



Recipe of the Week Corn & Cilantro Salsa

corn kernels cut from 2 ears (roast first if you like)	1 garlic clove, finely chopped
1/4-1/3 c coarsely chopped fresh cilantro	Juice of 1 lime
1/3 red or white onion, finely diced	1 tsp olive oil
1/2-1 bell pepper, finely diced (red or green)	Salt & pepper to taste
1 or 2 chopped fresh tomatoes (optional)	Dash of cumin, or to taste
1 jalapeno or other chile pepper, finely chopped	

Cut kernels from ears of corn (cooked or raw) - for a smoky flavor, roast on the BBQ.

Mix all ingredients together and let sit for an hour or more to let the flavors blend.

Quantities of ingredients are not exact. This recipe lends itself to many variations—

- Add 1 finely cubed zucchini.
- Add a can of drained black beans instead of (or in addition to) the tomatoes, plus oregano.
- Use scallions and their tops instead of the onion.
- Vary the heat by your choice of chile pepper and how much seeds you leave in.
- Mix in diced avocado

Lebanese Omelet -Hani Khouri , Redland Mediterranean Organics

9-10 eggs	1-2 Tbsp salt
3 oz. chopped red onion	Dash white pepper
1 bunch parsley, chopped fine	3 oz butter, ghee or vegetable oil (not canola)

Put chopped onion in a bowl, rub with salt and pepper. Break eggs over that mixture and beat well. Add chopped parsley and continue beating.

Melt butter in a frying pan and pour egg mixture over heated butter. Stir lightly with a fork until the omelette becomes firm.

Roll over the omelette to fold the ends into the middle so that the omelette is a roll when it comes out of the skillet. Garnish with chopped parsley.

EGG CORNER

Good news! Everyone on stand-by will receive their egg shares starting this week. We will figure out a way to get you the eggs you missed out on over the next few week, as we start having a bit of surplus. Yay!

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

Worden Farm was pretty hard hit by last week's freeze, so there's nothing from them in this week's shares. Some things fared well, but they're still too small to pick The potato plants

got killed, so they'll dig them up soon to see what's there.

Little Cypress (C&B) fared much better—the temperatures there dropped only to 33°-34°F, and they had also covered heav-

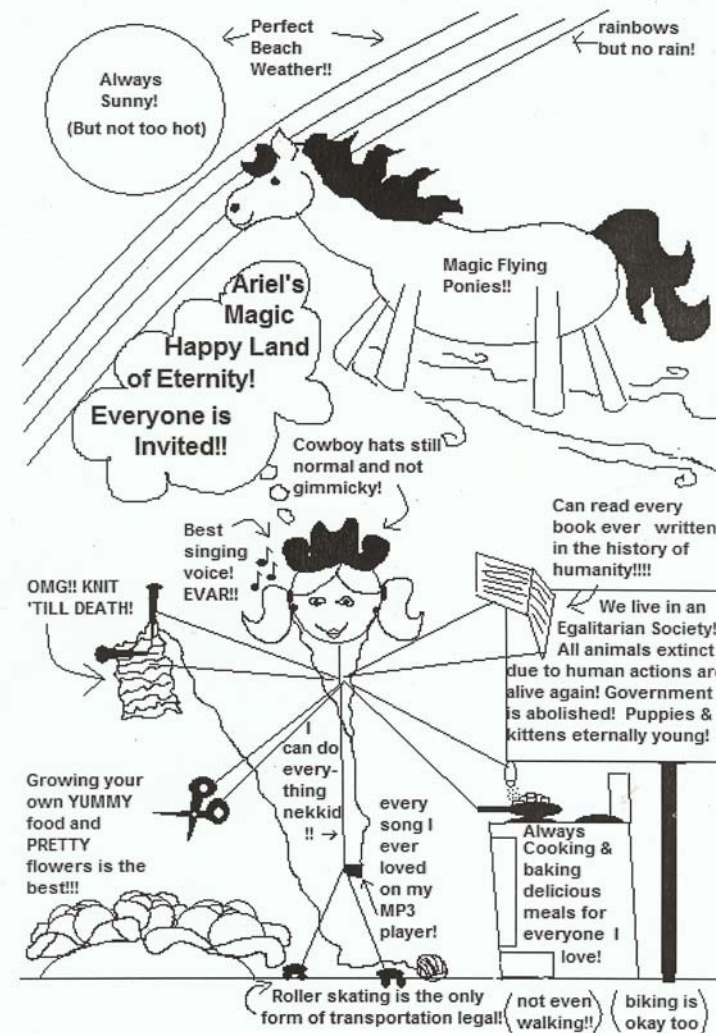
ily, so their crops are doing well, with the exception of basil and some of the more tender herbs.

Our pole beans suffered a lot more damage than we anticipated, considering they were covered too. Some nearby rows of tomato plants got rather fried on top—there's certainly a cold spot or two on our farm! Most everything else is doing fine.

There are rumors of more freezing cold weather for the middle of next week—hopefully they won't pan out... but we'll get ready on Tuesday, just in case.

Sometimes things get a little crazy on a farm—that's what happened at C&B on Thursday. When we went to pick up the goodies from them, we found out there was no arugula, and not nearly enough cilantro. They tried to reach me, but I had the cellphone on the charger and was moving rocks around with the tractor. So, they decided to send along a WHOLE LOT of parsley instead (many folks, C&B included, treat arugula as a 'potherb'- more of a spice than a green. We think of it as a salad green, or even a cooking green.) Ah, well... that explains the mass quantities of parsley in your shares this week!

Intern Diary—Ariel's entry



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

Featured Items

Black Sapote: Most likely the last of the season, so enjoy! The pulp freezes well for later use. Check out the Black Sapote Oat Bars that Bill (tinkeringwithdinner.blogspot.com) made from the last ones he got in his share—the pictures alone made me salivate!

Parsley (Curly or Flat Italian): Much underappreciated and often discarded after use as a garnish, parsley is a nutrition powerhouse. It also freshens the breath. Use it like a salad green instead of as a flavoring herb—you'll be pleasantly surprised!



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>
85	Corn (AF) - Full: 4 / Half: 2
2	Bok Choy (TSF) - All: 1
4	Pea Shoots (PF) - Full only
100	<i>None was harvested — Arugula (C&B) Full / Half —</i>
100	<i>so they substituted this instead!_ Italian Flat Parsley (C&B) - All</i>
100	Curly Parsley (C&B) - Full
3	Green Beans (HOF) - Full / Half
100	Romaine Lettuce (C&B) - Full: 1
100	Humongously big! Sweet Red Peppers (C&B) - All: 1
100	Cilantro (C&B) - All
100	Tomatoes (C&B) - Full: 3 / Half: 1
100	Strawberries (C&B) - Full: 1 qt / Half: 1 pt
7	Black Sapote (PT) — Full: 3 / Half : 2 **wait until VERY SOFT and ugly 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>

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

BHF*= Bee Heaven Farm; PF*=Paradise Farms; AF=Alderman Farms; HOF*=Homestead Organic Farms;

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

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

If your share is ever missing, please DON'T make the situation worse by taking someone else's share—report it, and check back with your site host at the end of the day.