



## Recipe of the Week

### Dilly Beans

from *The Tasting Table*

1 lb green beans, ends trimmed	1 tsp red pepper flakes
2 lg cloves garlic, peeled and mashed	1/2 tsp dill seeds
10 sprigs fresh dill	1/2 tsp mustard seeds

In a covered pot, steam beans over boiling water for 5-7 minutes. Rinse them in cold water and drain. Place beans in a glass or ceramic bowl. Add the garlic, dill, red pepper. Marinade as follows:

1 cup cider vinegar	3 T. sugar
1 cup water	1/2 tsp salt

Combine the marinade ingredients in a glass, enamel or stainless steel saucepan. Bring them to a boil. Pour the hot marinade over the beans, and let mixture cool. Cover the bowl and refrigerate the beans for 10 hours or longer. To serve, remove the beans from the marinade which may be used again to store the leftovers or make a new batch of beans.

### Golden Brown Rice

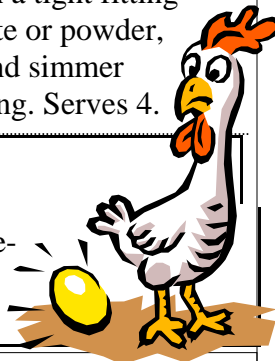
from *The Tasting Table*

1 stalk lemongrass	1 T. yellow Thai curry paste or Indian curry powder
1/2 cup finely chopped yellow onion	1/2 tsp turmeric
1 clove garlic, minced	1 cup brown rice
2 1/4 cups vegetable stock or water	

Wash lemongrass and peel away the outermost layer. Pound several times with the flat base of a knife, pestle, or small pan to soften, then tie the whole stalk in a knot and set aside. In a medium pot with a tight fitting lid, cook onion and garlic in 1/2 cup stock until softened, about 5 minutes. Stir in curry paste or powder, turmeric, rice, remaining stock, and lemongrass. Bring to boil, reduce heat to low, cover, and simmer until rice is tender and liquid absorbed, about 45 minutes. Remove lemongrass before serving. Serves 4.

### EGG CORNER

We're waiting for the new hens to start laying. The few girls hatched around Easter have begun, so the others should follow soon (they were hatched in mid-June). Egg shares are not scheduled to start until late December.



#### Tidbits

**Going out of town?** Please make arrangements for someone to pick up your share. If you must abandon it that week, please let your site host know so they can find a home for it.

**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)

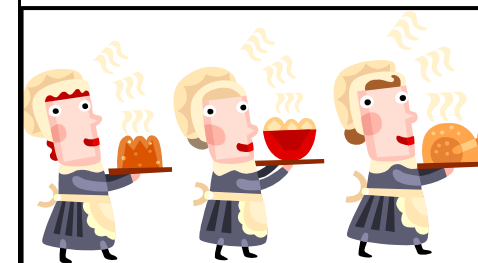
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## Farm News

Oh, boy! It's exciting to watch the seeds sprouting out of the ground – some literally in minutes. Beans are especially gratifying. You'll see little raised bumps of earth, then look again a half-hour later, and the something is poking through the earth...but you're not quite sure yet...until you look again an hour later, and suddenly, there's a baby bean plant sprout, unfurling itself! Check back again in another hour or two, and you'll see the first two leaves appearing. Few things are that easy to see actively growing. However, from one day to the next, we'll see an entire row turn from brown to green – another crop sprouting out of the ground. Some things, like carrots and scallions, are so wispy that you don't know for the longest time whether anything is growing, and if it is, whether it's a weed or not. Those are typically the kinds of crops that also can't tolerate weed pressure when they're young, so it's a real challenge to help those along when they're so tiny.

We've been busy with a couple of



### Thanksgiving

It's a harvest festival — up north, it's a celebration of the end of a successful harvest. Here, we give thanks for a hurricane-free summer and celebrate the start of a successful harvest. Happy Thanksgiving!



### Winter Farm Day

### Bee Heaven Farm

noon-3pm

SUNDAY

December 21st

Put it on your calendar now — details to follow

Enjoy a fun day in the country, meet some of your local farmers and fellow CSA members.

back-to-back festival events, and planting the crops. Our new interns, an awesome group, have been putting up trellising for the beans and the tomatoes. And speaking of tomatoes, we have certified organic heirloom tomato plants available. Want to try your hand at growing some weird and wonderful tomatoes? Or maybe just some old-fashioned ones? We have over 60 varieties ready for planting. Email Margie ([office@beeheavenfarm.com](mailto:office@beeheavenfarm.com)).

### Our Farm Family

This year, we have a group of multi-talented artists-in-residence.

“Sometimes the farm inspires us to invent new ways of entertaining our-

selves. Here's a creative exercise that everyone can enjoy. . (Ed: *I think they got a touch of sunstroke driving rebar into the ground!*)

**Dada pOetrY** is a barrage of random words melded together in celebration of the absurd.

You create the poem by cutting up random words and phrases, throwing them in a container, shaking then pouring out your container, and reading your masterpiece. Here is ours:

- rocks am yesterday**
- sorry MR Spider**
- tomorrow Contraband to chancha**
- the loft broken oven pile**
- eyelids came to town**
- telekinesis wilting sorrow**
- avocados bend bonfire sawdust**
- do we have phylogenics?**
- I hear feet touching that light**
- Found after protein powder**
- Smile hot new today**
- Going with the grain**
- Lots of weeding**
- Tortillas oh gee thanks**
- Cowbell come home away from home**
- Dirty red yellow black jack**
- Outdoor shower was cold**
- Where corn bark**
- Tomato bright as a fair beard**
- Hummingbirds lucky stars**
- Can old dry skin homestead?**

Jon, Muriel, Patrick and Ariel



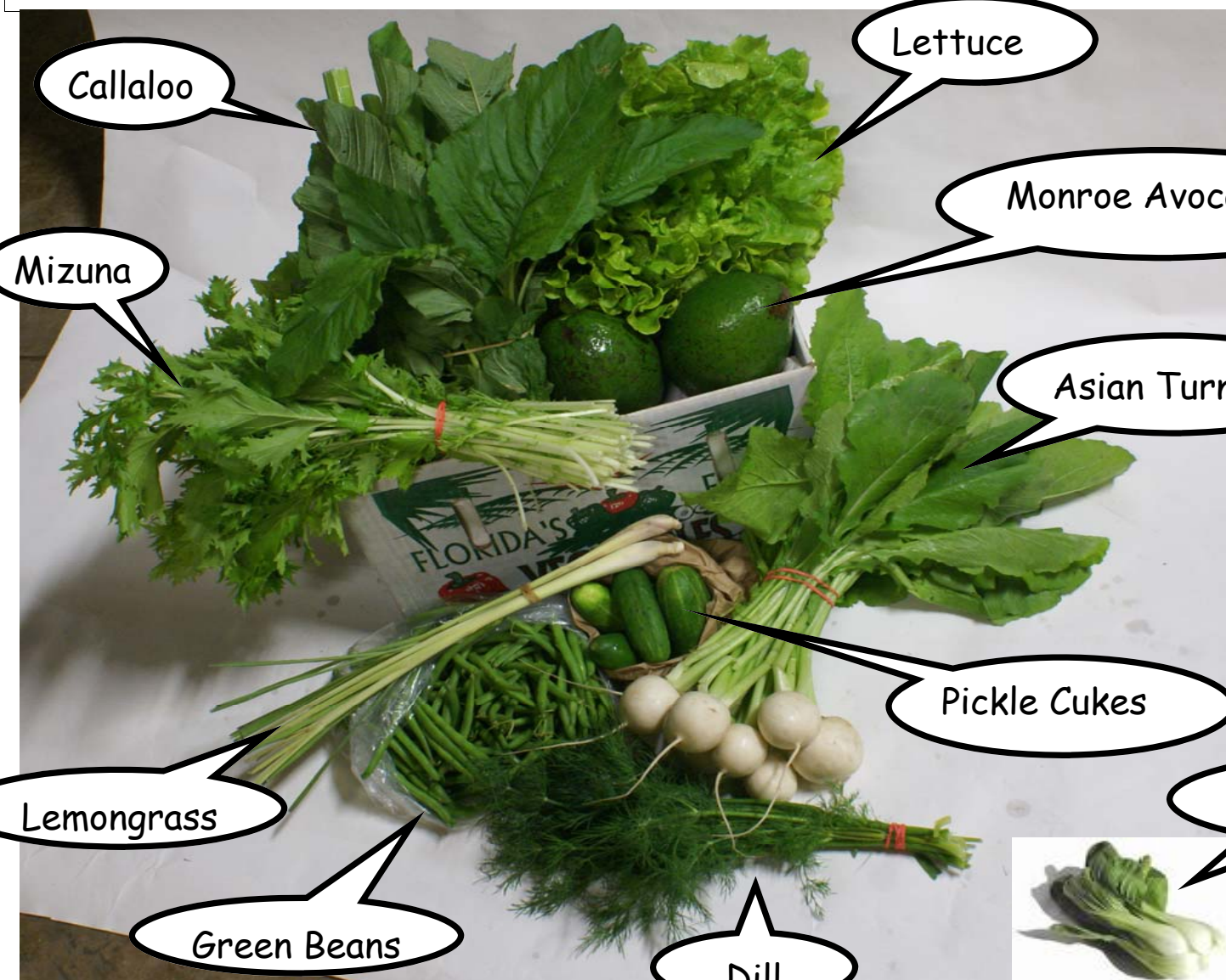
*It's rich, "organic", down-to-earth, user-friendly, and nourishing!*

## Featured Items

**Green Beans** It's a Homestead specialty, and a Thanksgiving tradition. Improve on that tired old 'green bean casserole' by using fresh beans and a whole-grain topping.

**Pickle (Kirby) Cukes** Crispy, short cukes— some small like 'cornichons', some larger like the 'old fashioned half sours'. Pickles are really easy to make. In the bottom of a clean jar or large crock put lots of peeled garlic cloves, a lot of dill (chopped or whole), and some peppercorns. Add some grape leaves (our local native species works great)— it keeps the cukes crispy, much like alum does, only more naturally. Add as many cukes as you can (poke them several times so the brine can penetrate). Pour brine (salt and water) solution over everything and top with a weighted plate to keep the pickles submerged. Let sit on the counter for a few days. Check daily, and remove any mold or scum that develops on top. Taste after a few days, continue until they're as sour as you like, then refrigerate.

Another way to do a quick Japanese-style 'pickle': slice cucumber thinly and put into a ziploc bag, together with a bit of salt and a piece of kombu (seaweed), cut into small pieces. Seal the bag and 'massage' a bit until everything is well-mixed. Let sit for a couple of hours and enjoy.



**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!...

**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	<b>Callaloo (TSF) - Full only</b>
0	<b>Lemongrass (BHF) - All</b>
165	<b>Dill (WF) - Full / Half</b>
3	<b>Green Beans (HOF) - Full: 1.9# / Half: 1#</b>
165	<b>Mizuna (WF) - Full / Half</b>
2	<b>Baby Bok Choy (TSF) - Half only</b>
165	<b>White Asian Salad Turnips w/tops (WF) - Full / Half</b>
165	<b>Lettuce (assorted crisphead varieties) (WF) - All: 1</b>
3	<b>'Kirby' (pickling) Cucumbers (HOF) - Full: ~1.5# / Half: ~1#</b>
5	<b>Avocados (PF) - Full: 2 / Half: 1</b>
	☺ <b>Xtras - pick an item or two —</b>
0	<b>Egg shares are scheduled to begin in mid-December</b>
0	<b>Honey Shares go out on the first week of each month, starting December 6-7</b>
	<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?** -all the farms are located in the South Florida area

WF\*= Worden Farm; TSF\*=Three Sisters Farm\*\*;

BHF\*= Bee Heaven Farm; PF\*=Paradise Farms; HOF\*=Homestead Organic Farms

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

**ABOUT: Callaloo**

This amaranth is grown in the Caribbean for its sweet (when cooked), great-tasting leaves. The common wild types that grow here are known as pigweed, and occur in both spiny and smooth-stem types. Callaloo is used as a filling in Jamaican patties. You can cook it simply with some oil, garlic, and spice to taste.