



## Recipe of the Week

### Ants on a Log

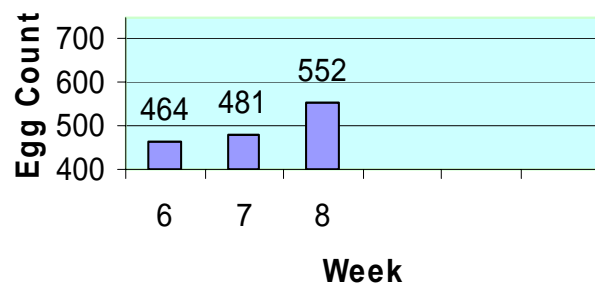
You probably ate a variation of this when you were a kid—but why should the kids have all the fun? The traditional version goes like this: wash and cut the celery stalks into 3” sections, fill the cavity with peanut butter, and line up raisins along the top.

Tradition is important to pass down, but don't stop there. Innovate! You can let your imagination run wild with this. Here's a list of possible substitutions for each item:

For this:	You can substitute this:
Celery	bok choy stalks
Peanut Butter	cream cheese, any nut butter (tahini, cashew, almond), soy butter, hommos, baba ghanoush, guacamole, thick chunky salsa
Raisins	dried cranberries, tart cherries or blueberries, sour cream, chunky salsa

**CHEESE SHARE (or lack thereof!) ALERT:** There are no cheese shares this week, due to a shortage of milk. There's a couple of reasons why we're short at the moment. One is that some of the goats have recently had kids and are giving much of their milk to the kids. Usually, the kids are segregated from the does, but due to the cold weather, they were let in with their mothers to huddle for warmth and nourishment. So now the kids learned they can jump the fence to get the milk! Another reason is that most of the goats are pregnant and they produce less milk as the embryo grows and their udders are almost empty of milk. This is much like molting in chickens, where the protein goes to make new feathers instead of eggs. We expect the situation to improve within the week and we'll be back on track with delicious fresh goat cheeses. - Hani, Redland Mediterranean Organics

### Combined Weekly Egg Production: Target 750

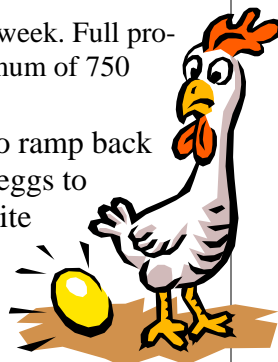


### EGG CORNER

#### ATTENTION- EGG SHARE SUBSCRIBERS

We'll be charting production week-to-week. Full production, for all the egg shares, requires a minimum of 750 eggs each week.

While we wait for egg production to ramp back up, we're playing round robin to try to get eggs to everyone equally. Before contacting your site host about your missing egg share, please check the share listing on page 3 to see which site(s) are being skipped.



**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

A week has passed and now the actual damages wrought by the freeze are much more evident. It looks like a lot of the tomatoes will recover here,



Tomatoes recovering

though most of the beans are shot. There's a small section of the avocado grove that had tree damage—amazing, since the rest is just fine, and we've never had any problems in the past!

We've been replanting what we can, and harvesting what we dare—but some things just need more time.

You'll note the cheese shares are absent this week—the goats are not producing very much milk at the moment—the nannies (does) are pregnant! This is actually a good thing—it means the herd will be increasing, and milk will be abundant once the babies are born (kidded).

This week marked the debut of *Edible South Florida* magazine. Katie Sullivan, publisher/editor, has graciously provided us with a copy for everyone, so please make sure you take one along with this newsletter. The magazine will be published

quarterly, and it's all (and ONLY) about South Florida food, farms, and related things. You can subscribe, or find the issues free at various locations around South Florida.

### INTERN DIARY

-by Joe C.

Life as an intern on Bee Heaven Farm can be a little like living on a very small island. While I spend the majority of my time working, eating and sleeping at the farm, on a few occasions I have taken one of the farm's bicycles out to explore the surrounding area. Venturing out in any direction from Bee Heaven the horizon extends to reveal huge uniform fields several acres in size of only one crop, be it tomato, beans, banana or papaya, with the occasional nursery of black screen and plastic pots mixed into the vast sea of monoculture farms (farms that specialize in the cultivation of a single crop in a given area). A trip to the Everglades or into Homestead is like setting sail across many miles of a terribly unattractive and boring body of water.

Along with creating a dull landscape, monoculture farms are also wildly unsustainable and harmful to the environment. Cultivating miles upon miles of a single crop makes it susceptible to damage and total loss from bad weather, pest invasion and fungal infections. Take the recent cold snap for example: entire fields of tomatoes were severely frost-damaged and will likely need to be replanted or intensely nurtured back to a state

where they can produce, costing the farm a loss in their only supply and hundreds or thousands of dollars in recovery expenses. To combat pests, weeds and fungus, monoculture farmers often apply chemical pesticides and herbicides over several acres of crops, which in such large amounts can cause hazardous environmental contamination.

Back on the island of Bee Heaven Farm, I'm immersed in a complex diversity of vegetation: rows of tomatoes are interspersed with rows of beans separated by rows of radishes, beets and salad greens. Between the avocado trees are patches of swiss chard and alongside grow banana plants and sugar cane with the occasional papaya stalk presiding tall over the complex palette of foliage. Cultivation of a diverse array of crops in a small area offers the farmer and agricultural market a more secure and sustainable system of production. While the tomatoes and beans took a hit from the recent frost, the kale, beets, and a number of other crops fared well, allowing Bee Heaven to supply a bountiful array of attractive veggies. All weeding is done by hand at Bee Heaven and pests are minimal because there isn't enough of one crop in a given area for them to thrive. So, even though life on an organic polyculture farm can feel like being trapped on an island, at least it's a beautiful island with abundant diversity able to sustain production despite the challenges that nature throws our way.



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



### Featured Items

**Celery:** Did you know that South Florida, in particular the area around Clewiston, is a big celery producer? Celery loves lots of moisture. They have plenty of that up at Little Cypress (C&B) Farm, and this is their first organic celery crop. I'm glad to see them expand their organic operations with different crops, and try to encourage that whenever possible. Let us know what you think of the celery and we'll pass it on to them.

**Mizuna:** We had mizuna in the shares early in the season. This is such a mild and versatile member of the mustard family. It is often used in salad mixes to provide color, loft, flavor and interest. How often do you see greens that look like a bad-hair day? Alone, they can be added near the end of cooking to soups or stir-frys, or served as a wilted greens salad for a variation on its raw crunchy taste.

**Spring Onions:** At Worden Farm, the onions are starting to size up. They didn't mind the frost! These young onions are their first thinnings. Enjoy the tops as well!

**Remember:** Our online newsletter archive page has a search box for your convenience in locating information. Find past recipes, tips, or general info about share items. Go to [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>
165	Mizuna (WF) - Full / Half
100	Green Chard (C&B) - Half only
100	Assorted Lettuces (LMF) - Full only
3.5	Oyster Mushrooms (PF) - Full / Half
1.5	Boy Choy (TSF) - Full only
100	Celery (C&B) - Full / Half
100	Red Round Tomatoes (C&B) - All: 2
100	Green Pepper (C&B) - Full: 2 / Half: 1
165	Spring Onion (WF) - Full: 1 <b>**Use the TOPS, too!**</b>
165	Cilantro (WF) - All
7	Canistel (PT) - Full: 3 / Half: 2 <b>**ready when yellow and VERY SOFT**</b>
-	Edible South Florida magazine—don't forget your copy!
	☹ Xtras - SORRY— due to aftermath of freezes— <b>no Xtras this week</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	Egg shares (BHF, PNS) - Full: 9-pak / Half: 4-pak <b>**Due to moulting shortage, the following sites will NOT receive eggs this week: ** PALMETTO BAY, KENDALL, CHURCH, GABLES, GROVE</b>
3	Mediterranean share (RMO): Hommos Cheese share (RMO): <b>**NONE THIS WEEK, DUE TO VERY LOW MILK PRODUCTION**</b>
0	Honey & Pollen shares: next distribution will be Feb 6-7
	<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

BHF\*= Bee Heaven Farm; GG= Green Groves; PT=Possum Trot; TSF\*=Three Sisters Farm\*; PF\*=Paradise Farms; RMO\*=Redland Mediterranean Organics\*; WF\*=Worden Farm; LMF=Lady Moon Farms;

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

\*Redland Organics founders & grower members;

\*\*not certified, naturally-grown