



Recipe of the Week Broccoli Raab Polenta

- from *The Voluptuous Vegan*

1/2 pound broccoli raab	1 Tbsp olive oil
Salt	1/2 cup quick-cooking corn grits
3 cups water	1/2 cup stone-ground yellow cornmeal

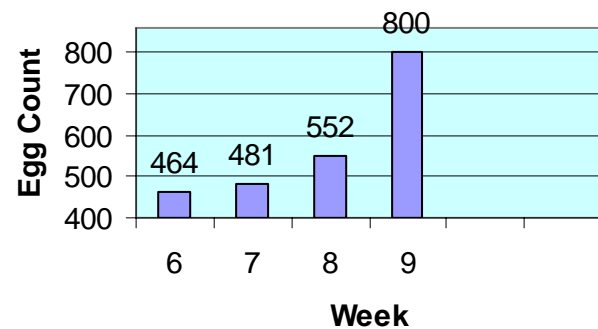
Oil an 8x8-inch baking dish and bring a large pot of salted water to a boil. Cut off any large stems from the broccoli raab. Blanch the broccoli raab, uncovered, for about 5 minutes, or until it is bright green and tender. Drain, and when cool enough to handle, chop it fine. There should be about 1 cup.

Bring the water to a boil in a medium saucepan. Add 1/2 tsp. salt and 1 Tbsp. oil. Gradually whisk in the corn grits and cornmeal in a slow, steady stream, to prevent the polenta from becoming lumpy. Crush any lumps against the side of the pot with a wooden spoon. When the polenta is bubbling gently, reduce the heat and cook for 15 to 20 minutes, stirring often with a wooden spoon to prevent sticking. When the polenta is cooked, it will pull away from the side of the pot when drawn with a wooden spoon. Turn off the heat and taste for salt.

Mix the broccoli raab into the polenta, and pour the mixture into the baking dish. Cool for at least 45 minutes, or cover and refrigerate up to 3 days.

Preheat the oven to 375 degrees. Cut the cooled polenta into 4 squares and cut each square into 2 triangles. Set the triangles on a parchment-covered baking sheet and brush the surface of each triangle with olive oil. Bake for 30 to 40 minutes or until the polenta is golden.

Combined Weekly Egg Production: Target 860



EGG CORNER

EGG SHARE UPDATE

I apologize— we showed erroneous information in the chart last week. Our target weekly production is 860 eggs (not 750 as previously listed).

As you can see, production is UP— yay! We're still playing round robin to do an equitable distribution without a lot of confusion. Before contacting your site host about your missing egg share, please check the share listing on page 3 to see if your site is 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, 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

Post-Freeze Recovery Continues

The production is getting back on track, with Punta Gorda leading the way. At first blush it may seem surprising, but the fact is that folks in the upper part of South Florida (my definition, a rough line from Lake Okeechobee south) know to expect at least one or two good freezes sometime around January. So, in anticipation, they tend to start a bunch of stuff in their greenhouses in December, so they're ready to hit the ground running (well, planting, anyway)!

This week is CITRUS week! There are both grapefruit and ponkans (a really sweet type of tangerine) from Virginia's Broken J Ranch (in Punta Gorda) in your shares. These are not certified organic, but they are pesticide-free. Those of you who've had these before know what a treat they are. Unfortunately, she doesn't have an abundance every year, so I consider us very lucky anytime we get some. Since the freezes, they should be especially sweet.

The broccoli from Worden Farm loved the cold weather and really took off. You get to benefit—it's sweet and awesome.

The young onions are from Tiffany's Garden. Tiffany has been

learning organic growing and working with Worden Farm for some time to implement organic practices in her garden. This is her first big crop, and they're really nice!

Our heirloom tomatoes are recovering, and hopefully we'll get enough production to give some to everyone down the line.

On another plus side, it looks like the hens are finishing their moult. Hopefully pretty soon we'll be back to full production, and, as soon as we're able, we'll send out make-up eggs!

Mediterranean Share & Cheese Share Update

We received this email early Friday morning from Hani.

"It is now 3:10 am, just finished making cheese. Out of 5.5 gallons, I got a yield of 2.25 lbs. of cheese. Obviously not enough to go around, even if I decrease the size of the portions. Please convey in the newsletter that this is the kidding season for most herds, and there is a goat milk shortage. I tried to get milk from north Florida, but they have the same conditions we have here, and those that don't, have the worst tasting milk. Once my goats have their kids, we should be back on track and I'll certainly make up the short-

ages.

As for the Med share [this week], it is a three bean ragout: fava, French lentils and garbanzos with brown basmati rice, chard, red onions, shallots, tomatoes, herbs and spices.

Thanks for your continued support."



A very pregnant 'Cleopatra'

PLEASE REMEMBER TO BRING BACK YOUR SHARE BOXES EVERY WEEK, GENTLY FLATTENED (NOT TORN). We've been doing pretty well lately, but just had to buy a bunch of new boxes again this week.

Our goal: 95% returns — can YOU meet the challenge?



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

Featured Items

Pea Shoots: Yes, these are the very edible tips of the snow pea plants. Paradise Farms grows these for the restaurant trade, and sometimes is able to produce enough to supply the shares. These make a great sandwich topping (try a wrap) or snack.

Rapini (aka Broccoli Raab): More like a mustard than a broccoli, this brassica family member is an Italian staple popularly known as *cime de rapa*.

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



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?
<i>From BHF</i>	NOTE: A full share is NOT the same as 2 half-shares, so don't be tempted to take the wrong thing!
165	Broccoli (WF) - All
165	Assorted Lettuces (WF) - All
165	Rapini (aka Broccoli Raab) or Komatsuna (WF) - Full / Half
3.5	Pea Shoots (PF) - Full only
165	French Breakfast Radishes (WF) - Full / Half
160	Young Onions (TG) - All
165	Parsley (WF) - All
160	Ponkan Tangerines (BJR) - Full: 4 / Half: 2
165	Grapefruit (BJR) - Full: 2 / Half: 1
7	Avocados (PT) - All: 1 *very likely the last of the season*
	☺ Xtras - though sparse, they're back! ☺
	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 **Due to moulting shortage, the following sites will NOT receive eggs this week: ** KEYS
3	Mediterranean share (RMO): Three-bean Ragout Cheese share (RMO): **NONE THIS WEEK, DUE TO VERY LOW MILK PRODUCTION**
0	Honey & Pollen shares: <i>next distribution will be Feb 6-7</i>
	<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 www.redlandorganics.com/CSAboxes.htm.</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 (applied for certification under BHF); PT=Possum Trot**;
PF*=Paradise Farms; RMO*=Redland Mediterranean Organics**; WF*=Worden Farm; BJR= Broken J Ranch**; TF=
Tiffany's Garden**; PNS*=PNS Farms; *Redland Organics founders & grower members;

**not certified, naturally-grown