



Recipes of the Week

Oven-fried Zucchini Sticks

from *RealAge.com*

Canola oil cooking spray	1 tsp salt
1/2 c whole wheat flour	1/2 tsp freshly ground pepper
1/2 c all-purpose flour	2-3 medium zucchini, cut into 1/2-by-3-inch sticks
2 Tbsp cornmeal	2 egg whites, lightly beaten

Preheat oven to 475°F. Coat a large baking sheet with cooking spray. Combine flours, cornmeal, salt and pepper in a large sealable plastic bag. Dip zucchini in egg white, shake in the bag to coat, and arrange, not touching, on the baking sheet. Coat all exposed sides with cooking spray. Bake on the center rack for 7 minutes. Turn the zucchini and coat any floury spots with cooking spray. Continue to bake until golden and just tender, about 5 minutes more. Serve hot.

ed: I made this recipe using green (unripe) tomatoes, olive oil, 1 whole egg beaten with a little water, and crushed cereal flakes instead of cornmeal. It takes an additional 7 minutes total cooking time, and was great! You can substitute other vegetables, such as yellow squash or onions (thickly sliced).

About:

This week's mixed herb bouquet

There is a small bouquet of assorted herbs in your share this week— just a little bit of this and a little bit of that. It's small, because C&B covered most of their herb beds early in the week, hoping to protect them from the frosts. Consequently, we could only get small quantities of several herbs. Your share may contain a combination of any of the following: Oregano, basil, sage, thyme, rosemary, and/or (Mexican) tarragon.



Sage Rosemary Thyme Oregano Tarragon Basil

EGG CORNER

We're finally getting some production from the hens— they've hit 50+ eggs daily this week. Yay! This week we will check who's on stand-by and see how many shares we can start up. Keep on the lookout for an email!



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

It's always good to receive feedback from our CSA members, and especially nice when we get positive comments! Katie emailed "I had been meaning to write to you since the Farm Day and am finally sitting down to do it. Ricky and I have been greatly enjoying our CSA membership with you and think you are doing wonderful work. I am from Key West, so near and yet had never heard of or tasted many of the items we are eating. We have to stay on top of our food share and get to share our share with my family and our friends but we enjoy it all. All dinner parties have something from your collection of farms. I just finished making the black sapote coffee cake, with a few alterations, and it is fabulous- wow. The carambolas are delicious, the selections are very nice." Thank you, Katie—it's really gratifying to know that our efforts are appreciated and the food is enjoyed.



Row cover on pole beans

The cold weather came this week. We covered the beans, tomatoes and basil with lightweight row cover, and waited for the Wednesday night freeze. Down in Redland, we had some burnt tops of tomato and bean plants (even with the covers), and we saw fields of burnt squashes. Up at Worden Farm, however, it was 26°F Thursday morning! The full extent of the damage will appear over the next week or so.

WWOOFer Diary

I arrived at Bee Heaven Farm Wednesday and as I approached the barn at the back of the property it felt just like my childhood in rural Brazil. I had come here with the intention to stay for one night, as I'm already doing a trip that on the short term is taking me to Key West. But as I met everyone here and dove right into the work, I noticed that this is what I was craving while in Miami - wholesome living in touch with the Earth/Mother Nature. I decided to work through the weekend to get a better feel of the farm.

I was born and raised in the beautiful rural surrounding of Brasilia, Brazil. In my early teens my family moved to To-

ronto, Canada, which has been my home base ever since.

Today I find myself enrolled in a solo-odyssey to promote self-sustainability, green living, person-to-person interaction for change and environmental re-



Lalo, WWOOFer bicyclist

sponsibility. I'm working with a Canadian not-for-profit, Bikes Without Borders, traveling on a bicycle, fully loaded with tent, sleeping bag, camp stove, solar panels, amongst other equipment. I have a mission to cross North, Central and South America, tracing a figure '8', or rather an "InfinityCycle", finishing where I began, in Toronto, traveling, interacting, learning, teaching, and reaching the Human-ness that we all have, but sometimes forget. You can follow my progress and leave comments on my blog at www.InfinityCycle.blogspot.com

Lalo Porto



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

Featured Items

Canistel (eggfruit): If you didn't try it yet, here's your chance to try the canistel soup recipe from two weeks ago. Or, if you like, you can use it in any sweet potato or pumpkin pie recipe.

Kale (Lacinato or Russian Red): These mild heirloom kales are not as familiar as the curly green kale you usually see at the store— but they are much better! The cool weather has helped to sweeten them even more.



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; WA= Wyndham Avocados**;

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	Zucchini (C&B Farm) - Full: 3 / Half: 2
165	Head Lettuce (WF) - All: 1
0	Lacinato Kale (BHF) - Full only
0	Russian Red Kale (BHF) - Half only
165	Komatsuna (WF) - Full / Half
100	Sweet Bell Peppers (C&B) - Full: 2 / Half: 1
165	Radishes (WF) - Full / Half
100	Assorted Herbs (C&B) - All: 1 small bunch
1	Avocado (WA) - Full: 2/ Half: 1
100	Strawberries (C&B) - All: 1 pint *EXTREMELY RIPE- EAT IMMEDIATELY*
7	Canistel (PT) — Full: 3 / Half : 2 **wait until VERY SOFT to eat**
	☺ Xtras — pick an item or two, but be considerate of others —
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 2

