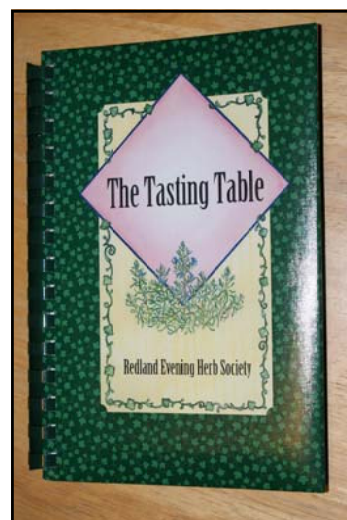




## Recipe of the Week Raw Black Sapote Pudding

2 ripe black sapote	1 tsp cinnamon
1 ripe avocado	Honey to taste
2 Tbsp cocoa or carob powder (optional)	Juice of 1 lemon or lime

You can adjust the proportions depending on how many black sapotes you have, and how big your avocado is. Blend all in a food processor until smooth. Pour into a bowl. It will 'set' into a thick pudding consistency. Enjoy!



### New, Locally-produced Cookbook

This group meets once a month at the Redland Fruit & Spice Park, just down the street from the farm. The meetings are always interesting and well-attended. The book grew out of many years' worth of wonderful dishes that REHS members bring to the tasting table after the meeting. Needless to say, the recipes highlight herbs, along with many locally-produced food items. You have already seen two recipes from this great book (in the last newsletter). The book makes a great holiday gift. You can purchase them for \$12 plus tax by going to our website, [www.redlandorganics.com](http://www.redlandorganics.com), and selecting CSA add-ons from the menu. Proceeds from the book benefit REHS and Bee Heaven Farm's internship program. REHS meets on the 1st Wednesday of the month at 7:30. Join them!



Farm intern Ariel really gets into her work!

### Blog it?

Several CSA members have been maintaining blogs, in which they relate their CSA food encounters. Some have had sporadic posts about their shares, but Bill Jacobs' Tinkering With Dinner faithfully tracked every week's share last season, and promises to continue for his second year as a CSA member. Check out his blog, as well as other members' blogs (see below in 'Tidbits'), and become active in our CSA community— even if just to comment on the recipes!

### EGG CORNER

We're getting a few eggs now— still need a lot more! 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.

**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)

Visit local food blogs: [www.miamidish.net](http://www.miamidish.net); [criticalmiami.com](http://criticalmiami.com); [tinkeringwithdinner.blogspot.com](http://tinkeringwithdinner.blogspot.com); [mangoandlime.net](http://mangoandlime.net)



## Farm News

It's December already. Though the calendar year is winding down, we're just getting started! This week's share is an unusual fluke. Normally, this early in the season we're very heavy on the greens, and not much else. This time, though still a bit on the light side, we have an assortment of unusual, non-leafy stuff, along with mint. We were expecting thyme, but somehow in the confusion of loading the truck, it got left behind (wah!). We also have an interesting item— Jamaica Sorrel, also known as Florida Cranberry. This red acid-tart 'fruit' ripens around Thanksgiving. Early Florida pioneers used this as a very acceptable substitute for cranberry, to accompany their turkey. It also makes an awesome drink. We have enough for everyone to try— the full shares will get it this week, and the half shares next week.

Angela K., a 4th year CSA member, made a generous donation of a full share for a needy family. We decided to turn it into two half-shares (which is a bit more food), and to give it to the Homestead Soup Kitchen this season. We will also be providing unused produce left over from our farmers market sales starting in January. The Homestead Soup Kitchen serves a home cooked lunch to needy folks every Monday, Wednesday and Friday. They serve anywhere from 200-300 hungry people at each meal. We felt this was the best way to get the most food out to the most people. The folks at Homestead Soup Kitchen are excited to receive the shares.

Thank you, Angela!

*Farm Day*  
**Bee Heaven Farm**  
*Come to the country-  
fun*  
*for the whole family!*  
**Sunday,**  
**December 21st**  
**11:30am - 3:30pm**

- \*hay rides\*
- \*make your own scarecrow\*
- \*meet your farmers\*
- \*meet fellow CSA members\*
- \*bring a dish to share\*
- \*bring the kids\*
- \*bring your friends\*

*local singer/songwriter Grant Livingston will sing from 12-2*

Cordon Bleu graduate chefs Rachel O'Kaine and Adri Garcia will prepare dishes using local ingredients

*seasonal produce, dried fruit& rubs, raw farm honey, heirloom tomato plants for sale*

*your \$10 donation will help support our internship program as well as our singer and chefs*

Directions: from southbound on US1, turn west (right) on Bauer Drive (SW 264th St), & go approx 5 miles, past Redland Road (SW 187th Ave).

Look for the farm sign & flags.

### Our Farm Family

Thursday we welcomed Randall, who pitched in to help within minutes of arriving at the farm. Ariel has been with us a couple of weeks. Patrick has completed his first month on the farm, and Jon two months already. Muriel has been with us since the summer, starting with the avocado harvest. Time flies when you're having fun— and right from our interns' notes...

"Hi there, eaters of good foods! We are the interns, the mighty, mighty interns. We help grow the food. The food helps grow us. As food growers (farmers) we are not exactly the best writers on the planet. Despite this fact, we do get to write and we do get to publish it in this fantastic newsletter. Perhaps it is just the practice we need. However, you guys are gonna be the ones that have to suffer through the misspellings and the poor grammar and the missed punctuation and the run-on sentences... Whereas we just have to talk to each other and we are much better at talking than we are at writing.

Luckily for you (and hopefully for us) we're much better at growing food than writing! So we would like to thank all the CSA members for supporting local agriculture and helping to promote a more sustainable way of life.

We thank you. Margie thanks you. The earth thanks you.

Enjoy!"

Jon, Patrick, Ariel, and Randall



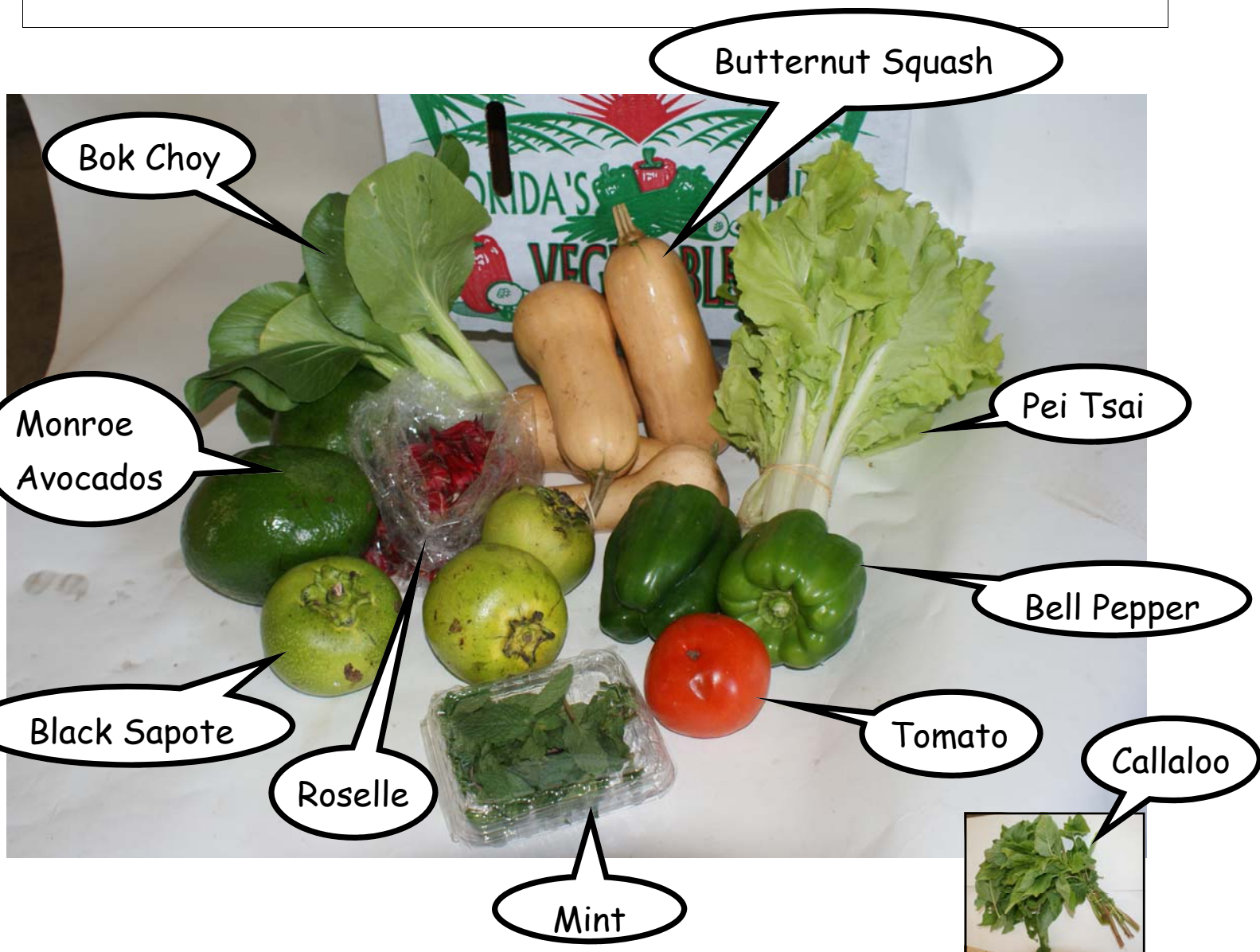
*It's rich, "organic", down-to-earth, user-friendly, and nourishing!*



### Featured Items

**Pei Tsai** This light cabbage relative is also known as ‘Chinese Lettuce’. Try it slightly wilted (quick immersion in boiling water, or steamed), Japanese style with a bit of miso. Or, try it in a salad with a contrasting green such as arugula, topped with balsamic dressing and your choice of adornments– sliced black olives, crumbled feta cheese, seeds or nuts, or thinly sliced onions.

**Black Sapote** This tropical persimmon needs to be eaten when fully ripe– NOT BEFORE! So, how to tell when it’s ready? It’s ripe when it looks like it’s ready to be thrown out (literally)! Wait until it’s brown, very, very soft, and even a bit shrunken. If the skin tears easily, better yet. It will be a dark chocolate brown or shiny black inside. There are a few seeds, which you can remove. The skin can be eaten or discarded. Check out the recipe on the back for a simple raw ‘pudding’ made with black sapote and avocado. Also check out last year’s [CSA Week 8 newsletter](#) (2007-2008) [in the online archives at [www.redlandorganics.com/CSA.htm](http://www.redlandorganics.com/CSA.htm)] for more information, pictures of a green vs ripe black sapote, and more recipes.



**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!... OK, so you KNOW what a bell pepper is...



**About the shares...** There are two sizes of box, corresponding to the two share sizes. **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>Bok Choy (TSF)</b> - Full only
2	<b>Callaloo (TSF)</b> - Half only
0	<b>Pei Tsai (BHF)</b> - Full/Half
150	<b>Tomatoes (C&amp;B)</b> - Full:1 ( <i>we expected more peppers and tomatoes, but...</i> )
150	<b>Green Bell Peppers (C&amp;B)</b> - Full: 2 / Half: 1 pepper (or 1 tomato)
165	<b>Baby Butternut Squash (C&amp;B)</b> - Full:5 / Half:2
-150	<del><b>Thyme (C&amp;B)</b> - Full / Half — <i>Sorry! Didn’t make it on the truck</i></del>
150	<b>Mint (C&amp;B)</b> - ALL
1	<b>Monroe Avocados (WO)</b> - Full: 2 / Half: 1
7	<b>Black Sapote (TP)</b> - Full:3 / Half:2
2	<b>Roselle (Hibiscus/Jamaican Sorrel) (TSF)</b> - Full Only
	☺ <b>Xtras — pick an item or two —</b>
0	Egg shares are scheduled to begin in late December, once the hens start laying
0	<b>THIS WEEK: Honey –1lb **ONLY** for those who bought a separate honey share</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

BHF\*= Bee Heaven Farm; TSF\*=Three Sisters Farm\*\*; PT=Possum Trot\*\*;  
C&B= C&B/Little Cypress Organics; WO=Wyndham Organics (transitional)

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

**ABOUT: Roselle (Hibiscus sabradiffa)** The fleshy calyxes (outside flower parts) of this hibiscus are used to make a zesty tea or drink. A sweetened version is known as ‘Agua de Jamaica’. It is prepared by boiling the fresh or dried flowers (calyxes) in water for a few minutes (until the water turns red), then adding sugar. It is served chilled, with sugar, or as a hot tea. It is rich in Vitamin C and anthocyanins. Roselle is also used to make wine, pickles and preserves. The sour leaves are also used. Its fiber is used like jute to make burlap.