



Recipe of the Week Wilted Spinach

- Margie, Bee Heaven Farm

I was looking for an interesting spinach recipe, and decided that anything with a lot of ingredients would end up hiding the true, full spinach flavor. Besides, all those foodie CSA bloggers out there will no doubt come up with some awesome recipes! So, in the spirit of simplicity, and probably my favorite way of preparing spinach...

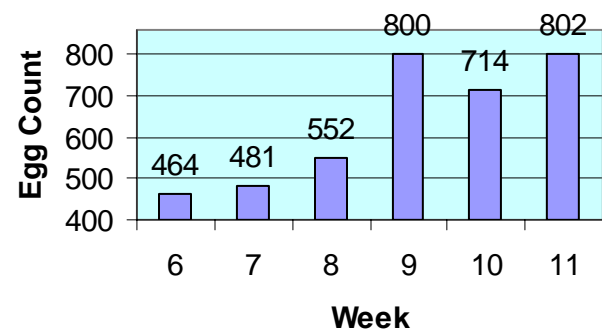
1 bunch spinach, washed and well-drained	2-3 garlic cloves, finely chopped
2-3 Tbsp olive oil	Salt & pepper to taste

This spinach was grown at Worden Farm, where their soil is mostly sand—nary a rock to be found anywhere. Consequently, it will be sandy. So start by cutting off the bottom of the bunch so the leaves are loose. Soak the spinach leaves in a sinkfull of cold water for several minutes. Swirl gently a few times to let the sand get out of the crevices. Drain the spinach very well.

While the spinach is draining, sauté the garlic in the oil. Use a large shallow pan—it will be easier to handle the spinach.

When the garlic is starting to brown, put all the spinach in the pan. Don't worry if it looks gigantic—mash it down. After a minute, take a couple of spatulas and use them to flip over all the spinach (a bit like tossing salad). Make sure that all the surfaces are coated with the oil. Let cook another minute, and flip the spinach again. Repeat as needed, until it's all just wilted. Eat!

Combined Weekly Egg Production: Target 860



EGG CORNER

EGG SHARE UPDATE

Production continues to edge up. Pretty soon, if the trend continues, we'll have enough for everyone again.

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

An apology...

Last week, many of you had cilantro and ponkans that went into meltdown right in your boxes, before you even opened them! We feel terrible about that, and wanted to share our thoughts with you on this.

Last week's cilantro was harvested in the rain at Worden Farm. When we went to pack it, it was pretty soggy. The majority of it was just fine, but we noticed some bunches turning black and slimy in the middle of one of the totes (our totes are big green plastic lugs that hold, oh, about 50-100 bunches at a time). We cleaned it up, got rid of the bad stuff, and put the rest into the boxes. I guess, since they were still pretty wet, the breakdown process had already started, even though it wasn't obvious at the time. So some of you got bad bunches. It happened to us too. We had planned on taking the leftover cilantro to the farmers market, and when we got it out Saturday morning to prepare the bunches, we found a big glob of goo.

The ponkans were harvested after the worst of the freezes. They were quite ripe, which is normally not a problem, but the freezing temperatures made the skin weaker. They developed a bad spot in the skin around the stem end. At that point, the fruit was fine, just a bit of the skin was bad. We removed all the ones with any noticeable mushy spots (don't confuse this with the soft, loose skin typical of this fruit). We set those aside for us to eat,

and on Friday we packed the rest in the shares. On Saturday and Sunday, the shares were delivered. I have since heard from half a dozen folks that their fruit had rotted— I myself saw one that was rotten halfway down the sides of the fruit— overnight, and sitting inside the walk-in! We're figuring that some sort of mold got established in the damaged skin area (when the fruit got pulled off the trees). It wasn't really visible, but once started, progressed rapidly.

So, I am extremely sorry that some of you had bad fruit in your shares. I feel badly about it, especially since these ponkans, when they are fully ripe and picked after a cold snap, are the most wonderful-tasting fruit.

Welcome, Trial Shares!

Finally, after having postponed the trial shares due to the freezes, they begin today. Trial shares give folks a chance to try out the CSA, if they're hesitant to join for the whole season right from the get-go. They last for 4 weeks, after which they have the option of continuing for the remainder of the season. Normally they run during the month of January, when we generally have great abundance and variety of crops.

Dade County AGRI

Council's Annual Ag Tour

This popular tour designed to educate the community about local agriculture is scheduled for Wednesday, February 17th. Bee Heaven Farm

is one of the scheduled stops this year. Call Diane Massucci, AGRI Council Secretary, at (305) 281-6602 on Monday to register for the tour and luncheon. The cost is \$30.00 (with reservations and \$40.00 without reservations) for the Tour and Luncheon. If you can only attend the Luncheon, the cost is \$20.00.

Slow Bike Farm Tour

Come for a 7.5 mile ride and lunch in the country – visit 4 local farms Saturday, February 27th, followed by a refreshing lunch prepared by local chefs Kira Volz and Chris Wiessel. For information and to register, go to www.slowfoodmiami.com and check the coming events.

Potato Pandemonium

Think potatoes are, well, "just potatoes"? Find out otherwise on Wednesday, February 24th, as we partake of an amazing array of potato varieties, ranging from blue to red (inside!) to white to yellow. Check out the menu and registration information on www.redlandrambles.com [Potato Pandemonium Announcement](#)

Goats still pregnant!

Hani has been making and accumulating small batches of cheese from the sparse milk supply, and expects to have enough cheese for the shares next week. And maybe there will be some baby goats, too...



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

Featured Items

Spinach: There's a VERY short window of time that spinach will do well in South Florida, and some years, that window doesn't materialize. Why? Spinach likes COLD WEATHER. So this season, it's been very, very happy. The results are in your shares this week. With the extended period of cold weather in January, spinach took off up in Worden Farm. Enjoy it- we may not see it again this season.

New Potatoes: The freezes killed the tops of the potato plants a couple of weeks before the planned harvest. After harvest, potatoes need to sit and 'cure' for a week or two to help harden up the outside skin. This makes them easier to store. These are new potatoes, with tender skins, and you may find that some were slightly sliced or injured by the potato digger. Just cut off any bad spots and enjoy!

Epazote: This herb is fondly known in Mexico as the 'bean herb' and sometimes as 'Mesican basil'. Used to give that unique 'Mexican' flavor to bean dishes, epazote makes beans more digestible (as do peppermint, which is a relative, and fennel seeds, both referred to as 'carminative' - i.e., reducing gas).

Tip: Use the search box on the newsletter archive index page to find tips and recipes for share items published in previous newsletters. Go to www.redlandorganics.com/newsletter.htm and click on the search button.



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>	<i>NOTE: A full share is NOT the same as 2 half-shares, so don't be tempted to take the wrong thing!</i> A TRIAL SHARE=A FULL SHARE
165	New potatoes (WF) - Full: ~ 4 lb / Half: ~ 2 lb
100	Green Beans (C&B) - All: 0.5 lb—you may notice some darkening on the outside of the beans-it's a physical reaction to the extended cold weather
0	Asian Mix (BHF) - Full only
165	Lettuce (WF) - Half only
165	Bunched Spinach (WF) - All (wash really well just before using to get sand out)
165	Savoy Cabbage(WF) - Full only
100	Celery (C&B) - Full / Half
100	Green Peppers (C&B) - All: 1
100	Grape Tomatoes (C&B) - All: 1
0;165	Parsley (BHF,WF) - Full: curly / Half: flat Italian
0	Epazote (BHF) - Full only
	☺ 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: ** BWD-EAST
3	Mediterranean share (RMO): Nammoura, A very dense, sweet dessert for Valentine's Day Cheese share (RMO): **NONE THIS WEEK, DUE TO VERY LOW MILK PRODUCTION**
0	Next Honey & Pollen shares: March 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 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; RMO*=Redland Mediterranean Organics*; WF*=Worden Farm; PNS*=PNS Farms;
*Redland Organics founders & grower members;
**not certified, naturally-grown