

Recipe of the Week



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Muriel's Chimichurri

1 bunch parsley	1 tsp salt
1 clove garlic	Red pepper to taste
Juice of 1 lemon	Olive oil

Chop a large bunch of curly parsley and a whole clove of garlic very fine, put them in a jar or other glass container. Squeeze one lemon into the mix, add a teaspoon of salt, a little red pepper and then pour olive oil over the mix until fully submerged. Stir well and ideally let it sit overnight or longer (in the refrigerator) before serving.

Bok Choy/Pak Choi with Ginger and Garlic

-from Veg Box Recipes (www.vegbox-recipes.co.uk)

1 small choy	2 cloves garlic
1/2 inch fresh ginger root	1 tbsp sesame oil (or olive oil)

Separate the leaves and cut off the chunky stalks. Slice the stalks finely. Roughly chop the leaves. Peel and grate the ginger. Peel and crush the garlic.

Heat the oil in a wok until almost smoking. Add the garlic and ginger. Cook for 1 minute, stirring often. Add the pak choy stalks. Mix well. Cover and cook for 2 minutes. Add the leaves. Stir and cook for another 1-2 minutes, until they are just wilted. Serves 4.



EGG CORNER

As most of you already know, we've had a lot of problems with predation and even theft. We're going to be very short on eggs this season, so we decided to hold a lottery. The signup period is over. We'll be doing the drawing soon, but we're running a bit behind. The egg shares won't start until the first or second week in December. We'll let you know!

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
at
Bee Heaven Farm
11:30-3pm
SUNDAY
December 19th

Put it on your calendar now — details to follow

Our Farm Family

What an awesome group of interns we have this season! Jane, our farm manager intern, started with us back in May, and has already experienced a summer on the farm. Interns Eric & Lauren joined us in September, just in time to get the seedling starts going. Apprentice Liberty followed soon after. We've also been joined by WWOOFers Tomas and Hélène, who are spending 4 weeks with us before moving on to their next overseas adventure. These guys are

all on the ball, quick learners and hard workers. We're happy to have them!

This tidbit came to us from 'Fresh From Florida' program, a Florida Department of Agriculture initiative to help promote our Florida bounty. "Have you ever heard of National Farm-City Week? The event, in its 55th year, begins the Friday before Thanksgiving and ends on Thanksgiving Day. This year's dates are November 19-25. The purpose of the event is to educate consumers and the media about the important role farming and agriculture play in our lives." I can't think of a more fitting way to celebrate Farm-City week than kicking off our first CSA share delivery of the season.



Happy Thanksgiving

Please note:

There is no share delivery NEXT WEEK (Nov 27-28).

Shares resume December 5-6.

Farmers Market

Schedule

ongoing

Sundays 9am-2pm

Pinecrest Gardens

SW 112th St & 57th Ave

Beginning in December

Monday 2pm-6pm

Homestead Main Street

Krome Ave & Losner Park

Wednesdays 1pm-4pm

Overtown Roots In The City

NW 10th St & 2nd Ave

WWOOFer DIARY

by Hélène and Thomas

We are a couple from France and Germany. We have lived, worked and traveled over the past 2 years in North America. We found Bee Heaven Farm via the WWOOF program. We are working here on a voluntary basis to learn more about organic farming and the management of a farm.



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

Featured Items

Bok Choy There are 2 kinds of bok choy in the shares, a pale green-stemmed Mei Qing Choy (half shares) and a white-stemmed Pak Choy (full shares). Both are great used raw (think of celery uses), in stir-fries, or soups.

Garlic Chives This is our tropical garlic. Since garlic needs cold weather to make cloves, we instead have this flat-leaved scallion-like vegetable which has the same garlic flavor and beneficial compounds. Use the whole thing. The tops are great minced as a garnish on any dish or soup, and the white parts are great sliced into cooked dishes.

Yuca (aka cassava) Another tropical vegetable, this starchy root is very well known in Cuban households. But the secret is out! A great way to serve yuca is to peel it, bring it quickly to a boil, discard the water, then either boil it in fresh water until soft, or dredge it in olive oil, sprinkle some seasoning on it, and roast in the oven until crispy. You can also deep-fry it. Any way you prepare it, it's great with a 'mojito' dip (and I don't mean the drink!), made with sour orange, oil, garlic, oregano, salt & pepper. There's great information on yuca in last year's CSA Week 3 newsletter. Go to www.redlandorganics.com/newsletter.htm and use the 'search the archives' box. Just type in 'yuca' (or anything else you want to find)!



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 do 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!</i>
2&165	Bok Choy, 2 kinds - Full: Pak Choy (TSF) / Half: Mei Qing Choy (WF)
0	Garlic Chives (BHF) - All
165	Parsley (WF) - Full / Half
3	Green Beans (HOF) - Full: 2# / Half: 1#
165	Dandelion Greens (WF) - Half only
165	Japanese Spinach (aka Yukina Savoy) (WF) - All
165	Daikon radish/tops (use the greens!) (WF) - All: 1
165	Lettuce (assorted varieties) (WF) - All: 1
2	Yuca (aka Cassava) (TSF) - Full only
160	Cherry Tomatoes (LMF) - Full: 1 pt / Half: 1/2 pt
	☺ Xtras - pick an item or two — but don't be a piggy!
0	Egg shares (BHF), Mediterranean Shares (HMO) and Cheese shares (HMO) are ONLY for those who paid for them!
3	Mediterranean Share: Baba Ghanoush
3	Cheese share: Hani's Goat Cheese
	Egg Shares: none this week— drawing the lottery next week!
0	Honey & Pollen Shares go out on the first week of each month, starting December 4-5
	<i>Please remember to return your gently-flattened box each week—directions can be found at www.redlandorganics.com/CSAboxes.htm. Or bring a bag 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; TSF*=Three Sisters Farm*; BHF*= Bee Heaven Farm; LMF=Lady Moon Farms; HOF*=Homestead Organic Farms, HMO=Hani's Mediterranean Organics

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

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