



Recipe of the Week

Loubiyeh Bil Zeit (Beans in Oil) -Hani Khouri , Redland Mediterranean Organics

2 c fresh tomato sauce	1/2-3/4 lbs green beans
1 medium onion, chopped	3 T olive oil (or sunflower oil)
2-3 cloves garlic, finely chopped	1/2 t ground white pepper; salt to taste

Saute onion and garlic in oil until translucent. Add beans, saute about 5 minutes. Add tomato sauce and simmer until sauce thickens. Serve warm or cold. Traditionally eaten as finger food with pita.

What: Kitchen Basics a workshop series of three classes

When: 3 Wednesdays, 10:00am-noon, Feb 18, 25 & Mar 4

Part One (2/18): The Kitchen Pantry. We will go through the list of kitchen pantry basics that all home cooks should have on hand.

Demonstration and Tasting: Carrot Top Soup, Farm Fresh Salad with an Herb Vinaigrette, Pasta

Part Two (2/25): The Baking Pantry. Everyone can bake if you know these baking basics. Plus we will also cover building a baking pantry.

Demonstration and Tasting: Cheddar Chive Scone, Chocolate Zucchini Bread, Lemon Thyme Shortbread

Part 3 (3/4): Bring it to the Table. This will be the culmination of all that we've learned. We will demonstrate how to put a quick meal together by using your kitchen and baking pantry items plus using fresh seasonal items found in the market/on the farm.

Demonstration and Tasting: Menu will include 3 courses which will be created by group participation.

Cost: \$120 for all 3; \$50 each

Sign up now at : www.redlandorganics.com/workshop.htm

space is limited- signup deadline is Sunday, February 15th. Don't delay!

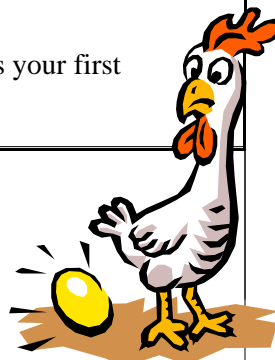
Where: Bee Heaven Farm.

Address & directions will be provided with your online payment acknowledgment, so be sure to print yourself a copy!

Presented by: Chefs Adri & Rachel of Mise en Place, LLC BHF's workshops are designed to help you make better use of your food, bring back lost skills in food preservation, and foster the farm-to-table connection..

EGG CORNER

The girls are going strong now! This week the regular egg share folks will get a double share-- this is your first makeup. Sponsored shares continue to get their weekly share.



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

Well, we had a close scare with cold weather this past Thursday morning, but we came through just fine. However, at Worden Farm they saw temperatures in the 20's for many hours. Little Cypress (C&B Farms), southeast of Clewiston, also saw some frost—they had escaped it a couple of weeks ago. There's going to be a short supply of some of the more tender things for awhile.



We've been working closely with Le Cordon Bleu graduates Rachel O'Kaine and Adri Garcia since they were still students. Those of you who have attended the last couple of Farm Days have experienced their cooking. Adri & Rachel have started their own Personal Chef Services business, Mise en Place. They will be presenting a workshop series at the farm later this month. Full details are on the back page of this newsletter. We're also sending out an email

to everyone. These workshops will cover basic cooking and baking, what to have in your pantry, and how to use the goodies in your share boxes. You can sign up for one, two, or all 3 workshops, but we hope you'll attend all of them.

I'd like to remind everyone to please remember to return your empty box each week, and take care to keep them from tearing. We have to throw away ripped boxes (they fall apart and dump your food), and we cannot recycle them—they have to go to the landfill. I don't know about you, but I sure don't want Mt. Trashmore to get even bigger.

This week we say 'goodbye' to Randall. He's been with us since just after Thanksgiving, working hard and cheerfully at anything and everything. Randall revolutionized the farm kitchen with his homemade tempeh, many kimchi batches from whatever was left over from the shares and the market, and some great breadmaking. Randall is returning to Tennessee to prepare the gardens at Moonshadow—Sequatchie Valley Institute. We will all miss him.

Intern Diary

It is strange to be leaving this place mid-season, but life beckons me back home to Tennessee. I have grown so healthy and so happy here in South Florida.



Here are a few keys to a better life I've discovered in my few months here: Lots of exercise, lots of sunshine, lots of good food, and consistent sleep patterns; love every moment, experience, sensation, person, plant, rock, bug, animals of all sizes, cloud, rainbow, sunset, sunrise, dirt, bacteria, fungi, other micro-fauna, and anything else I happened to not cover in this list (if you manage to pull off this last bit everything else in your life will fall into place).

BE GRACIOUS. BE COMPASSIONATE. Endless and boundless freedom and love for eternity for all things in existence.

- Randeaux

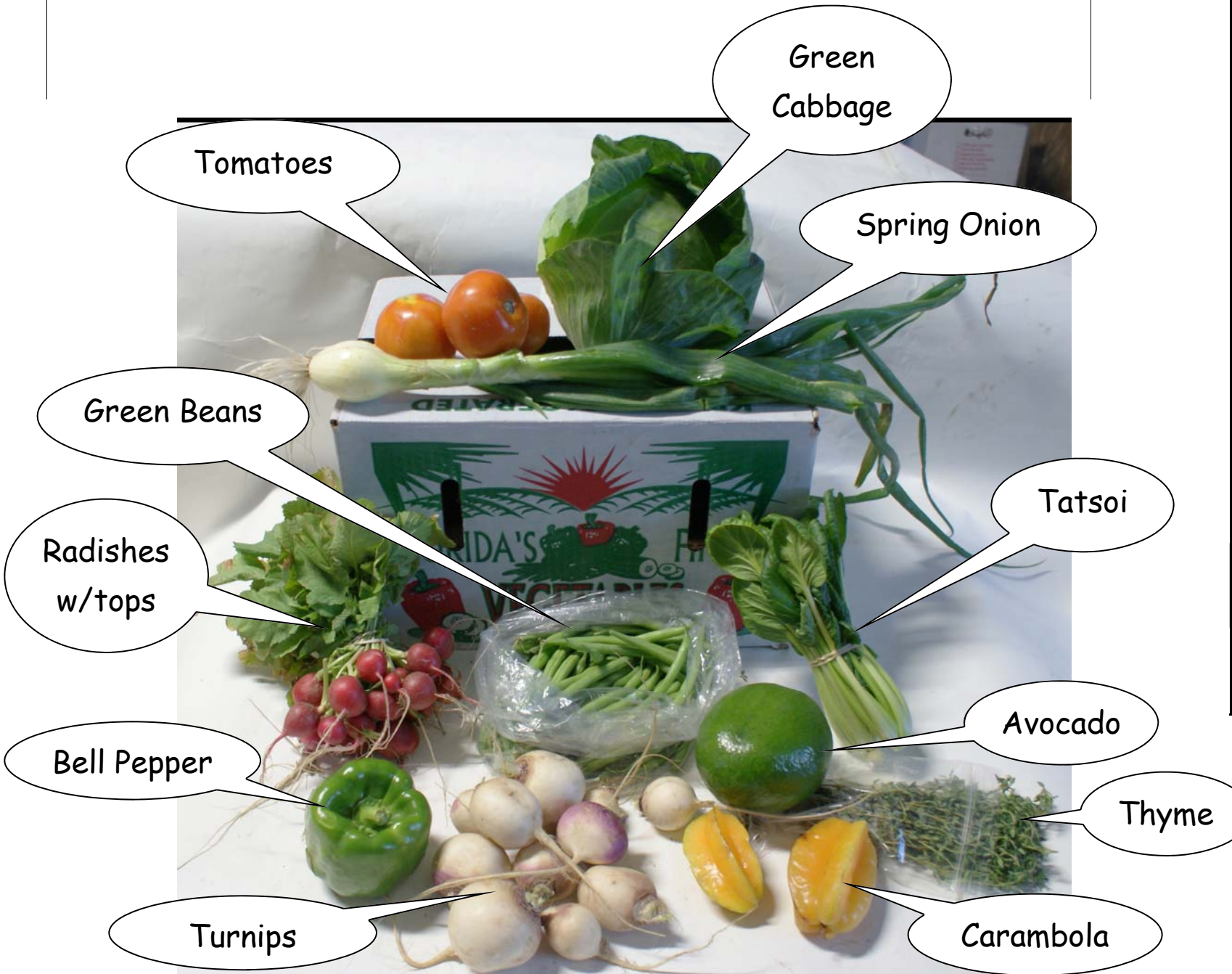


It's rich, "organic", down-to-earth, user-friendly, and nourishing!

Featured Items

Avocados: Avocados are starting to get a bit scarce. It's coming to the end of the season here in Florida. The new season will begin around late June.

Turnips: This creamy root vegetable is often prepared like potatoes— cubed, boiled and mashed with a bit of butter. Another common use is in a pot of stew or soup. You can also cube it along with carrots, beets, onions, and radishes- shake them up in a ziploc bag containing olive oil, thyme, salt & pepper until all surfaces are coated, then roast on a cookie sheet until fork-tender.



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—report it, and 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	Radishes w/tops (WF) - Full / Half
0	Tatsoi (BHF) - Full / Half
100	Green Cabbage (C&B) - All: 1
165	Spring Onion (WF) - All: 1
3	Green Beans (HOF) - Full / Half
165	Turnips (WF) - Full / Half
100	Green Peppers (C&B) - All: 1
165	Dill (WF) - Half: 1
100	Tomatoes (C&B) - Full: 3 / Half: 2
100	Thyme (C&B) - All: 1
2	Monroe Avocado (WA) - All: 1
1	Carambola (OGG) — Full: 1 / Half : 1
	☺ Xtras — pick an item or two, but be considerate of others —
0	Rachel's Eggs (BHF) - Full / Half * FOR EGG SHARES ONLY*
0	Honey **FOR HONEY SHARES ONLY**
	<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; WA=Wyndham Avocados; WF*=Worden Farm; HOF*=Homestead Organic Farms;
 C&B= C&B/Little Cypress Organics; OFF=Old Geezer Farm (pesticide-free)
 *Redland Organics founders & grower members; **not certified, naturally-grown

Please treat your box with care. If the box flaps are torn, we have to throw them away, and the boxes are expensive!