



Recipe of the Week

Tropical Pasta Sauce -Shannon Jones, Bee Heaven Farm intern

9 Roma tomatoes, diced	salt, to taste
2 Carambola, diced	1 Tbsp olive oil
1/2 clove garlic, minced	handful fresh basil, chopped
fresh herbs chopped: sage, rosemary, oregano, thyme	2 Tbsp (or more) flour, to thicken (optional)

Heat onions and oil in pan. Add tomatoes, garlic, salt and herbs except basil. When tomatoes soften, add carambola. If you want to thicken the sauce, add some flour. I used organic buckwheat flour. Right before serving, mix in the fresh basil. Serve over whole grain pasta with black pepper and parmesan cheese. Savour!

REMINDER!! We still have open slots. Sign up now!

This 3-part workshop will help you be more efficient in your kitchen, which means...

(you will save money, have less food waste, make better tasting dishes, end up with more free time)

What: Kitchen Basics

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

Part One (2/18): The Kitchen Pantry / Part Two (2/25): The Baking Pantry /

Part 3 (3/4): Bring it to the Table.

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

I apologize for any confusion last week. I mismarked egg share sign-in sheets. The makeup (double) egg shares are for those folks who had paid but were on standby (lottery# above 30) until two weeks ago. Everyone else has been getting their egg since the start of the egg shares in December. These folks who were on standby have to catch up..



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;

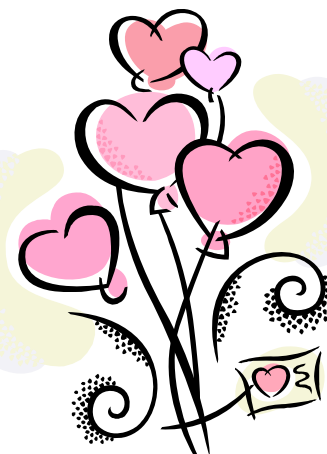
mangoandlime.net; sustainablesuppers.com Is there a blog we should add to the list? Let us know!



Farm News

Wow- can you believe it? The season is halfway over already. Time flies...

Happy Valentine's Day!



Love is in the air. The wild roosters are strutting around everywhere, courting the ladies. The crazy sparrows that normally live high up in the royal palms have set up a colony right outside our carport, in a clump of much smaller palms- and what a racket they make! The crickets call out at night. I can distinguish different calls (though I don't have a clue what they look like). One of them chirps in pure liquid tones that sound like little bells tinkling.

The moon was full the other day- the sky was clear, and the light was so bright you could see strong shadows and almost see

color. The evening was cool-magical nights.

A lot of the crops are in transition now. Spent or freeze-damaged crops like the yellow pole beans are being yanked out and composted, and the beds prepared for another planting. We're getting to that time of year that we have to think carefully about what we're starting. Along about April/May it starts to get too hot for most crops, so anything we plant now needs to be a fast-grower. This is probably your last chance to plant tomatoes and beans this season. You can still plant quickie things like salad greens, radishes and such.

Don't forget the workshops! There's still some open slots, but you need to register by Sunday. They start this week. You can sign up for just one, or two, workshops, but we hope you'll attend all three of them. Though they might seem expensive, they're really not. By becoming more efficient in your kitchen, you will end up saving more money over the long run. You'll be more tempted to cook at home when you have basic ingredients at hand and know the proper techniques to use. And everyone will enjoy the fruits (and veggies) of your labor!

Intern Diary

It's newsletter time again, and as usual there is mutiny in the barracks of the barn. None of the interns like to do columns (except me), but I was instructed that, in honor of Valentine's Day, I should write something "Romantic". Well, as a single 24-year-old whose friends have already begun to get married, and several have kids already, it wouldn't be incorrect to hypothesize that Valentines Day might not be my favorite holiday. Uh, that's a slight understatement actually. I loathe the darn thing.

You probably won't believe me when I tell you I'm not bitter, but I'm not. I don't want to be married, let ALONE have babies...at my age? *Shiver* it's enough to give me nightmares. But I hate Valentine's Day all the same. What a stupid holiday. The "If-you-don't-spend-enough-money-on-me-so-I-can-show-off-to-my-friends-I'll-Scream-at-You" Holiday. Thanks, but no thanks. If you want to take the delicious food we give you to have a romantic dinner with your sweetheart, more power to you! But you should do that whenever you feel like it, and not just because the calendar told you that you "have" to. If you need the calendar to remind you to be thankful for your relationship, maybe you should reconsider it.

Oh well, don't listen to me on matters of relationship matters. I'm single after all...
-Ariel

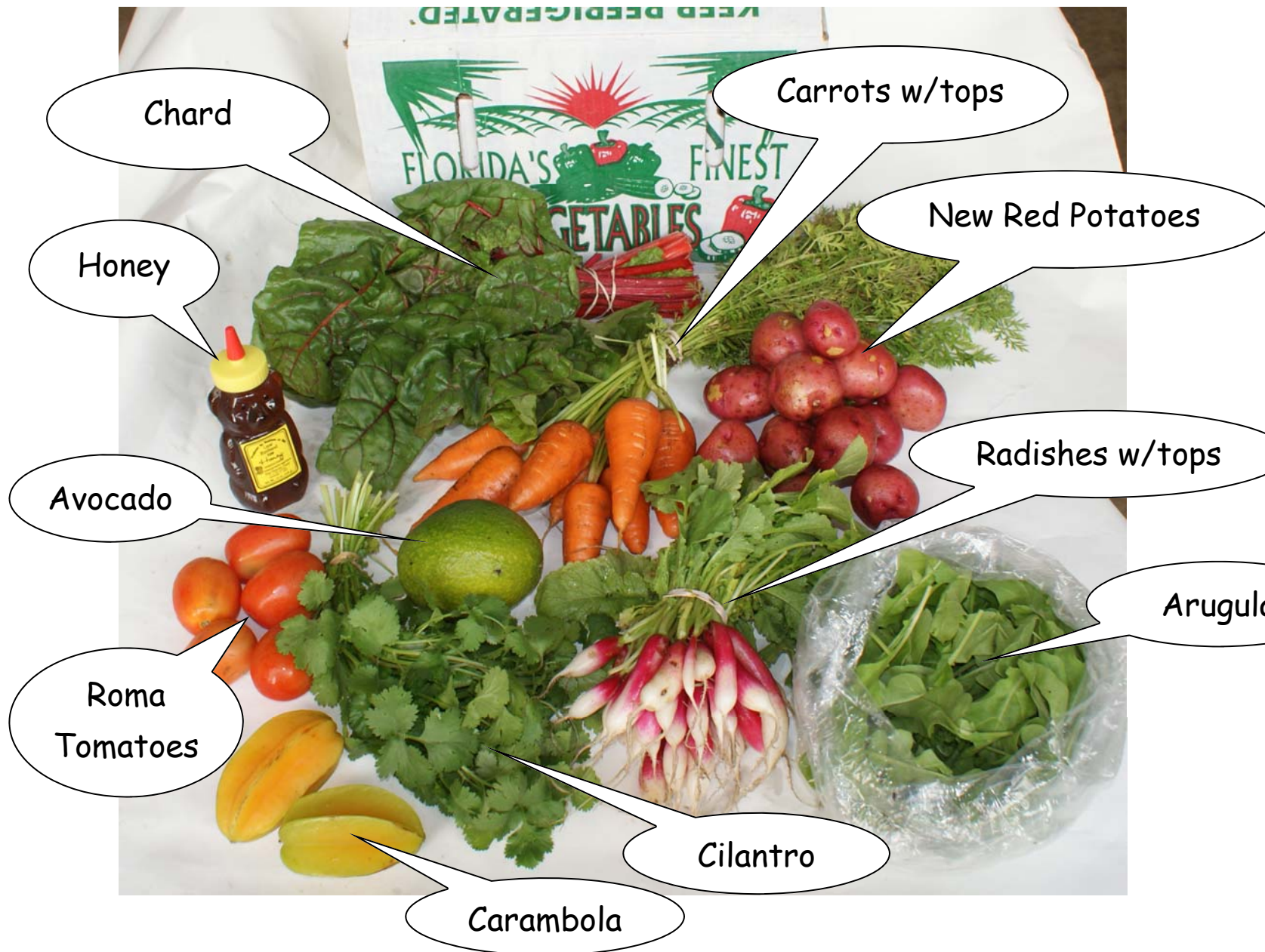


It's rich, "organic", down-to-earth, user-friendly, and nourishing!

Featured Items

Farm Honey: Our beekeeper harvests the honey from our hives (and other hives in the area). The bees forage from a variety of blooming things. The wildflower honey is truly a taste of Miami!

New Potatoes: Ah! Freshly-dug potatoes– the skin is still tender... don't even dream about peeling them! Simply cooked and served with a drizzle of butter (try chopping a bit of cilantro with it), they are wonderful.



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	New potatoes! (WF) - Full: approx 4 lbs / Half: approx 2 lbs
0	Honey for your honey (BHF) - Full : 12oz honeybear / Half: 8oz bottle
165	Carrots (WF) - Full only
165	Chard (WF) - Full / Half
165	Radishes w/tops (WF) - Full / Half
100	Arugula (C&B) - All: 5 oz bag
165	Cilantro (WF) - Full only
100	Roma Tomatoes (C&B) - Full: 5 / Half: 3
2	Monroe Avocado (WA) - All: 1
1	Carambola (OGG) — Full: 2 / 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	Next Honey share will be March 7-8
<p><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></p>	

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

BHF*= Bee Heaven Farm; WA=Wyndham Avocados (transitional); WF*=Worden Farm;

C&B= C&B/Little Cypress Organics; OFF=Old Geezer Farm (pesticide-free)

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

DOES YOUR BOX BOTTOM TEAR WHEN YOU FLATTEN IT? When that happens, we have to throw out the box, and it costs \$1.30 to replace (and it's NOT recyclable). Don't pull up on the flap – **squeeze** the flap open away from the center, **sliding** it out of the slots.

