



## Recipes of the Week

### Ratatouille

Ratatouille is a traditional French Provençal stewed vegetable dish, originating in Nice. The full name of the dish is Ratatouille Niçoise. It is usually served as a side dish, but may be served as a meal on its own. A dish that can be adjusted to whatever you have on hand, it generally includes eggplant, a summer squash (zucchini or yellow), tomatoes, onions and peppers. Seasonings include olive oil, garlic, and Italian seasoning (or whatever strikes your fancy), with salt & pepper to taste. Chop the onions, tomato and peppers; dice the garlic. Make a 'sofrito' by sautéing the onions, tomato, pepper, garlic and seasonings. Cut vegetables into chunks. Add them and cook until the vegetables are soft but not falling apart. Enjoy!

### Yellow Squash Medley

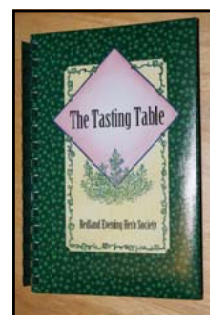
from *Nourishing Traditions*

4 Yellow Squash	About 4 Tablespoons Extra Virgin Olive Oil
1 Medium Thinly Sliced Onion	2 Medium Tomatoes
Sea Salt	1-2 Teaspoons Minced Garlic
2 Tablespoons Pine Nuts	1 Tablespoon Finely Chopped Parsley

Julienne or cut squash into strips with potato peeler. Sprinkle with sea salt and set aside. Sauté onion and garlic in olive oil on low heat until golden. Add squash and tomatoes and sauté a few minutes more, over medium heat, stirring constantly. Stir in pine nuts and parsley and serve hot. For a variation, add a tablespoon of paprika when sautéing squash.

### Great Stocking Stuffer! New, Local REHS Cookbook

This recipe book grew out of many years' worth of wonderful dishes that Redland Evening Herb Society members bring to the tasting table after their monthly meeting. Needless to say, the recipes highlight herbs, along with many locally-produced food items. **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.



## EGG CORNER

We're getting more eggs now— but still need more! Egg shares were originally scheduled to start in late December...let's see how the young ladies are doing next week...

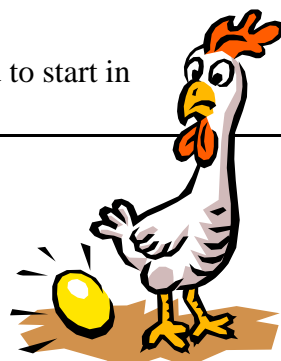
### Tidbits

**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

*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 and farm intern Jon Middleton will perform*  
Cordon Bleu graduate chefs Rachel O'Kaine and Adri Garcia

**Hani will bring his Mediterranean Organics creations for tasting and sale: hummus, baba ganoush, tabbouleh, local goat's milk ice cream and more. Yum!**

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

**Your \$10 donation helps support our internship program as well as our singer and chefs, and includes a chance to win a Smith & Hawken BioStack Composter— a \$129 value**

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.

The holiday season is upon us. Between Hanukkah, Christmas, Kwanzaa, and the New Year we'll be busy entertaining, eating, and partying. Food will often be the centerpoint of our social activities – what better time to consider our food situation? Check out this New York Times Editorial :

OPINION | December 10, 2008

### Obama's 'Secretary of Food'?

By NICHOLAS D. KRISTOF

When Barack Obama chooses his agriculture secretary, we need a bold reformer in a position renamed "secretary of food."

### Intern Diary

This past week was windy, cloudy, sunny and rainy. We did a lot of weeding, transplanted a few rows of beets and added compost to the tomato rows. We harvested Hon Tsai Tai for your share. We swept the floor.

Jean Michel arrived at the beginning of the week and immediately became helpful. We hung out with a guy who is staying in a tree house down the street; he rode his bike down from Wisconsin!

Jon baked his first loaf of wheat bread, which came out really, really good and fluffy, especially considering that he had no clue what he was doing. That same night Cliff came by to drop off the

Roselle and hung around for a while making us laugh.

The batteries that run off the solar panels to power our water pump have been on 'yellow', which means 'low' for 3 days so we haven't been able to do laundry and we've had to be very careful with water usage in general (so the pump doesn't run too much). Enjoy the fruit of our labor; we had fun making it happen!

In the Mayan calendar:

Saturday, December 13, 2008:

The sacred Mayan number is 4 (KAN). Kan is the number 4 in the Mayan Sacred calendar. It represents stability.

The Mayan day sign is CHUEN. Chuen means "monkey". It is the 11th day sign of the uinal. This day often brims with creativity and exercises a great variety of talents and skills.

Sunday, December 14, 2008:

The sacred Mayan number is 5 (HO). Ho is the number 5 in the Mayan Sacred calendar. It represents empowerment.

The Mayan day sign is EB. Eb means "road" or "grass". This is the 12th day sign of the uinal. The bearer of time and conductor of destiny, this day sign is supremely devoted to its fellow human beings, giving guidance and opening pathways to a healthier future. It has a certain ease and natural flow.

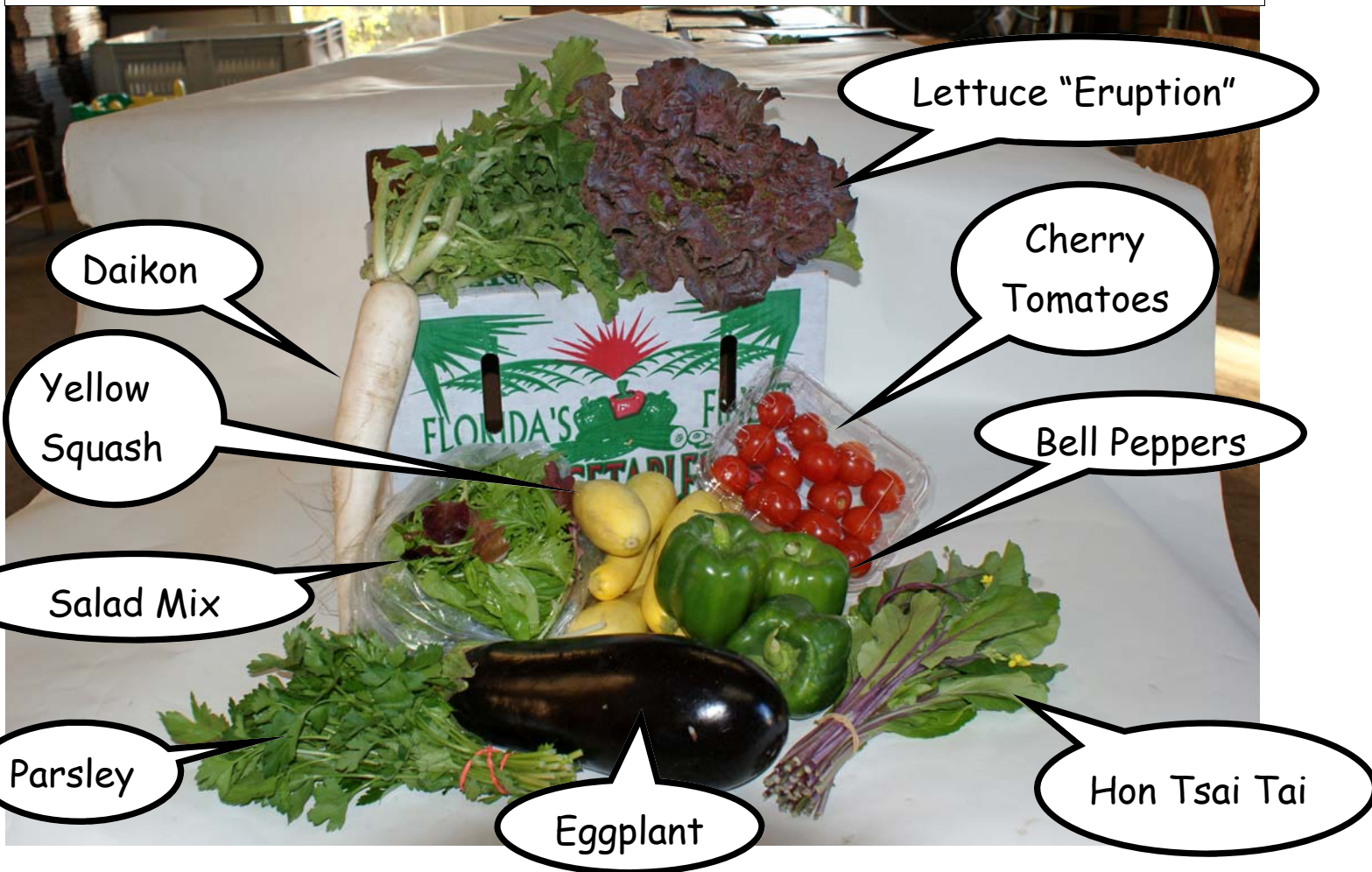


*It's rich, "organic", down-to-earth, user-friendly, and nourishing!*

## Featured Items

**Hon Tsai Tai** Every fall we grow this delightful Asian green (well, more like green/purple). The leaf stalks are juicy and tasty. In Asia, it's traditionally sold after it starts to flower. The blooms are a cheery yellow typical of the brassica family, to which Hon Tsai Tai belongs. When preparing, chop up the stems and stalks, add them first to your stir-fry, then add the chopped leaves a couple of minutes later. You won't find this at the store!

**Daikon Radish** Another brassica (yes, radishes are ALSO related to broccoli), this is a large mild radish which is appreciated all over Asia. From a simple pickle to a slaw to salads, cooked dishes and soups, daikon's versatility means that you can eat it over and over and have a new taste experience every time. Try it coarsely grated with a creamy Goddess or Ranch dressing.



**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...

**TIP:** 'Tis the season that many folks are installing all kinds of lights, regardless of religious persuasion.

Here's a great idea submitted by a friend and former CSA member for what to do instead of trashing them when they're no longer in working order. Tell lots of people and pool efforts so that we can keep as much as possible out of landfills!

[HolidayLEDs.com](http://HolidayLEDs.com) has a Christmas Lights recycling program. Don't want to throw your old incandescent lights in the trash? Send the light strings to them and they will recycle them for you and send you a coupon for 15% off. Instructions are on the website.

**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.** We also have an eXTRAS box, with goodies to rummage through and exchange with others—but they go fast! **If your share is missing, please DON'T make things worse by taking someone else's share—check with your site host at the end of the day.**

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 Squash (LM) - Full: 7 / Half: 4
165	Daikon Radish (WF) - All:1
0	Hon Tsai Tai (BHF) - All
100	Cherry Tomatoes (C&B) - Full: 1 quart / Half: 1 pint
100	Green Bell Peppers (C&B) - Full: 3 / Half: 2 pepper
165	Head Lettuce (assorted varieties) (WF) - Full only
100	Eggplant (C&B) - All: 1
165	Salad Mix: arugula, mizuna, tatsoi, lettuce (WF) - Full: 1/2 lb / Half: 1/3 lb
100	Thyme (C&B) - Half only
165	Parsley (WF) - Full only
2	Roselle (Hibiscus/Jamaican Sorrel) (TSF) - Half Only
	☺ Xtras — pick an item or two —
0	Egg shares are scheduled to begin in late December, once the hens start laying enough eggs
0	Next Honey share will be Jan 3-4
	<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; BHF\*= Bee Heaven Farm; TSF\*=Three Sisters Farm\*\*;

C&B= C&B/Little Cypress Organics; LM=Lady Moon Farms

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

**ABOUT: Food miles.** How far has your food traveled to reach you each week? Check the column on the left hand side of the share list. Distances are calculated using Bee Heaven Farm as the reference point, which is located just north of Homestead. We get pretty much everything directly from the farms— we occasionally use the local organic distributor to bring us a few select items, such as strawberries from a non-partner grower, and we take advantage of the fact that they're already up there picking up the produce. They make an intermediate stop in Sarasota on their way down to us. But EVERYTHING is locally grown in (South) Florida .

(ED note: we had a typo in last week's newsletter: C&B is 100miles away in Devil's Garden, not 150.)