



Recipes of the Week

Canistel Soup

adapted by Rachel O'Kaine from a Williams Grove recipe

1 tbsp. unsalted butter	1/2 tsp. fresh rosemary, minced
1 tbsp. Extra-Virgin Olive oil	1/2 tsp. fresh thyme, minced
1/2 yellow onion, finely chopped	1 tbsp. fresh tarragon, minced
1 garlic clove, minced	1/4 tsp. freshly ground nutmeg
1 1/2 cups canistel	1 tbsp. Chipotle adobo sauce
2 cups low fat milk	Kosher salt and freshly ground black pepper to taste
4 cups vegetable stock	minced chives, edible flowers and crème fraîche for garnish

Over medium heat, melt butter and olive oil in a medium-size saucepan. Add onion and sauté until translucent. Add garlic and cook one minute more. Add canistel and stir to heat thoroughly. Then add milk, stock, fresh herbs, chipotle adobo sauce, kosher salt and black pepper. Raise heat to medium-high and cook for 15-20 minutes. Stir to check consistency. If the mixture appears a little grainy, use a hand blender to smooth out the consistency. Optional: garnish with chives, edible flowers and crème fraîche. Serves 6.

Avocado Gelato

from epicurious.com

2 cups whole milk	2 Tbsp cornstarch
3/4 c sugar	Approx 1-1 1/2 lb ripe avocado
3 strips (4-by 1-inch) grated orange zest	1 (50mg) Vitamin C tablet, crushed to a powder

Bring 1 3/4 cups milk, 1/2 cup sugar, zest, and a pinch of salt to a simmer in a 2-quart heavy saucepan over moderate heat. Whisk together cornstarch and remaining 1/4 cup milk in a small bowl until smooth, then whisk into simmering milk. Bring to a boil, whisking constantly, and boil 1 minute. Transfer mixture to a metal bowl, then set bowl in a larger bowl of ice and cold water and cool completely, stirring frequently. Discard zest. Quarter, pit, and peel avocados, then purée with vitamin C and remaining 1/4 cup sugar in a food processor until smooth. Add milk mixture and blend well.

Freeze avocado mixture in ice cream maker. Transfer to an airtight container and freeze until hardened, about 1 hour (takes longer if not using an ice cream maker). Can be made 1 week ahead.

EGG CORNER

The hens are oscillating between 35 and 45 eggs a day now (up from 30 last week). Almost there!



Tidbits

Going out of town? Please make arrangements for someone to pick up your share.

Find past newsletters online! Go to www.redlandorganics.com, click on CSA, then Newsletters.

Share your recipes! Email your recipes to: recipes@beeheavenfarm.com

Visit local food blogs: www.miamidish.net; tinkeringwithdinner.blogspot.com; lavidacucina.blogspot.com; mangoandlime.net; sustainablesuppers.com Is there a blog we should add to the list? Let us know!



Farm News

Blogs are all the rage these days. In addition to Bill's Tinkering With Dinner, now in its second season regularly featuring his food adventures with his weekly CSA half-share box, we have newcomers:

Laura's lavidacucina.blogspot.com
Holly's sustainablesuppers.com

Member Kate Moeller from the Miami Beach site invites Miami Beach residents to form a group to celebrate our fabulous local food. Inspired by the www.cookhereandnow.com group in San Francisco, Kate would like to take this event local, just like our food. The group would cook and dine together one Sunday a month.

Anyone interested in helping Kate launch this initiative should

contact her via email at 2cquoi@gmail.com.

Last week we bid adieu to Jean-Michel. Jean-Michel is a CSA farmer from Canada, who came down to get away from the cold and to learn how other CSA farms work. He has moved on to a short stint at Worden Farm in order to learn about appropriate farm equipment for use on small family farms.

Shannon joined us right after Farm Day— she is also from Canada. This week we welcomed Stephanie, an agricultural economics student from Germany, who will be with us for 3 months. We've also had Scuffy visiting for two weeks, pitching in along with the rest of us.

Together with Jon, Patrick, Randall and Ariel, we have an awesome crew! And let's not forget Jesus, and his fiancé, Erlinda, who joined him here this season.

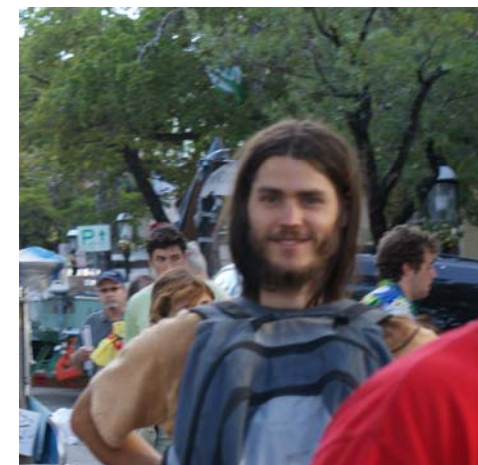
In the meantime, here is the rest of the story continued from week 4's intern diary.....

Intern Diary

..... The theory also claims that Turkey Point functions as more than a mere nuclear power provider and theorizes they may also be creating space age vacuum cleaners. In other news, King Pataji, recently

self-elected King and Dictator of the Anarchist Movement, made this statement regarding current issues, "the Anarchist people need someone to look up to... someone to take orders from – without having to use any of their own judgment. That's why I have come to this world at this time." His Majesty went on, "without a government, it would be anarchy, and then some group of mind controlling elitists, calling themselves a government, would rise to power. We cannot have this. That's why all should obey my every commandment, and dispose of the militaristic practice of taking orders from people who do not love your Freedom. I LOVE YOUR FREEDOM!!!"

Some theorize that King Pataji arrived in this 'reality' by way of the Bermuda Triangle. "King P" refused to comment on this topic. (*ed. The Bermuda Triangle fascinates millions around the world-our crew is no exception!*)



"King P"

To Market!

South Florida farmers kick off the 2009 market season THIS Sunday, January 11th. Join us 8am-1pm every Sunday at the Gardners Market in Pinecrest, on SW 124th St just east of US1.



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

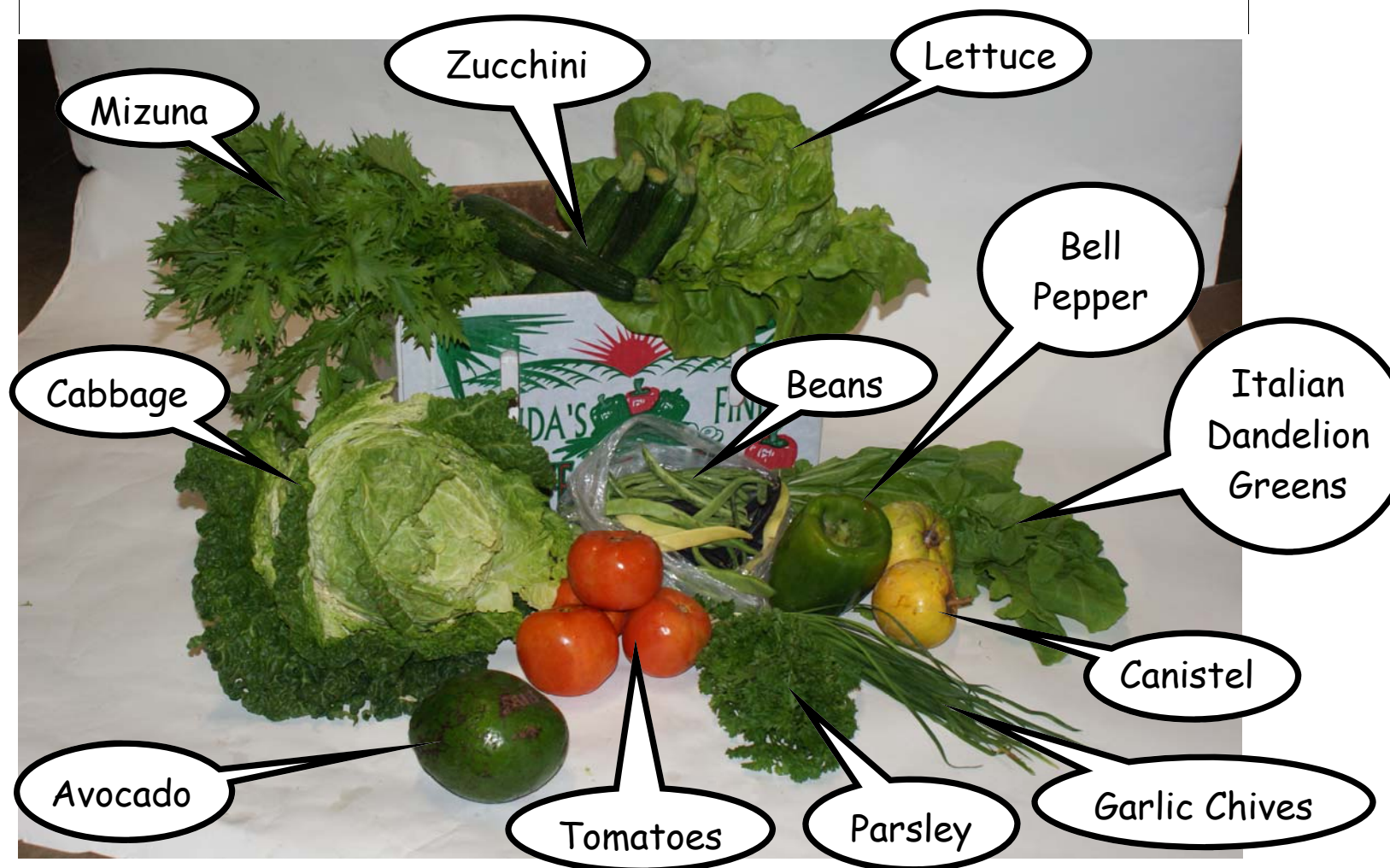
Featured Items

Canistel (eggfruit) This is the time of year when the canistel begin to bear heavily— though here in Dade County, you can find a canistel tree fruiting somewhere at any given time of year. Chef Rachel O’Kaine prepared the canistel soup for a Slow Food brunch at Fairchild Tropical Garden this fall, and it was excellent! This soup presents a change from the usual smoothie/drink/ice cream/dessert recipes you find for canistel.

Mizuna: We’ve written about this mild green before. Mizuna is delicate, cooks quickly, and is great both raw and cooked. It’s good mixed with pasta— get the pasta ready, heat olive oil and quickly cook the mizuna (2 minutes), then toss with the pasta. Garnish generously with grated cheese and some crushed red pepper for a bit of spice. Toss and serve.

Italian Dandelion: This is a bitter green, common in early spring cuisine. Make a salad with crumbled fresh goat cheese, red onion (or chopped scallions), dressed with sherry or a light vinegar, walnut oil or a good olive oil, a little bit of sugar to cut the edge, topped with coarsely chopped toasted walnuts.

“Suntan” Bell Peppers: “Regular” bell peppers ripen from green to red. They don’t ripen evenly, so you see interesting color patterns developing— sometimes the red appears in streaks, sometimes an entire half of the pepper turns red while the other half is still green. Green bell peppers get sweeter as they ripen. They are at their sweetest when fully red.



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>
165	Assorted Lettuces (Worden Farm) - All: 1
100	Tomatoes (C&B) - Full : 4 / Half: 2
100	Zucchini (C&B) - Full: 4 / Half: 2
165	Mizuna (WF) - Full / Half
165	Assorted Cabbages (WF) - All: 1
0	Heirloom Beans Trio (BHF) - Half only
3	Green Beans (HOF) - Full only
165	Italian Dandelion Greens (WF) - Full only
100	Sweet “Suntan” Bell Peppers (C&B) - Full only: 1
100	Curly Parsley (C&B) - All: 1 bunch
0	Garlic Chives (BHF) - All: 1 bunch
1	Avocados (WA) — All: 1
7.5	Canistel(PT) - Full: 2 or 3 / Half: 1 or 2
	☺ Xtras — pick an item or two —
0	Rachel’s Eggs (BHF) - Full / Half * FOR EGG SHARES ONLY*
0	Next Honey Share will be February 7th
	<i>Please remember to return your gently-flattened box each week—directions can be found at www.redlandorganics.com/CSAboxes.htm. 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; HOF*= Homestead Organic Farms;

WA= Wyndham Avocados (transitional)**; C&B= C&B/Little Cypress Organics; PT= Possum Trot**

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

ABOUT: Tomatoes, Avocados, and tropical fruit. NEVER, NEVER refrigerate them until they are fully ripe and ready to eat. Even then, refrigerate them only if you must, and as little time as possible. They suffer chilling damage and lose flavor when stored below about 55°F (your fridge stays around 34°-37°F). Ever bought a ‘cado at the store, set it out to ripen, only to find that it’s all brown inside? That’s chilling damage—they kept it too cold!