



## Recipe of the Week

### Melissa's Black Sapote Bread

- from The Redland Country News

1/2 c sugar	3 c sifted white flour
2 tsp baking powder	1 c whole wheat flour
4 eggs	1 tsp salt
1 tsp baking soda	2 tsp cinnamon
1 c non-fat plain yogurt	1/4 tsp nutmeg
2 tsp vanilla	1/4 tsp allspice
2 c very ripe mashed black sapote	1/2 dried cranberries, raisins, or coconut

Preheat oven to 350°F. Mix together sugar, eggs, yogurt, vanilla and fruit in one bowl. In another bowl sift flour with baking powder, soda, salt, cinnamon, nutmeg and allspice. Gradually add flour mixture to egg mixture and stir thoroughly. Add dried cranberries, coconut or raisins. Pour into 2 greased and floured loaf pans. Bake for 1 hour. Dust with powdered sugar if desired.

### Canistel Custard

-from Tropical Fruit Recipes by the Rare Fruit Council

3/4 cup ripe canistel, mashed	3 eggs	2 1/4 cups milk (scalded)
1/2 cup sugar	1/4 tsp salt	1 Tbsp lime juice

Beat eggs lightly. Stir in sugar, fruit & lime. Add hot milk slowly, while stirring. Pour into buttered custard cups. Set in pan of hot water about 1 inch deep. Bake at 350°F about 30-40 minutes, until custard is done.

### Farmers Market season is here!

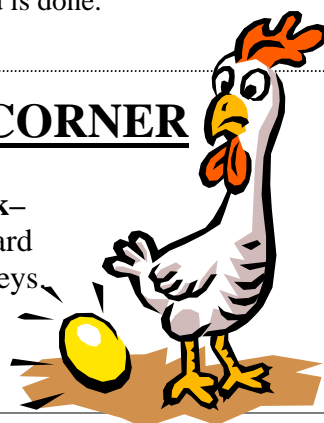
Come see us!

**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 Broward and 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 makeup weeks at the end to redeem your credits. NOTE: TRIAL SHARES ARE NOT ELIGIBLE.

**Find past newsletters online!** Go to [www.redlandorganics.com](http://www.redlandorganics.com), click on CSA, then Newsletters.

**Share your recipes!** Email your recipes to: [recipes@beeheavenfarm.com](mailto:recipes@beeheavenfarm.com) or visit one of our **Member blogs:** [www.miamidish.net](http://www.miamidish.net); [www.criticalmiami.com](http://www.criticalmiami.com); [tinkeringwithdinner.blogspot.com](http://tinkeringwithdinner.blogspot.com); [mangoandlime.net](http://mangoandlime.net)



## Farm News

Hopefully this will be the last week without the use of the big reefer truck. We've got the routine down pat, taking the produce to Dan's and packing it there, and we really appreciate him letting us use his packing shed, but we do prefer our own place!

Except for citrus, wintertime is normally a dry time for fruit in Florida. However, we are blessed with a number of tropical fruit here in South Florida that do bear in winter- late avocados, bananas,

carambola, canistel, black sapote, caimito, mamey, papaya, and others. This year seems particularly fruitful, and this week's shares include black sapotes and canistel. Both of these fruit originate from Central America, and are not very well known here. They are high in vitamins and minerals, and are great eaten out of hand or used in a variety of recipes. Check out both the recipes in this newsletter, and the links provided for more information and recipes about these unusual fruit.

### TRIAL SHARE MEMBERS

~NOTE~

This is the third week of the trial shares — watch for an email in the next few days. To continue with us for the remainder of the season, you will need to pay before January 27th.

### We're in the news!

Wow- we're all over the news. The January 10, 2008 Miami Sun Post has an article by CSA member Danny Brody. Check it out: [www.miamisunpost.com/011008bites.htm](http://www.miamisunpost.com/011008bites.htm).

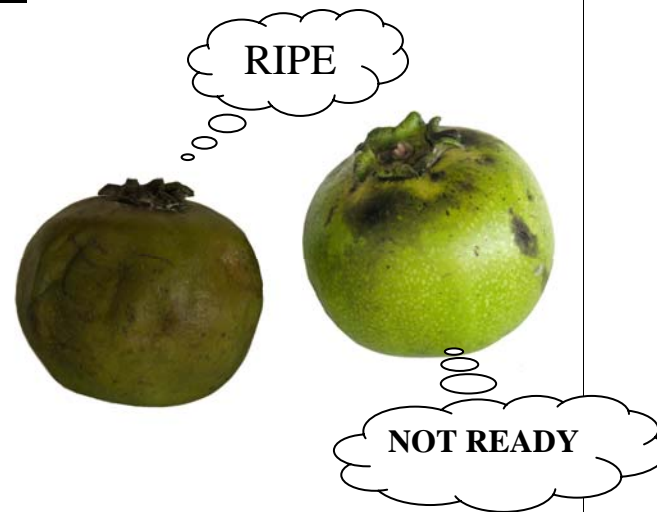
And in the current issue of Organic Gardening magazine there's a great article about Coral Gables, talking about our CSA. Theine Tea Salon is also listed. Kyra White, proprietor, has been hosting the Gables pickup site at Theine for several years now. Kyra was also one of the organizers of the Miami Slow Food convivium. (If you don't know about Slow Food Miami, check them out: [www.slowfoodmiami.com](http://www.slowfoodmiami.com). They support and promote small family farms, real food, school gardens, and preservation of food traditions.



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

**Featured Items**

**Black Sapote :** This tropical persimmon relative is at its best when it looks ugly rotten brown. Don't get impatient and break it open too early! A properly-ripened fruit is very, VERY soft, and looks like it's about ready to be thrown in the compost. But don't! Inside it will be a shiny brown-black color. Also known as chocolate pudding fruit, it can be eaten fresh, used in baking, puddings and ice cream. It is high in Vitamins A, C and potassium. For the Florida Cooperative Extension Service, IFAS fact sheet on black sapote, visit: <http://edis.ifas.ufl.edu/HE609> . The fact sheet provides great information on this wonderful, relatively unknown fruit, and includes several good recipes.



**Canistel:** Also known as eggfruit, the dense flesh of this yellow mamey relative looks like hard-boiled egg yolk, but tastes sweet. It's great for smoothies and desserts. This is another fruit that you must let fully ripen, or else it has an unpleasant milky latex that will taste funny and make your lips sticky for hours. So WAIT until it's SOFT — they often begin to split open at that point. Canistel is a good source of Vitamin A and niacin, fair source of Vitamin C, calcium iron and phosphorus.

**Watercress:** B&W, located in Fellsmere, just west of Vero Beach, is, according to their website, the world's largest watercress grower. They also have facilities in several other states, where they continue the growing cycle into the summer for year-round production. Watercress is a nutritional powerhouse — and is used in many ways. Try watercress sandwiches, watercress & potato soup, dips and simple salads.

**Correction:** The food miles shown last week for Uncle Matt's was incorrect. It should be 185 miles.



**TOTE YOUR SHARE**

Do you have a tote yet? If not, now's the time to buy one, or two. Use them for your shares, take them to your local farmers market, supermarket, wherever you shop. Support our CSA. You can buy your totes online (produce not included) at [www.redlandorganics.com](http://www.redlandorganics.com) — click on CSA and choose "share add-ons". We'll send them along with your next share.

We can also ship totes by USPS priority mail \$7 for one, \$2 for each additional tote to the same address. They make great gifts.

**What does it look like?** Every week, we 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>
150	<b>Green Peppers ( SOF, C&amp;B )-</b> (Full: 2 / Half: 1)
165	<b>Scallions (WF) -</b> (All:1)
184	<b>Watercress (B&amp;W) -</b> (Full only)
150	<b>Green Kale (LMF) -</b> (Full / Half)
0	<b>Arugula (BHF) -</b> (Full only )
100	<b>RedLeaf Lettuce (C&amp;B) -</b> All
165	<b>Dill (WF) -</b> (Full:2 / Half:1 )
7 & 2	<b>Black Sapote (PT &amp; TSF) -</b> (Full: 3 / Half: 2)
7	<b>Canistel (PT) -</b> (Full: 2 / Half: 1)
	<b>Xtras!! (Take it or leave it...)</b> 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	<b>Eggs are for EGG SHARE SUBSCRIBERS ONLY (F/H)- very limited supply!!</b> This week: All Broward and the Keys.
0	<b>HONEY SHARES SUBSCRIBERS</b> 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 <a href="http://www.redlandorganics.com/CSAboxes.htm">www.redlandorganics.com/CSAboxes.htm</a>. 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\*\*; PT=Possum Trot Nursery\*\*; B&W=B&W Quality Growers; LMF= Lady Moon Farm; C&B= C&B Farms (Little Cypress Organics), SOF=Somerset Organic Farms

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

**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.