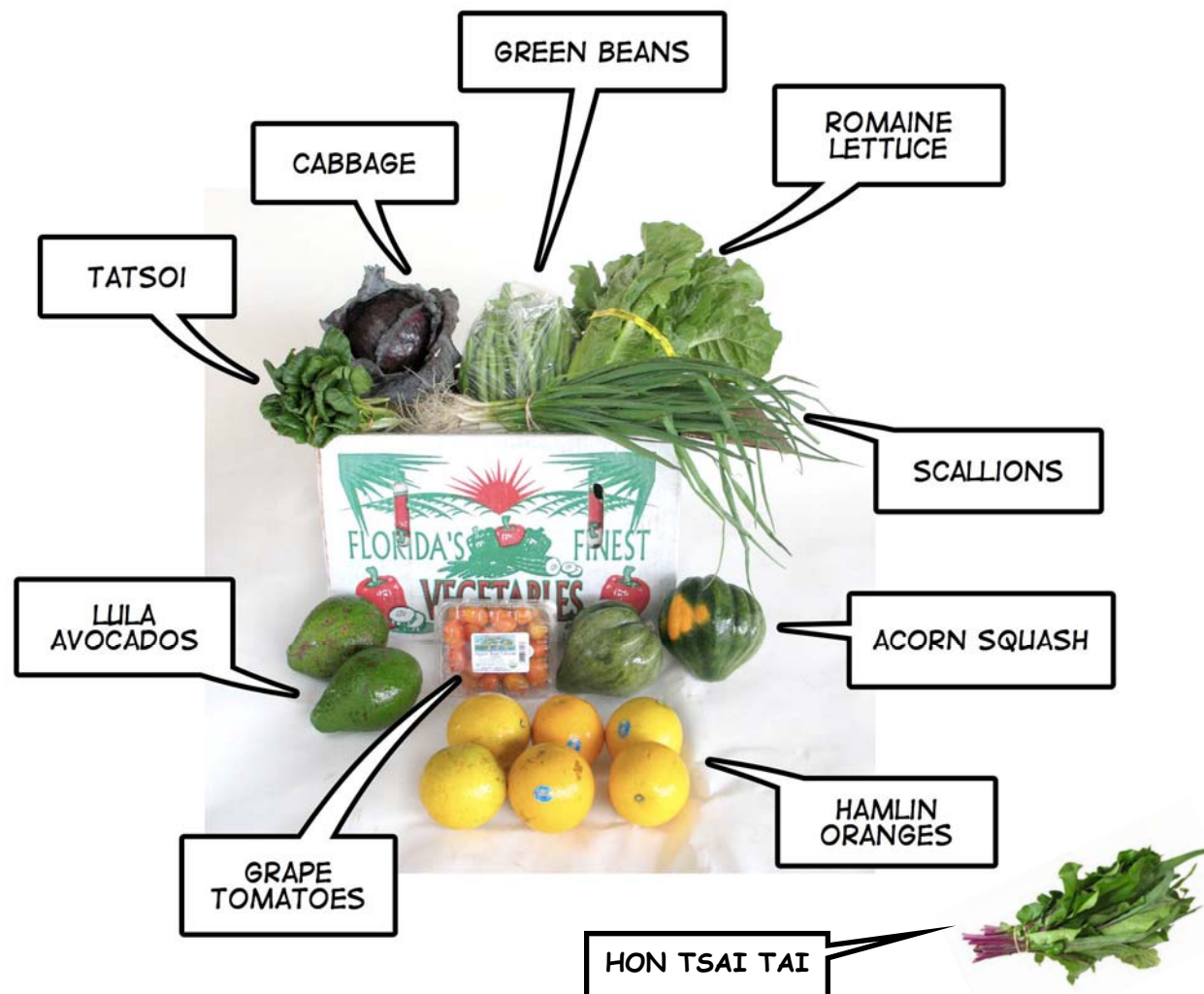
Hamlin Oranges: Known best as juice oranges, Hamlins are nevertheless a great eating orange. Cut them in half, then cut each half into wedges. Eat right off the skin.

Cabbage: These small sweet cabbages are great shredded into salads. Cooked, they're mild and flavorful. Try them cooked together with apples and onions, topped with a warm vinegar dressing.

Tatsoi: We've written about this Oriental vegetable before, but it bears repeating. This mild-flavored brassica is great in salads or cooked in anything from soups to stir-frys, or simply steamed and served with sesame oil & soy sauce.



Tatsoi



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>
100	Red or Green Cabbage (C&B)- Full only
165	Scallions (WF) - (Full / Half)
3	Green Beans (HOF) - (Full: 1.5# / Half: 0.75#)
0	Hon Tsai Tai (BHF) - (Half only)
0	Tatsoi (BHF) - (Full only)
150	Romaine Lettuce (C&B) - All
150	Acorn Squash (LMF) - (Full only: 2)
150	Grape Tomatoes (C&B) - (All:1 pint)
150	Hamlin Oranges (UM) -(Full:6 / Half:3)
3	Lula Avocados (HOF) - (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: all Dade County sites.
0	HONEY SHARES SUBSCRIBERS get honey next on Feb 2 (Mar 3, Apr 6)
	<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; HOF*=Homestead Organic Farms; UM=Uncle Matt's Organic; LMF= Lady Moon 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.