



Recipes of the Week

Carambola Relish

by Robert Barnum of Possum Trot

1 cup finely diced carambola	1/4 tsp salt, or to taste
2 oz finely diced canned pimento, drained	3 "juga-juga"s Tabasco sauce
1/2 cup finely diced celery	1/2 tsp curry powder
1/4 tsp black pepper	

Blend together carambola, pimento, celery, and seasoning. Works best with some tart carambolas included. Removing seeds is optional.

Serving suggestion: Fold in one 6 ounce can of tuna or chicken and 3 Tbsp mayonnaise or similar salad dressing. Or use shrimp, crab or lobster. Serve over your favorite baby greens or use in sandwiches.

Black Sapote Coffee Cake

by Rachel O'Kaine

1 vanilla bean, split lengthwise	2 teaspoons baking powder
1 3/4 cups sugar	3/4 teaspoon salt
1 1/2 cups ripened black sapote fruit	1 stick plus 1 tablespoon unsalted butter, softened, divided
1/4 cup ground walnuts	2 large eggs
1/4 tsp. ground cinnamon	1/2 cup whole milk
2 cups plus 1 tablespoon all-purpose flour, divided	Confectioners sugar, for dusting

Preheat oven to 375°F with rack in middle. Generously butter a 9- by 2-inch round cake pan. Line bottom with a round of parchment paper and butter parchment.

Scrape seeds from vanilla bean into a food processor with tip of a paring knife (reserve pod for another use if desired). Add sugar and pulse to combine. Transfer to a bowl.

Mix 1/2 cup vanilla sugar with black sapote fruit, ground walnuts and ground cinnamon. Set aside.

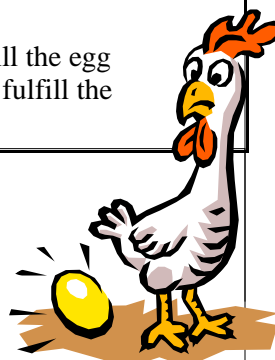
Whisk together 2 cups flour, baking powder, and salt. Beat together 1 stick butter and 1 cup vanilla sugar in a bowl with an electric mixer at medium-high speed until pale and fluffy. Add eggs 1 at a time, beating well after each addition. Scrape down side and bottom of bowl. Reduce speed to low and mix in flour mixture and milk alternately in batches, beginning and ending with flour, until just combined.

Spread half of batter in pan, then spoon sapote mixture over it, leaving a 1/2-inch border around edge. Spoon small bits of the remaining batter over the top of the sapote and smooth them with as gentle of a hand as possible.

Blend remaining 1/4 cup vanilla sugar with remaining tablespoon each of butter and flour using your fingertips. Crumble over top of cake. Bake until a wooden pick inserted into cake (not into sapote filling) comes out clean and side begins to pull away from pan, 45 to 50 minutes. Cool in pan 30 minutes, then remove from pan and cool completely, crumb side up. Do ahead: Coffee cake can be made 1 day ahead and kept, tightly wrapped, at room temp.

EGG CORNER

The hens have been laying anywhere from 40 to a high of 57 one day! We need nearly 28 dozen to fill the egg shares, and will have about 25—so we'll have to do it one more time, I think, before we can reliably fulfill the shares each week (and maybe even have a few eggs to eat ourselves).



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; ladivacucina.blogspot.com;

mangoandlime.net; sustainablesuppers.com Is there a blog we should add to the list? Let us know!



Farm News

There's a bunch of cold weather heading our way. There's potential for freezing weather, due to the big dip in the jet stream, but so far the predictions are calling for much milder conditions. Everything is looking so nice out there right now. If frost threatens we have to provide protection for tomatoes, beans, peppers, basil, eggplant and squash family plants. The cruciferous plants (collards, kales, cabbages, most Asian greens, radishes, turnips) do just fine, as do carrots, beets, and lettuces.

How do we provide protection? We have a two-prong approach, which you can also use at home to protect your cold-sensitive plants. First, the afternoon/evening before we expect the freezing temperatures, we water the ground to the saturation point. On our farm, we have a limestone rock base just underneath our soil cover. Our soil gets saturated within 30-34 minutes of turning on our drip irrigation. We cover the delicate plants with Reemay, a lightweight spun fabric covering. You can use a sheet (don't use plastic— it doesn't breathe and can cause leaf damage very quickly once the sun hits it. For the fruit trees, we have microjets (small spikes that water in an even spray about 1 foot off the ground), and we let those run for at least an hour, but if the temps are going to get very low, we start watering around 2am and continue until the temperature

climbs back up above freezing. Expect the lowest temperatures right between sunrise and 7am.

Sometimes the worst damage is not from frost, but from the bitterly cold wind blowing from the north that burns leaves to a crisp. Bean and squash vines are especially susceptible, so wind protection is desirable even if you don't expect actual freezing.

We had a chicken massacre early Friday morning. It looks like a pack of dogs (they left prints) managed to break into one of the small chicken tractors. They totally decimated the chickens inside and dragged half of them out. They also killed some of the wild loose chickens. We found the trail all over the front of the farm, near the road. It was very sad to see, but luckily it was old hens and roosters, and not the young ones. We lost 8 total, and we'll have to reinforce the access doors on the tractors, to prevent a recurrence.

Intern Diary

I am in my tent and it's around 9:30pm, but it feels like midnight. My tent is pitched out in one of the avocado groves here at the farm. Tonight it is very cold and windy. My hands are freezing, my toes are numb, but the rest of my body is starting to warm up inside my sleeping bag. The wind is flapping the walls of the tent. The bugs chirping



Intern Muriel

outside are the loudest thing I hear. The avocado trees are rustling in the wind. It is very dark and my notebook is glowing in the spotlight of my flashlight. My belly is

full; for dinner I had half an avocado, a grapefruit, a couple slices of hearty bread with a homemade pesto and local goat cheese, as well as roasted pumpkin w/onions, vinegar and mint. Even though I miss my boyfriend I am very happy to be here. I feel this work and this lifestyle (sustainable farming) are the best way to spend and enjoy life on earth. I feel lucky to have found my passion.

I've been working here since June 2nd and I can't begin to describe how much I've learned. I am excited about my next internship in upstate NY, and then, who knows, maybe I'll be growing food here again next season (you can't beat winters in South Florida)!

One day I'll have my own farm somewhere. Having a goal in life gives me the energy and enthusiasm to make every day productive and rewarding.

On that note, I just set my alarm for 6:30am, even though I'm sure the roosters will wake me up much earlier than that, so I should get to sleep. Thanks for supporting this CSA and small family farming.

Sincerely,
Muriel

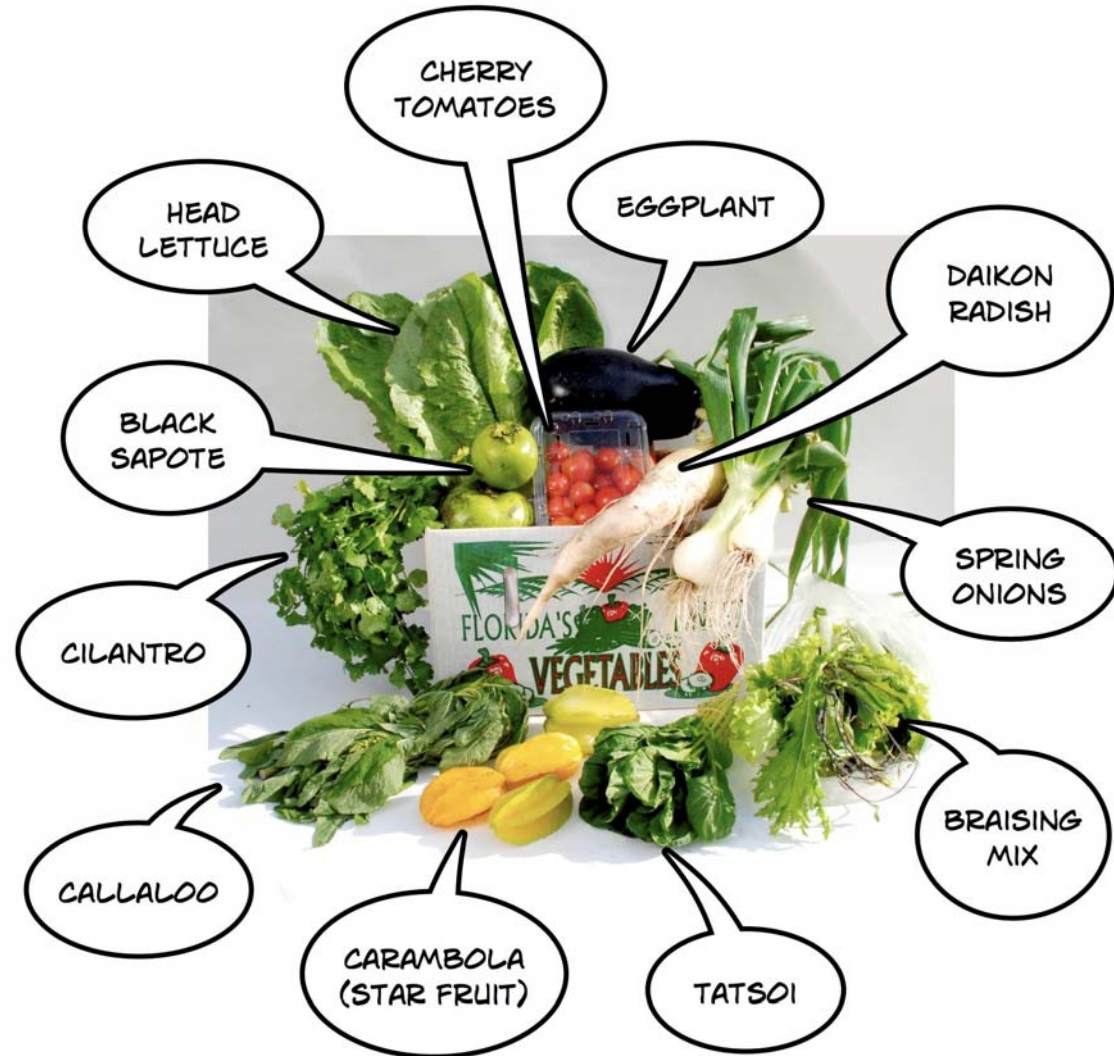


It's rich, "organic", down-to-earth, user-friendly, and nourishing!

Featured Items

Carambola (starfruit) This week's carambola is primarily the tart variety— great for cooking, making '-ade' and the relish in the recipe. Averaging less than 50 calories each, they are high in Vitamin C and pack lots of flavor.

Black Sapote: We've written about this tropical fruit in the past..



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

Which farms supplied this week's shares? -all the farms are located in the South Florida area

WF*= Worden Farm; BHF*= Bee Heaven Farm; NA=Nature's Acre**

TSF*=Three Sisters Farm**, C&B= C&B/Little Cypress Organics; PT= Possum Trot**

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

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	Cherry Tomatoes (C&B Farm) - Full: 1 qt / Half: 1 pt
100	Eggplant (C&B) - All: 1
165	Collards (WF) - Half
2	Callaloo (TSF) - Full
0	Tatsoi (BHF) - Full / Half
165	Daikon (WF) - Full:1
0	Asian Braising Mix (BHF) - All
165	Lettuce—assorted heads (WF) - All
165	Young Spring Onions (WF) - Full: 2
100	Cilantro or Parsley (WF) - All: 1 bunch
0	Carambola (PT) - Full: 3 tart & 1 Sweet / Half: 2 tart
1	Black Sapote (PT) — Full / Half (count varies depending on fruit size)
	☺ 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>

HOW TO FLATTEN A BOX - PART I

