



## Recipes of the Week

### Mediterranean Swiss Chard

from [whfoolds.org](http://whfoolds.org)

1 large bunch of chopped chard	Extra virgin olive oil to taste
1 clove garlic, pressed	Salt & black pepper to taste
1/2 Tbps balsamic vinegar or lemon juice	

1. Press garlic and let sit for 5 minutes to bring out its health-promoting properties.
2. Bring lightly salted water to a rapid boil in a large pot. Cut off tough bottom part of stems.
3. Add the chopped leaves to the boiling water and simmer for only 3 minutes, until tender.
4. Strain through colander and press out excess water. Toss with rest of ingredients. **Make sure you don't toss chard with dressing until you are ready to serve. Otherwise the flavor will become diluted.**

Chard is high in Vitamins K, C, A, magnesium, manganese and potassium.

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book "Diet For a New America", Food Not Bombs! & Food Not Lawns!, & ESPECIALLY because of the author Derrick Jensen, but mostly I'm here because I love you. No! Really! I love you! When I became an "Adult" it was time to make a tough decision: what to do with the rest of my life. I wondered: How could I help the most people? What could I do that would be nurturing & educational & that I could be proud of? Also, I wanted to enjoy my future profession at least a *little* bit. So, with very little preamble I became a farmer. Because, really, without healthy food, nothing else matters.

Drop me a line: [KauaiNighDrive@yahoo.com](mailto:KauaiNighDrive@yahoo.com). I wanna hear your story!

With Much Love, Ariel

### To Market, To Market!

The South Florida Farmers Market kicks off the 2009 season on Sunday, January 11th. Join us from 8am-1pm every Sunday at the Gardners Market parking lot in Pinecrest, on SW 124th St just east of US1.

### EGG CORNER

The hens are laying about 30 eggs daily now, still a little short of our goal of 50 (3 weeks ago, they were laying about 17 daily, so they're coming along nicely!)

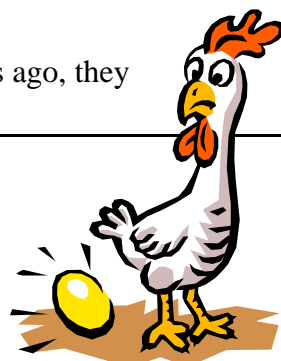
#### Tidbits

**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

What an awesome day! We had the biggest turnout ever—easily 300, including lots of kids. The weather was great, the music was wonderful. Vivian Liberman won the Biostack composter. Rachel O’Kaine and Adri Garcia, Cordon Bleu graduates and CSA members, together with student assistant Elan, prepared some fantastic dishes. They’ve agreed to share the recipes for the black sapote cake and the radish pickles.

### Intern Diary

I am totally fascinated by people’s stories. I wonder: How did you get here? Yes YOU. I’m not asking for directions, I’m asking why you choose to eat with us. You could eat with anyone, but you eat with us. In many cultures, eating with someone is a sign of trust. You trust US to provide you with your food. Part of the implied question is: “Why did you choose BHF to supply you with your food, of all available choices?” But MORE than that, how did you GET here? Here to locally grown, organic food. Did you join a CSA for cost efficiency? For taste? For politics? All, or none of the above?

I wonder if you wonder about me? About how I got here: right here in South Florida in the heat & the humidity & the bugs, to angrily yank weeds, or patiently water, or lovingly talk to these plants that provide you with food?

I got here because of so many different reasons: “Crust” Punk Music, the

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### Farm Day



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

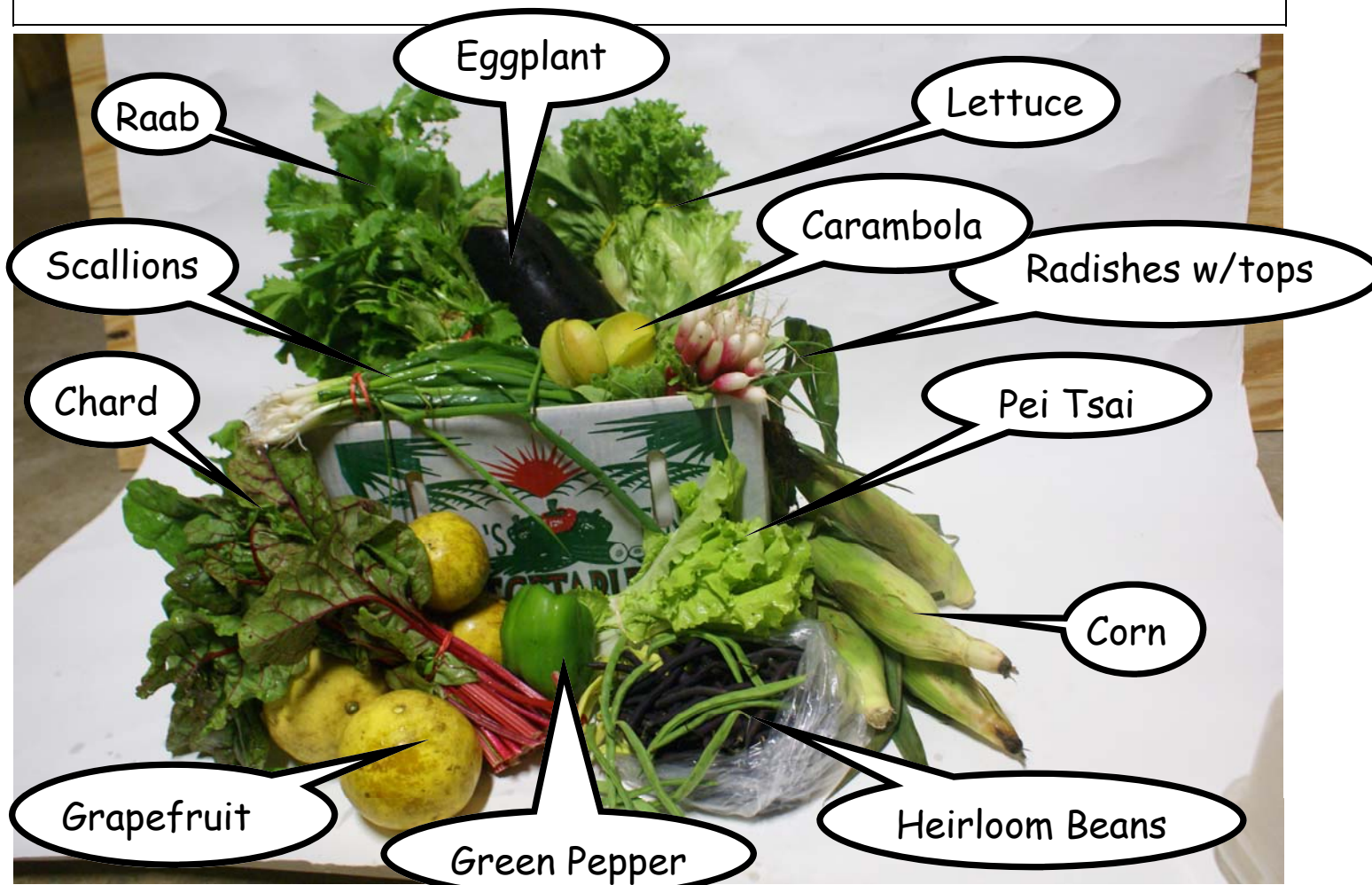
### Featured Items

There's so many things in this week's box I don't even know where to begin! This is the time of year that ABUNDANCE is evident — but also the time of year that we have danger of FREEZING weather which can wipe out crops in just a few hours. So, enjoy while you can! Preserve the excess — blanch and freeze greens, corn, beans. Pickle radishes, beans. It's easy to do. We hadn't planned on lettuce this week, but C&B Farms had a customer who refused the order because the lettuce was banded. Their loss was our gain— Homestead Soup Kitchen will also be getting a whole lot of lettuce this week!

**Heirloom Beans** This season we're growing Marvel of Venice, a large, flat, yellow heirloom Romano-type pole bean; Royal Burgundy Purple Pod—a bush variety; and Rattlesnake pole bean, a round green bean that has purple streaks. The purple color (of both varieties) turns green when the beans are cooked—it makes a great blanching indicator. If you want to keep the pretty color, serve them raw in a light marinade (if they sit in the marinade for a long time, they will 'cook' just like ceviche and turn green). They are crunchy and delicious.

**Raab Raab (aka Broccoli raab, rapini):** This cruceiferous vegetable is a close relative of mustards, but has flower buds that look like young broccoli— hence the name. Popular Italian green.

**Komatsuna (NOT PICTURED):** This is a Japanese green which is quite mild, and best enjoyed with a quick steaming or 'dip' in boiling water and simply served with a light mirin and sesame oil sauce. Season to taste.



**What does it look like?** Every week, we include pictures to help you identify everything in your shares.

**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	<b>Loose Leaf Lettuce, Red or Green (C&amp;B) - Full: 1</b>
100	<b>Corn (C&amp;B) - Full : 4 / Half: 2</b>
0	<b>Pei Tsai (BHF) - All:1 (pale green frilly leaves with white ribs)</b>
100	<b>Eggplant (C&amp;B) - All: 1</b>
165	<b>Broccoli Raab (WF) - Full</b>
165	<b>Komatsuna (WF) - Half (smooth green leaves-not pictured)</b>
2	<b>Callaloo (TSF) - Half only (green leaves with red stems-not pictured)</b>
0	<b>Heirloom Beans Trio ( BHF) - Full</b>
100	<b>Green Pepper (C&amp;B) - All: 1</b>
165	<b>Chard (WF) - All</b>
165	<b>French Breakfast Radish w/tops (WF) - Full / Half</b>
165	<b>Scallions (WF) - Full / Half</b>
0-3	<b>Carambola (NA, SF, TSF) — All: 2</b>
165	<b>Grapefruit ( PG ) - Full: 4 / Half: 2</b>
	☺ <b>Xtras — pick an item or two —</b>
0	<b>Rachel's Eggs (BHF) - Full / Half * FOR EGG SHARES ONLY*</b>
0	<b>Wildflower Honey— 1lb *FOR HONEY SHARES ONLY*</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; BHF\*= Bee Heaven Farm; TSF\*=Three Sisters Farm\*\*, SF\*= Sawmill Farm\*\*,

NA= Nature's Acre\*\*, C&B= C&B/Little Cypress Organics; PG=a Punta Gorda family\*\*

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

**ABOUT: Preparing greens.** The best way to wash off any sandy residue is to fill your sink or a large bowl with enough water to submerge the kale or other greens. Swish the greens gently and allow to sit a few moments to let any sediment settle. If there is a lot of sand, repeat this process. Remove the greens, cut out any thick, tough stems, and cut into bite size pieces before sautéing, braising, or adding to your favorite recipe. (from Worden Farm)