



## Recipe of the Week French Radish Breakfast

2-4 French Breakfast Radishes	Good butter, slightly soft
1 or 2 thick slices hearty bread	Salt to taste

Wash and slice radishes lengthwise or diagonally. Slather bread thickly with butter. Spread the radish slices on top. Enjoy with a large bowl of café au lait, sweetened to taste.

## Eggplant Garlic Komatsuna

-adapted from Worden Farm's recipe files

Put a little olive oil in a sauté pan over medium heat. Start with a few cloves of minced garlic, then add diced egg-

Eggplant, diced	Mushroom caps, sliced (optional)
Komatsuna, chopped	Water or broth as needed
Several cloves garlic, minced (adjust to taste)	Salt to taste
Olive oil	Minced cilantro or scallions (for garnish)

plant and sliced mushroom caps for about 5 minutes, adding water or broth if it starts to stick to the pan. When that becomes tender, add chopped Komatsuna, and cook it all to desired tenderness. Salt to taste, and garnish with minced cilantro or scallions. Serve.

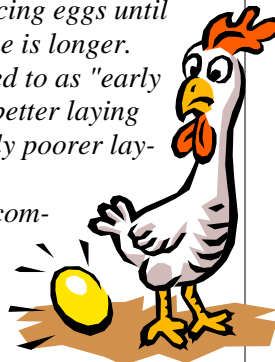
## EGG CORNER

### ATTENTION- EGG SHARE SUBSCRIBERS

Please check the share listing on page 3 every week to see which site(s) are being skipped.

The moult continues. The first hens to start moulting at PNS were the white egg-layers. Now the brown egg-layers are getting into the act. So, what happens during moulting? Mississippi State University Extension office tells us "Each year chickens molt, or lose the older feathers, and grow new ones. Most hens stop producing eggs until after the molt is completed. The rate of lay for some hens may not be affected, but their molting time is longer. Hens referred to as "late molters" will lay for 12 to 14 months before molting, while others, referred to as "early molters," may begin to molt after only a few months in production. Late molters are generally the better laying hens and will have a more ragged and tattered covering of feathers. The early molters are generally poorer layers and have a smoother, better-groomed appearance.

Early molters drop only a few feathers at a time and may take as long as 4 to 6 months to complete the molt. Early molters are usually poor producers in a flock. Late molting hens will produce longer before molting and will shed the feathers quicker (2 to 3 months). The advantage of late molters is that the loss of feathers and their replacement takes place at the same time. This enables the hen to return to full production sooner."



**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](http://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](mailto:recipes@beeheavenfarm.com)

Visit our **blogs:** [www.redlandrambles.com](http://www.redlandrambles.com), and [www.beeheavenfarm.wordpress.com](http://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

We've been having quite a spell of cold weather, and it's not over yet! I can't remember a time when we've had this long of a stretch of nothing but cold.

Frost has threatened several nights in a row, continuing through this weekend, with only brief warm-ups in between. So, we've left the row covers on the tomatoes and the beans for a full week already. It's a little scary, because last year, when we had a freeze threat, we left the vegetables covered for just two days, and ended up with terrible leaf disease problems. To try to avoid the problem this year, we've cut way back on the watering. Instead of turning on the pumps and irrigating pretty much nonstop on frost-threatening nights, we've only watered each

fine line to walk between too dry and too wet. So far, so good. The beans, which are the first to show problems, look pretty good. We shall see!

**We still have some heirloom tomato plants available for purchase. We'll be bringing a selection to market with us on Sundays,** so if you've been dragging your feet about a garden, or have lost some plants, you can get what you need. They're really nice and big, and ready to start bearing. Come and get 'em!

On another note, we welcome apprentice Jamie, who's just joined our farm crew. It turns out that she and Emily are friends, and they both worked at a farm in New York where former intern Keisha spent the summer after being with us two seasons ago. Small world, eh?



Row covers on Beans and eggplant

growing area for 1/2 hour, so we can wet the root zone without accumulating a lot of humidity. It's a

### INTERN DIARY

-by Emily P.

Jamie and I spent the afternoon on Thursday cutting up tropical fruit to put in the dehydrator - carambolas, black sapote, passion-fruit - Margie's "Fruits of Summer" mix. Cute, right? Yes. But perhaps much better in the heat.

Today, our fingers got so cold

while cutting the slippery chilled fruit that we made a little warm tea bath for finger dipping, and would periodically leave our station to stand hunched over the humming dehydrator, frozen hands pressed against the warm metal shell.

In fact, we've been pretty cold all week down here, waddling around the farm in hats and mittens and many layers of shirts and pants. On Saturday, after harvesting for market, we covered all the frost-tender trellised pole beans and heirloom tomatoes with row cover. It is a breathable spun polymer that helps insulate the plants and provide a few crucial degrees of protection. Right now the farm looks like some sort of weird art installation, cross-hatched by long white sheets.

That's pretty much the scene. We make mad soup and hang around the fire pit at night, burning old pallets and bean crates and talking about the cold. This ain't supposed to happen in southern Florida! I am from the north, I understand the winter, but I left my down jacket and insulated overalls at home. This is, after all, the land of alligators and palm trees. Margie says it's the cold snap of the decade. I believe it.

(ED: Check out Emily's blog at [www.crookedrow.com/](http://www.crookedrow.com/)!)



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

### Featured Items

**Betel Leaf:** Several of our CSA members have written in their blogs about their experiences and experiments with betel leaf. Don't try to eat them like a vegetable—they're too strongly-flavored for that! DO use them as seasoning, or use them as a wrapper. Robert, the Cantankerous Chef (Possum Trot) has made several nice lasagnas using betel leaves in one of the layers. Their sausage-like flavor marries well with the ricotta cheese. (A close relative of betel leaf, known as *hoja santa*, is often used to wrap cheeses).

**Canistel (aka Eggfruit):** This dense, sweet fruit is great in pies (think pumpkin), soup (yes!), or in smoothies. This might be the only time this season that we have enough canistel to supply the shares, unless the trees set another crop later in the spring. So enjoy these, and if you want more, swing by our farmers market booth, where we'll have smaller quantities available as long as the plants are bearing.

You can find recipes for many of these ideas and more in our newsletter archive, where we provide a search box for your convenience in locating information [www.redlandorganics.com/newsletter.htm](http://www.redlandorganics.com/newsletter.htm)



**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! *Photograph by Marian Wertalka*

**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?
<b>From BHF</b>	<b>NOTE: A full share is NOT the same as 2 half-shares, so don't be tempted to take the wrong thing!</b>
3	<b>Green Beans (HOF)</b> - Full: 1.25# / Half: 0.75#
2	<b>Bok Choy (TSF)</b> - Half only
165	<b>Italian Dandelion (WF)</b> - Full only
100	<b>Green Peppers (C&amp;B)</b> - Full: 4/ Half: 3
165	<b>Komatsuna (WF)</b> - Full / Half
165	<b>Radishes w/tops (WF)</b> - All *USE the tops in soups or stir-fry*
100	<b>Eggplant (C&amp;B)</b> - All:1
165	<b>Scallions (WF)</b> - Full only
7	<b>Betel Leaf (PT)</b> - Full: 10 / Half: 5
165	<b>Cilantro (WF)</b> - Full only
7	<b>Canistel (a.k.a. Eggfruit) (PT)</b> - Full: 3 / Half: 2 *WAIT until VERY SOFT to eat*
	😊 <b>Xtras - pick an item or two -</b>
	<b>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!</b>
0,8	<b>Egg shares (BHF, PNS)</b> - Full: 9-pak / Half: 4-pak **Due to moulting shortage, the following sites will NOT receive eggs this week: ** <b>CHURCH, SO.MIA, GABLES, GROVE, BEACH</b>
3	<b>Mediterranean share (RMO):</b> Foule Mudammas, a spiced fava bean & garbanzo dish <b>Cheese share (RMO):</b> 'Hani's cheese'
0	<b>Honey &amp; Pollen shares: next distribution will be Feb 6-7</b>
	<i>Please remember to return your gently-flattened box each week—directions and a quick video on how to do this without ripping the box can be found at <a href="http://www.redlandorganics.com/CSAboxes.htm">www.redlandorganics.com/CSAboxes.htm</a>.</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; PT\*=Possum Trot; TSF\*=Three Sisters Farm\*\*;  
RMO\*=Redland Mediterranean Organics\*\*;

**Thanks for returning your boxes—every one returned in good shape saves unnecessary expenses!**

C&B=Little Cypress Organics PNS\*=PNS Farms;

\*Redland Organics founders & grower members;

\*\*not certified, naturally-grown