



Recipe of the Week

Canistel

-from Julia Morton's Fruits of Warm Climates

Eat Canistel with salt, pepper and lime or lemon juice or mayonnaise, either fresh or after light baking. The pureed flesh may be used in custards or added to ice cream mix just before freezing. A rich milkshake, or "eggfruit nog", is made by combining ripe canistel pulp, milk, sugar, vanilla, nutmeg or other seasoning in an electric blender.

Carambola

-from Julia Morton's Fruits of Warm Climates

Ripe carambolas are eaten out-of-hand, sliced and served in salads, or used as garnish on avocado or seafood. They are also cooked in puddings, tarts, stews and curries. In Malaya, they are often stewed with sugar and cloves, alone or combined with apples. The Chinese cook carambolas with fish. Thais boil the sliced green fruit with shrimp. Slightly underripe fruits are salted, pickled or made into jam or other preserves. In mainland China and in Taiwan, carambolas are sliced lengthwise and canned in sirup for export. In Queensland, the sweeter type is cooked green as a vegetable. Cross-sections may be covered with honey, allowed to stand overnight, and then cooked briefly and, put into sterilized jars. Some cooks add raisins to give the product more character. A relish may be made of chopped unripe fruits combined with horseradish, celery, vinegar, seasonings and spices.

Beans n' Greens

This recipe is a family favorite, usable with any kind of greens. You can find it online in our newsletter archive. Look at Week 4 of the 2003-2004 season. www.redlandorganics.com/newsletter/20031213.pdf

Farmers Market season is here! Come see us

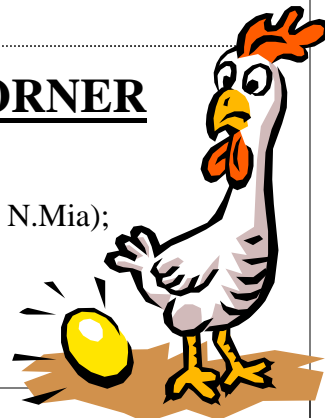
Sundays from 8am-1pm(thur Mar 30) @ Gardner's Market parking lot
- in Pinecrest, on SW 124th St just east of US1

Mondays from 1pm-5pm @ Gardner's Market in Ocean Reef Club

Thursdays from 11 am-3 pm (Feb 21-Apr 3) @ Bayfront Park in
Downtown Miami

EGG CORNER

This week-
Dade (except N.Mia);
Pompano



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

Oh, boy! Talk about Murphy's Law... last Saturday, as some of you already know, Victor had TWO tires blow out in Miami Beach. CSA member Dan Brandt came to the rescue. He sent his driver and van to pick up the North Miami shares, deliver to Michael's Genuine Food & Drink, and located a truck tire repair shop which would provide roadside service. In the true spirit of **Community-Supported** Agriculture, Dan generously arranged to take care of the expenses, asking only that Victor supply us an equivalent amount of free delivery. We are ever so grateful, Dan! We really appreciate your support- it means a lot to us.

Since Victor was stuck waiting, Keisha, farm intern, volunteered to deliver the shares to the Keys. We rendezvoused with her in Islamorada with the Keys newsletters and eggs. Good thing we did that, because the van keys got acci-

dentally locked inside the van! A call to AAA and 1 hour later, she was back on the road, finally finishing in Key West approximately 45 minutes late.

Meanwhile, up north, Victor finally got going again, to find that he had developed a coolant leak AND a cracked injector line. He limped back slowly, arriving really late, and very discouraged.

We thought the reefer unit was finally repaired this week after its visit to Thermo-King, only to have something inside it burn up in the middle of packing the shares on Friday afternoon. So back to HOF's packing shed to store the shares until the morning... the saga continues. A new truck, you say?? Sure... anyone got \$50,000 handy?

In other news... it seems everyone is in a 'growing gap' right now - after the cold weather and hard freeze in most of South

Florida north of Miami, there is not much production on the farms. For example, we expected to have twice the amount of yellow squash than what ended up in your shares, but the cold weather slowed down their growth. And, as you probably noticed, there is very little in the way of greens at the moment, and absolutely no cucumbers. Pretty soon production will pick up again, as the newly-replanted greens get big enough to harvest. Just pray for no more freezing weather!



Erin & Keisha taking a break

Calling all boxes...

Please remember to return your boxes every week. Our goal is to have 90% return on the boxes- at this point, we're getting about 75% back, and we have to throw a number of those away each week because they're torn. This happens when the box is not handled properly. Please see page 2 of this newsletter for a pictorial guide on how to flatten your box correctly. We'd really appreciate it if you take the time to review the procedure. The boxes are expensive, and we hate to feed Mt. Trashmore!!

TRIAL SHARE MEMBERS

This is the last week of the trial shares. We hope you've enjoyed them. To continue with us uninterrupted for the remainder of the season, please use the link provided in the email to pay online. We've extended the Friday deadline for online payments to Sunday, as the website was unavailable for most of the day on Friday due to a server crash.

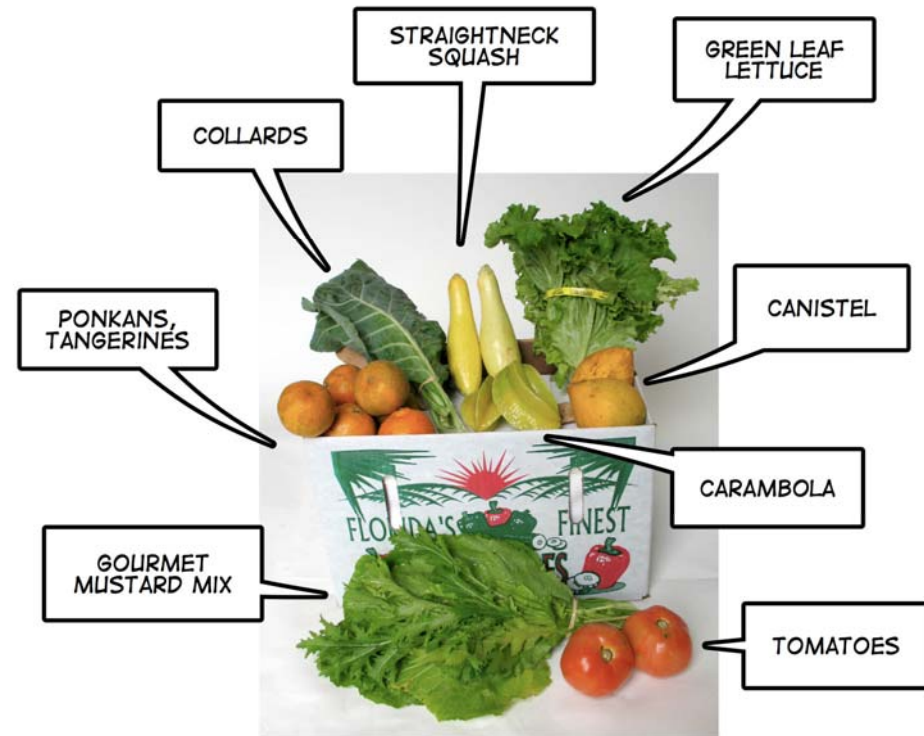


It's rich, "organic", down-to-earth, user-friendly, and nourishing!

Featured Items

Citrus : This year we again have been able to get Virginia’s excellent fruit from the Broken J Ranch. You might find the loose-skinned ponkan or the bright orange tangerines in your share. Both are excellent fresh eating. This is probably the only time this season you’ll see these fruit, as Virginia is not a commercial grower and only has a small planting.

Canistel: We had these last week, too. Remember to 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.



How to flatten your box:

Gently pull back (not up) while folding the flap to disengage the flap(s) from the notches.

Don't yank— you'll rip it!



For full directions, visit

www.redlandorganics.com/CSAboxes.htm

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 | Yellow Straightneck Squash (C&B) - (Full: 2/ Half: 1) half what was expected to be harvested⊗ |
| 165 | Collards (WF) - (Full / Half) |
| 100 | Greenleaf Lettuce (C&B) - All |
| 0 | Gourmet Mixed Mustard: Suchlihung, Florida Broadleaf, Red Giant, Osaka Purple (BHF) - (Full only) |
| 150 | Tomatoes (C&B) - (All: 2) <i>LET THEM FINISH RIPENING!!</i> |
| 160 | Assorted Citrus: ponkans and tangerines (BJR) - (Full:6 / Half:4) |
| 7 | Carambola (PT) - (Full: 2 / Half: 1) |
| 7 | Canistel aka Eggfruit (PT) - (Full: 2 / Half: 1) <i>WAIT 'TIL IT'S SOFT!!</i> |
| | Xtras!! (Take it or leave it...) Take a goodie from the Xtras box, or if there's something in your share that you won't use this week, donate it to the box —someone else will be happy to have it. |
| 0 | Eggs are for EGG SHARE SUBSCRIBERS ONLY (F/H)- very limited supply!! This week: Dade (except N.Mia), Pompano. |
| 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? -all the farms are located in the South Florida area

WF*= Worden Farm; BHF*=Bee Heaven Farm; PT=Possum Trot Nursery**;

BJR=Broken J Ranch (Ft. Myers, not organic, unsprayed); C&B= C&B Farms (Little Cypress Organics),

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

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

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.