



Recipe of the Week

Sorrel (Roselle) Tonic

-from Three Sisters Farm

Fresh or dried Sorrel flowers	1 quart water
1 piece ginger	Brown sugar or honey to taste

Sorrel tonic is a Caribbean holiday favorite and easy to prepare. Strip the rose colored 'petals' (sepals) from the flower and put in a bowl. Bring one quart of water to a boil and add ginger. Pour hot ginger water over the Sorrel and let steep overnight. Add brown sugar or honey for desired sweetness. Some folks add rum or wine to in-spirit

Looking for information on a share item, or want to find past recipes? Go to the newsletter archive on the website, www.redlandorganics.com/newsletter.htm, and use the special search box! It will find any and all references in the archive.

About... Roselle

Over 300 species of hibiscus grow in the tropics and subtropics. Most varieties are used as ornamentals. However, *Hibiscus sabdariffa L.*, native from India to Malaysia, has varieties cultivated for either their jute-like fiber or for their edible calyces. It goes by many common names including roselle, sorrel, sour-sour, jelly okra, lemon bush, karkade, Florida cranberry. The main edible part, the bright red calyx, surrounds the seed boll and consists of five large sepals. The calyces, stems and leaves are acid and taste much like cranberry. The major commercial producers are China, Thailand, Mexico, Sudan, Senegal, Tanzania and Mali. Jamaica is a minor producer.

'Hibiscus flowers' are used in making beverages, jelly, tea, marmalade, ices, ice creams, pies, sauces, tarts and other desserts. The leaves and stalks are used in salads and as pot-herb and in seasoning curries. The seeds are said to be diuretic and tonic in action, and are sometimes used as an aphrodisiac coffee substitute and a substitute for crude castor oil. Roselle has many folk medicine uses, as a diuretic, a hypotensive and to stimulate the production of bile by the liver. The leaves are also heated and applied to boils and ulcers. Roselle contains a wide range of vitamins and minerals including vitamin C, calcium, niacin, riboflavin and antioxidants.

Farmers Market Season is starting early!

The South Florida Farmers Market is relocating from its former location at the Gardners Market in Pinecrest, to Pinecrest Gardens (the old Parrot Jungle site), AND is starting earlier, too! We'll be there every Sunday from 9-2 starting December 6th. Come see us there, where you will find lots more goodies.

EGG CORNER

We welcome PNS Farms as a co-producer for our egg shares. While many of our hens are molting (the don't lay while they're undergoing the changing of the feathers), theirs are just turning 1 year old, and won't molt for a few months yet. This helps even out egg production over the course of the season.



Tidbits **Going out of town?** Please make arrangements for someone to pick up your share. If you must abandon it that week, please let your site host know so they can find a home for it before it spoils.

Find past newsletters online! Go to www.redlandorganics.com, click on CSA, then Newsletters. Use the search box to search 8 years of information on crops & recipes.

Share your recipes! Email your recipes to: recipes@beeheavenfarm.com

Visit our **blogs**: www.redlandrambles.com, and www.beeheavenfarm.wordpress.com. In those blogs, you'll find links to other interesting CSA member blogs. Tell us about yours, so we can include it.



Farm News

It's the beginning of a new season— it seems like it was summer only yesterday, but we've already seen the signs of fall and winter. The hummingbirds have been back for well over a month, and I just spotted a male painted bunting in the feeders.

Though hard times have caused all of us to tighten our belts, we are grateful that we have a full complement of shares. We have been affected too—in the past we had a pretty even split between full and half shares. This year, there has been a dramatic shift toward half-shares. The result? We have the same amount of work, infrastructure and delivery costs, for a lot less money (and a bit less food). We're working almost twice as hard for the same dollar, so we have to find efficiencies where we can. We increased the total number of shares by about 20 or so, in order to help make up for the

shortfall. The truck is at max capacity, as is the walk-in cooler. We are NOT complaining! The local food movement has really taken off, and the demand for farmers markets is crazy.

We got a really late start planting the crops this time around, because of all the rain in late August & September. Every time we were ready till, it would pour, and the soil would be too wet to work without damaging it. We finally got everything going, though. Worden Farm and C&B-Little Cypress, on the other hand, are a bit north of us and got a very early start this season, so they have some awesome goodies ready!

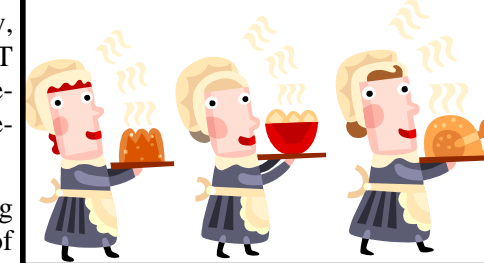
This newsletter isn't big enough

Please note: There is no share delivery NEXT WEEK. Shares resume December 5-6.



Winter Farm Day
Bee Heaven Farm
11:30-3pm
SUNDAY
December 20th
 Put it on your calendar now — details to follow
 Enjoy a fun day in the country, meet some of your local farmers and fellow CSA members.

to keep you abreast of all the happenings on the farm and in Redland, so we have started a couple of blogs as an adjunct to this publication. The first one is www.redlandrambles.com, run by Marian Wertalka, our farm/CSA documenter/historian and photographer/videographer (you could say she's a hyphenated woman!). That blog deals with all things Redland as relate to our farm, our Redland Organic partners, and ancillary issues that affect us all in the local area. The other blog is our own Bee Heaven Farm blog, www.beeheavenfarm.wordpress.com, dedicated to life of the denizens of the farm, whether animal, vegetable, or



Thanksgiving

It's a harvest festival — up north, they celebrate the END of a successful harvest season. Down here, we give thanks for a hurricane-free summer and celebrate the START of the upcoming harvest season. Happy Thanksgiving!

mineral, and their related adventures. Check them out!

Our Farm Family

We have a great group with us to start off the season. Muriel is back again this year, managing a number of aspects of the farm operation, and doing a great job of it! Mike & Jade arrived as WWOOFers, but really got into it, so I offered them apprenticeships. They came from Kentucky, not too far from where Sky has settled down with her own place. (Sky was one of our very first WWOOFers, who was with us for a couple of seasons). Mike L just joined us, bringing his farming experience from up north to apply here. WWOOFers Irene & Sergio were here for a month and decided farm life is not for them. Bye!



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

Featured Items

Green Beans It's a Homestead Organic Farms specialty, one of the first harvest crops of the season, and a Thanksgiving tradition. Yum!

Callaloo aka edible amaranth and pigweed, bhaaji is well known in the Caribbean and in India. Callaloo also refers to other, unrelated plants that are used in dishes by the same name, so there is a lot of confusion about it. The amaranth that Three Sisters Farm grows for you makes a great spinach substitute, though it's not so good raw. Callaloo tastes quite acrid raw, but cooked, it gains a sweetness and creaminess that makes it very pleasant. Don't make the mistake of overcooking this green— if it's turning olive-colored, take it off the heat immediately.

Lemongrass Coming off the summer rains, the lemongrass is lush and the stalks are nice and fat. Later in the dry season, they get slimmer, but still just as tasty. Make tea or soup stock with the fibrous green tops, and slice the white stalks very thinly to release the juice & flavor into just about any dish you might imagine with a lemony flavor—fish, chicken, desserts.



What does it look like? Every week, we include pictures to help you identify everything in your shares, especially those strange things you never saw before!...

About the shares... There are two sizes of box, corresponding to the two share sizes. And, no, **two half-share boxes does NOT equal one full-share box.** If you're sharing with someone, or if your full share box is missing (hopefully not!) please DON'T take two half-share boxes if you paid for a full share. We also have an eXTRAs box, with goodies to rummage through and exchange with others—but they go fast!

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, so don't be tempted to take the wrong thing!</i>
2	Callaloo (TSF) - All
0	Lemongrass (BHF) - All
165	Dill (WF) - Full / Half
3	Green Beans (HOF) - Full: 1.92# / Half: 1#
165	Mizuna (WF) - Full only
2	Bok Choy (TSF) - Full only
165	Red Turnips w/tops (WF) - Full only
165	Lettuce (assorted crisphead varieties) (WF) - All: 1
100	Corn (C&B) - Full: 6 / Half: 4
100	Cherry tomatoes (C&B) - All: 1 pint
5	Avocados (WO) - All: 1
2	Roselle, aka Jamaican Sorrel, aka Hibiscus flower (TSF) - All
	☺ Xtras - pick an item or two -
	Egg shares, Mediterranean Shares and Cheese shares are ONLY for those who paid for them-check the sheet!
3,8	Egg shares (BHF, PNS) - Full: 9-pak / Half: 4-pak
0	Mediterranean share (RMO): Hommos / Cheese share (RMO): 'feta-style' goat cheese
0	Honey & Pollen Shares go out on the first week of each month, starting December 6-7
	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!

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

WF*= Worden Farm; TSF*=Three Sisters Farm*; BHF*= Bee Heaven Farm; WO=Wyndham Organics, HOF*=Homestead Organic Farms, RMO*=Redland Mediterranean Organics*; C&B=Little Cypress Organics
 PNS*=PNS Farms *Redland Organics founders & grower members; **not certified, naturally-grown

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