



## Recipes of the Week

### Chili Tofu with Beans & Bok Choy

from [hookedonheat.com](http://hookedonheat.com)

1 block firm tofu, cubed	1/2 tsp tamarind concentrate
2 bunches bok choy, chopped: green and white parts separated	2-3 large garlic cloves, finely chopped
A big handful green beans, cut into 1" lengths	1/2tsp red chili powder
1 medium onion, finely sliced	1 tsp coriander powder
1 small tomato finely chopped	1/3 turmeric powder
1 Tbsp tomato paste	2 Tbsp light cooking oil and salt to taste

Heat about 1 tsp of oil in a deep non-stick wok, and fry cubed tofu till slightly golden all over. Set aside.

Add in remaining oil in the pan and saute garlic and onions till soft and lightly browned. Add in spices and fry for a few seconds.

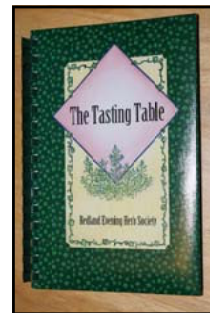
Throw in chopped tomatoes, season with salt and fry for a few minutes. Add in tomato paste and tamarind extract, and continue to fry, breaking up tomatoes till it starts to dry out and give out oil from the sides.

Add in beans and tofu, and stir fry till beans are cooked but still crisp. Add in bok choy, and stir fry till it starts to wilt. Serve warm.

### Great Stocking Stuffer!

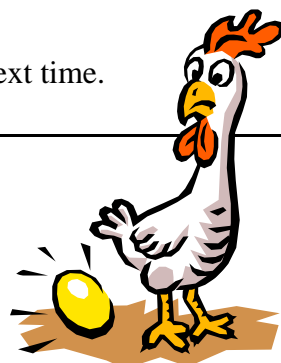
### New, Local REHS Cookbook

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

Egg shares are off! but the young hens are still ramping up, so we may be a little slow next time.



### 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). Is there a blog we should add to the list? Let us know!



## Farm News

This week's share is very generous. Since there won't be a share next week, and most of you will be entertaining or attending parties where you can bring a dish to share, we figured you could use it all! Next Saturday, Dec 27th we will be hosting a WORKSHOP on LEFTOVERS. Learn how to make creative dishes with all those odds and ends sitting in your fridge after the holiday meals. Look for an email with signup information in the next couple of days.

The new hens have started laying eggs now, and we've jumped from about 10 eggs per day to 18 per day, but we still have a ways to go. We need 50 eggs per day to serve all the egg shares. We saved up eggs for the past three weeks to get the first egg shares out, and we're hoping that over the next two weeks the egg laying will continue to ramp up.



### Happy Holidays

### REMINDER:

No shares Dec 27-28

Shares resume

Jan 3-4

Happy New Year

to draw energy emitted from the mysterious vortex.... [Ed: I interrupt this message to let you know that I swear I did NOT give the interns any funny mushrooms, though they do have a tendency to taste everything they find growing on the farm... oh, and we also ran out of space on the page...]

We wish you a Merry  
ChristmasHannuKwanzaYule!

the Interns

### CALLING ALL BOXES!

**Help** – we're getting less than half the boxes back each week. At \$1.48 each for full share boxes, and \$0.98 each for half-share boxes, that's \$250 per week extra that we're shelling out for new boxes — a completely unnecessary expense that isn't in our budget! We expect a bit of attrition — some torn or funky boxes that we need to retire each week, but we plan for the return of AT LEAST 80% of the boxes. Frankly, there's no reason why we shouldn't be able to hit 95%... So what say you — let's practice the 3 R's:

### RETURN, RECYCLE, REUSE



**Having trouble dismantling your box without tearing it?**

**Check out our online guide:**

[www.redlandorganics.com/CSAboxes.htm](http://www.redlandorganics.com/CSAboxes.htm)

At the southeastern boundary of Homestead Florida is a peculiar-looking land mass that stretches out into the Atlantic Ocean just a few miles from a mysterious realm which shares the same ocean— the Bermuda Triangle. There's speculation that Turkey Point Nuclear Power Plant in Homestead may have been strategically built close to the western boundary of the Bermuda Triangle in order to dispose of radioactive waste into what some theorize to be a wormhole. Various schools of thought wonder, if it IS a wormhole, where it leads, and what effect radiation might have on potential life on the other side. We tried to look it up just now, but ironically, the Internet is down.

Another theory suggests that TPNPP was placed there in order

### Farm Day Bee Heaven Farm Come to the country- fun for the whole family!

Sunday,  
December 21st  
11:30am - 3:30pm

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.



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

## Featured Items

**Suhelihung Mustard** Think you don't like mustard? Think again — besides its high nutritional value, mustard greens can be enjoyed in their raw, spicy state, or cooked, as an entirely different animal... er... plant. Cooked, they lose the spicy punch. Try them as follows: sauté onions and apples together (raisins work well, too), in oil with some garlic, salt and pepper to taste. Coarsely chop the greens, stems included. When the onions are translucent, throw in the stems first, followed by the greens after about 1 or 2 minutes. DON'T overcook! The greens should be completely limp but still pretty bright green. Optional: add chopped nuts or roasted soybeans.

**Sugarcane** If you grew up with sugarcane, you'll probably just want to peel it, cut it into sections, and chew/suck it dry. But here's a nifty thing— peel with a good potato peeler, then stand your piece on end and start a cut down on the vertical, pry apart, and cut each half lengthwise again into quarters or sixths. You can use them full length as skewers, or cut them in half to make swizzle sticks for your special holiday drinks!



**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!

**TIPS: Here's some tips to help maximize your positive experience with farm fresh veggies.**

- Immediately bag any bunched greens and store them in your refrigerator's vegetable drawer. If they're slightly wilted, spritz a small amount of water on them before closing the bag.
- Store tops (greens) bagged separately from roots.
- Don't wash salad mix & greens until you're ready to use them. They keep much longer this way.
- DO wash all your veggies prior to use. The possible exception: mushrooms—true aficionados gently wipe off dirt with a dry or barely moist towel.

**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>
100	Acorn Squash (C&B) - Full: 2 / Half: 1
165	Red Round or French Breakfast Radish (WF) - F / H
0	Suhelihung Mustard (BHF) - Full
150	Red Round Tomatoes (LM) - Full: 6 / Half: 4
165	Arugula (WF) - Full: 8oz / Half: 4.8oz
165	Baby Bok Choy (WF) - Full / Half
2	Callaloo (TSF) - Full only
3	Green Beans (HOF) - Full: 1.9# / Half: 0.9#
0	Salad Mix: pei tsai, red kale, tatsoi, frisee, mixed lettuces (BHF) - Full: 1/2 lb / Half: 1/3 lb
165	Cilantro (WF) - Full only
165	Parsley (WF) - Half only
1	Monroe Avocados (WA) - Full: 2 / Half: 1
0;2	Carambola (BHF-sweet, TSF-tart) — Full: 1 sweet / Half: 1 tart
3	Sugarcane (NA) - All: 1 piece
	☺ Xtras — pick an item or two —
0	Rachel's Eggs (BHF) - Full / Half
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\*\*; HOF\*=Homestead Organic Farms; C&B= C&B/Little Cypress Organics; LM=Lady Moon Farms; WA=Wyndham Avocados (transitional); NA=Nature's Acre\*\* \*Redland Organics founders & grower members; \*\*not certified, naturally-grown

**ABOUT: Tops and roots.** Ever wonder why the tops are left on root vegetables like radishes, beets, turnips, carrots? It's not just to show they're fresh. Those tops are EDIBLE. Yes, don't throw them out — eat them. The hairy leaves on many varieties of radishes, for example, are great in stir fries or soups, or thrown into a pot of beans about 20 minutes before the beans are done. The smooth leaves are also good in salads. So next time you get something with tops — immediately cut off the tops and bag them separately from the roots. This way, both will stay fresh. If you forget, the roots will get limp as the leaves remove moisture from them.