



Recipe of the Week

Collard Wraps

This is a super-easy, use-the-kitchen-sink type of recipe.

You can go completely raw on these, or used cooked fillers.

You can also use the collard leaves raw, or blanch/steam them slightly if you don't like the stiffer texture.

Prepare the wraps: Remove the heavy rib from the collard leaf. Save the ribs to chop and add to a pot of soup or a pot of beans. This will leave you 2 halves. If they're gigantic (as some are), you can further cut them into rectangles big enough to fill and fold or roll up. Or, make yourself a giant 'burrito' with each half.

Assemble filling: The possibilities are endless. For example— use a shredder or food processor to shred some zucchini and/or yellow squash and some carrots. Pair this with miso dressing and slices of ripe avocado. Top with sprouts and roll up. Eat.

Another combination: spread spicy mustard on the leaf, add a couple of ham slices, shredded cheese, chopped tomato. Top with finely chopped parsley (or another herb). Roll up and steam.

Yet another: fill with shredded chicken, chipotle salsa, and quinoa.

For breakfast, try scrambled eggs, cream cheese and scallions with a dash of Tabasco (optional).

You can make a quesadilla by filling the leaf with your favorite cheese(s) and herb(s) and grilling on a hot skillet.

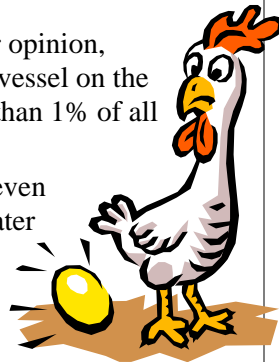
A Mediterranean wrap would be great with any combination of either hommos, tabbouleh, falafel, tahini or baba ganoush.

EGG CORNER

Did you know? Blood Spots *(Information from the American Egg Board's website)*

These are also called meat spots. Occasionally found on an egg yolk. Contrary to popular opinion, these tiny spots do not indicate a fertilized egg. Rather, they are caused by the rupture of a blood vessel on the yolk surface during formation of the egg or by a similar accident in the wall of the oviduct. Less than 1% of all eggs produced have blood spots.

Most eggs with blood spots are spotted when candling, and those eggs are removed but, even with electronic spotters, it is impossible to catch all of them. As an egg ages, the yolk takes up water from the albumen to dilute the blood spot so, in actuality, a blood spot indicates that the egg is fresh. Both chemically and nutritionally, these eggs are fit to eat. The spot can be removed with the tip of a knife, if you wish.



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

Farm Day

Bee Heaven Farm
SUNDAY, Dec 20
11:30am-3:30pm

Directions: from southbound US1, turn west (right) on Bauer Drive (SW 264th St), and go approx 5 miles. The farm is about 1/3 mile past Redland Road (SW 187th Ave). Look for the farm sign and flags.

Intern Diary

I believe in Gardening - by Mike L.

As a boy, I grew up in a suburban neighborhood in South Florida. My family's yard looked like most of the yards in the neighborhood- with a small front yard, a small back yard, a few small trees, and a pool. That changed when my father decided to dig up a patch of grass to plant a vegetable garden. I have fond memories of planting seeds in the warm soil and harvesting vegetables for salads at dinner time. I don't have any memories of weeding the garden, though, and I guess that's probably why my Mother decided to replant sod in our garden plot after just one season.

She did not throw away the left over seeds, however. So, when my brother and I found the seeds in the garage, we rounded up a few neighborhood friends, and began to plant our own surreptitious gardens in vacant lots and neighbors' back yards. Need-

less to say, we never weeded these secret gardens either. We did wonder if our neighbors found carrots growing in their flower beds, though.

Many years have passed since I planted these first gardens. I have been to college and I have worked at many types of jobs, but I have recently returned to vegetable gardening. During the last 2 summers, I worked on vegetable farms in New York.

This fall, after our season in New York had ended, I drove to Florida to join the farm crew at Bee Heaven Farm. Bee Heaven Farm is not like any Northern Farm that I have visited. It has a much more diverse array of fruit and vegetables than I have ever seen. Since arriving, I have been introduced to many fruit (sapote, charichuela, sour oranges, key limes, and passion fruit) and vegetables (callaloo, pei tsai, komatsuna, rattlesnake beans, and many types of heirloom tomatoes) that I have never seen before. I have also begun to learn about managing tropical soils, tropical pests, and fast-growing tropi-

Happy Holidays!
Please note there is NO CSA delivery Dec 26-27.
Shares resume Jan 2

cal weeds. It is exciting to be growing vegetables and fruit during the winter!

I have come back to gardening because planting seeds, caring for plants, and sharing vegetables with others are very satisfying. I have also been encouraged by the many people whom I have met who wanted to have a farm in the neighborhood, to show their children where their food came from, to meet their neighbors, and feed their families fresh, healthy food. I have even come to enjoy weeding. I believe that small farms and fresh, local produce are at the heart of a healthy community.

Calling all boxes!

Please remember to return your share box every week.

The boxes are expensive—\$1.30 for the full-share boxes, \$1 for the half-share boxes. Every box that gets moldy, ripped or forgotten is another box we have to buy. And since we can't recycle them (because they're waxed), we have to take the bad boxes to the landfill, and PAY to dump them.

A well-cared for box will last for a couple of seasons, especially if they're not left lying around damp and dirty.

Can't figure out how to open or flatten your box without ripping it? Check out our short instruction video at www.redlandorganics.com/CSAboxes.htm



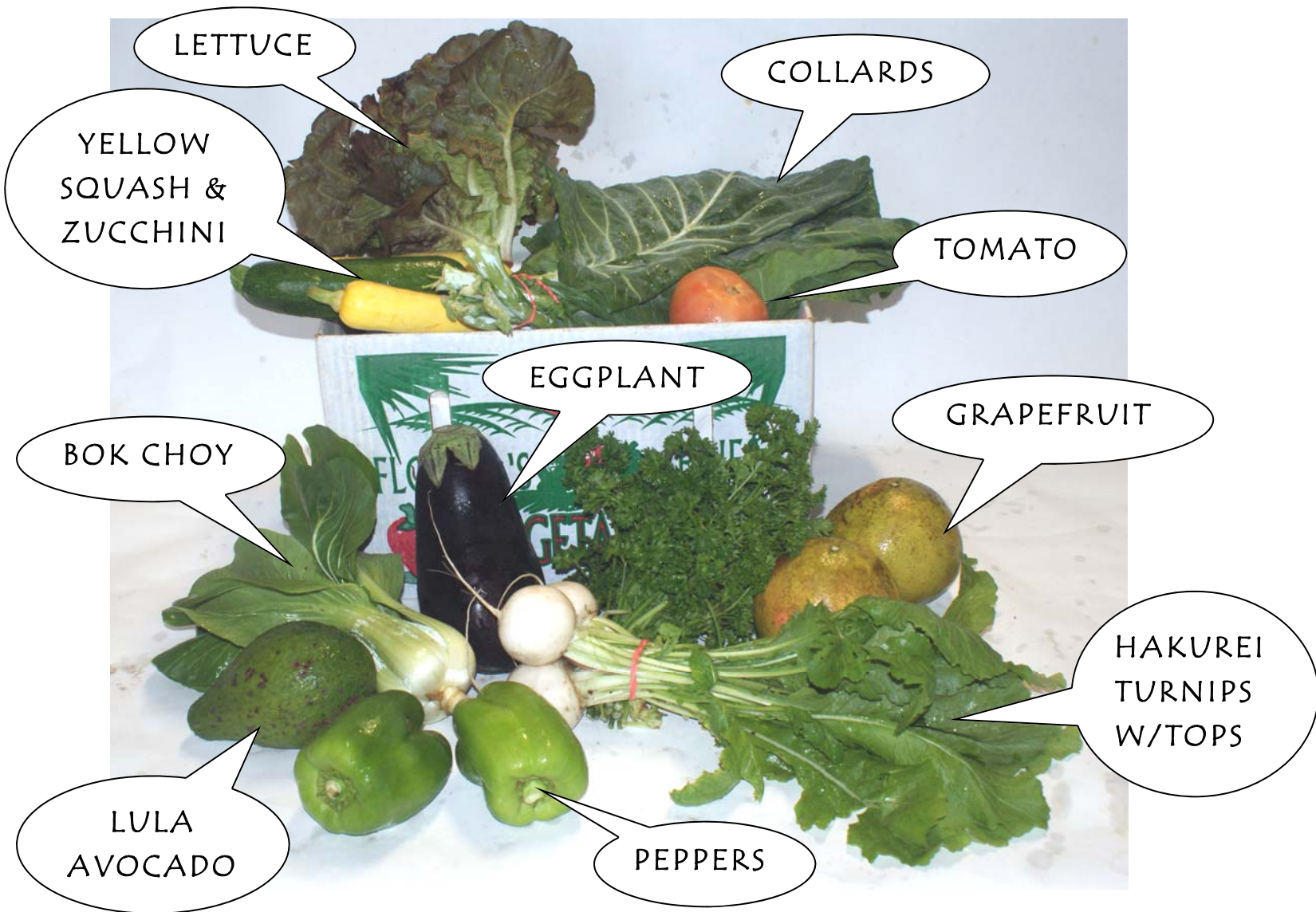
It's rich, "organic", down-to-earth, user-friendly, and nourishing!

Featured Items

Eggplant: This tomato & pepper relative has amazing versatility, and it's part of all the major world cuisines. Think about just how different these dishes are: eggplant parmesan, basil eggplant, baba ganoush. Now go whip something up.

Lula avocados: We're approaching the end of Florida avocados. When they're done, we won't have any more until next June. Enjoy them while you can. Florida avocados vary from gigantic (Pollocks, Choquettes, and Donnies-toward the end of their harvest window, come immediately to mind), to small (like these Lulas), oval (Monroes, for example), pear-shaped (Lulas), long-necked (Russell and Popenoe). They also vary in consistency, from creamy to watery to nutty to buttery. The skin color can be green, burgundy (Hardee), black (Mexicola), smooth (Walden), bumpy (Monroe) - well, you get the picture. Somewhere in all that diversity (50+ varieties commercially grown, and many more), there's one for you. If you don't like 'Florida' avocados, you just haven't found your variety yet!

Hakurei Salad Turnips: These are the crunchiest, least 'turnipy' turnips you've ever tasted. Try them raw, simply sliced into salads, or serve cut into sticks with a dip. And use the tops in any greens recipe- they're mild and tasty.



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	Bok Choy (TSF) - Full only
100	Eggplant (C&B) - Full only
165	Collard Greens (WF) - All
100	Green Peppers (C&B) - Full: 2 / Half: 1
165	Hakurei Salad Turnips w/tops (WF) - All
165	Lettuce (WF) - Full only
100	Yellow Squash/Zucchini (C&B) - Full: 3 / Half: 2
100	Red Round Tomatoes (C&B) - All: 1 *first of the season-let them ripen on the counter*
165	Parsley (WF) - Full / Half
7	Lula Avocados (PT) - All: 1
165	Grapefruit (BJR) - Full: 2 / Half: 1
	☺ Xtras - pick an item or two -
	NOTE: Egg shares, Mediterranean Shares, Cheese shares, Honey shares and Pollen shares are ONLY for those who paid for them-check the sign-in sheet!
0,8	Egg shares (BHF, PNS) - Full: 9-pak / Half: 4-pak
3	Mediterranean share (RMO): Hommos Cheese share (RMO): assorted soft & 'cream' cheeses
0	Next Honey & Pollen shares January 2-3!
	<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

WF*= Worden Farm; BHF*= Bee Heaven Farm; HOF*=Homestead Organic Farms; PT*=Possum Trot
 TSF*=Three Sisters Farm**; RMO*=Redland Mediterranean Organics**; C&B=Little Cypress Organics
 PNS*=PNS Farms; BJR=Broken J Ranch**

We will NOT be at the Pinecrest Gardens Farmers Market on Dec 20—come see us at the farm!

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