



### Recipe of the Week

#### Bhindi Bhaji

about 1/2 lb okra (bhindi)	cooking oil
1 medium onion, cut into wedges	1/2-1 Tbsp curry powder (make your own)
1 pepper (green, red or chilies) cut into wide strips	1/4 tsp hot pepper flakes or to taste
1 clove garlic, finely chopped	salt & black pepper to taste

Rinse and dry the okra. Make sure it's dry! Trim the stem end off. Leave whole or cut lengthwise into strips. Heat oil in a wok or large frypan. Add onion, pepper and garlic and stir fry for about 1 minute, then add okra and all the spices. Stir fry for a few minutes, until the okra begins to soften a bit. Don't let it get soggy, and don't add water! Serve over rice or by itself. Proportions can be altered to taste. You can add ginger and a dash of asafetida or garam masala powder to vary the taste. Add a bit of fresh tomato for more color.

#### Tips to keep your produce fresh

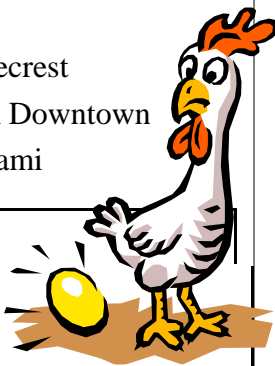
1. Bag all greens and store in the produce drawer of your refrigerator.
2. Separate (cut) tops off root veggies like turnips, radishes and carrots. Bag and store separately. This keeps the roots from getting soft. And if they do, you can usually soak them for awhile in ice cold water and they'll get turgid again.
3. Do NOT wash greens & lettuce until ready to use—they'll keep much longer that way.
4. Never refrigerate tomatoes or avocados, or any fruit, until it's fully ripe! Then eat promptly.

#### Farmers Market Schedule

Sundays 9am-2pm **Pinecrest Gardens** SW 112th St & 57th Ave Pinecrest  
 Monday 2pm-6pm **Homestead Main Street** Krome Ave & Losner Park Downtown  
 Wednesdays 1pm-4pm **Overtown RITC** NW 10th St & 2nd Ave Miami

#### EGG CORNER

We'll be drawing the lottery this coming week. Egg shares will begin next week (Dec 13-14). Watch for an email before next Friday.



**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

Some crops have gotten off to a slow start, but are catching up now. There's a surprising amount of things besides leafy greens available—early onions, and even a bit of broccoli (soon maybe enough for the shares!). Green beans are in full swing, and we're seeing the end of the summer okra crop now (not too many things grow here during the steamy hot summer months, and nobody is much interested in slaving away at weeding then, either!

Farmers Markets are popping up everywhere now. Beware, though, many have resellers of produce that's picked up at the 'terminal market'- the place where produce is distributed in major metropolitan areas such as Miami. The produce at those places come from all over the world. Local produce has often made a number of stops before arriving there, and may have traveled a surprisingly long distance in a convoluted route to get there. So search out markets where the produce is coming directly from what's called the 'farm gate', or better yet, from a stand where the farmer him/herself is there!

#### WOOOFer DIARY

-by James S

After over three months of riding my bicycle down the coast of America I arrived at Bee Heaven

**Save the Date!**  
**Farm Day**  
 at  
**Bee Heaven Farm**  
 11:30-3:30pm  
**SUNDAY**  
**December 19th**  
 \*Hay rides\*  
 \*Farm Market\*  
 Locally-grown seasonal organic produce, dried fruit, raw farm honey, heirloom tomato plants for sale  
 \*Live Music\*  
 with local singer/songwriter **Grant Livingston**  
 \*Food\*  
**Sakaya Kitchen's Dim Ssäm à Gogo Food Truck** with **Chef Richard Hales** will be preparing dishes using local ingredients – bring \$\$ for this amazing food!  
 \*\*  
 Your \$5 donation helps support our farm internship program, and includes a chance to win a **Smith & Hawken BioStack Composter** - a \$129 value  
 Directions: from southbound on US1, turn west (right) on **Bauer Drive (SW 264th St)**, & go approx 5 miles. The farm is about 1/3mile past **Redland Road (SW 187th Ave)**.  
 Look for the farm sign & flags.

Farm just one hour before Thanksgiving Dinner. As dinner guests started piling into our barn I realized I had stumbled upon a unique and wonderful community of farmers. Despite being a few thousand miles away from my family I felt completely at home, and the fact that I was so hungry made the bountiful feast of almost entirely locally grown food, grown by the people eating it, one of the best meals I've ever eaten.

After a long weekend of field trips to partner farms and exploring my new home I (finally) got to work. Farm work is very tiring, and often very repetitive, but I love it. Crouched over, with your head only a foot or two above the ground, your hands in the dirt, you feel a new kind of connection to the earth. More intimate, and more synergistic. The work is very meditative and strangely relaxing. And when you get to work alongside people as interesting as the other interns and employees here at Bee Heaven, tasks like weeding and planting become social gatherings, sparking better conversations than I've had at any bar.

The food that comes in these boxes is not only healthy, delicious, and local, but it was cared for and loved by amazing people who love what they do. Enjoy it.



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



## Featured Items

**Callaloo** Amaranth is a versatile plant that supplies grain, leafy greens, and decorative flowers. Varieties are selected based on the desired end. Also known as pigweed, edible amaranth grows very well here.

**Roselle** aka **Jamaican Sorrel, Hibiscus Flowers, Florida Cranberry** This beautiful hibiscus can be used for both decoration and for making a very tasty beverage. The fleshy sepals (normally the green slivers outside the petals, under the flowers), fatten up a beautiful dark cranberry color. This is the part you eat, and it's refreshingly sour. Early settlers in Florida used this to make a substitute for cranberry sauce, as it is quite tart. Make a simple tea with the sepals, chill and sweeten to taste, or drink hot. Last year's newsletter has a simple recipe for a great-tasting drink— check it out! <http://www.redlandorganics.com/newsletter/20091121.pdf>

**Okra** Did you grow up hating okra because it was slimy and gummy? Escape from the world of overcooked veg-gies! Okra, also known as gumbo (and, to confuse things more, even callaloo), is the fruit from another close hibiscus relative. If you see the flower, you can tell they're related. My favorite way to eat okra is 'Bhindi Bhaji', an Indian curry dish featuring okra (whole and NOT overcooked), onions, green pepper, a little tomato for color in a curry sauce. It tastes pretty good with off-the-shelf curry powder, but it's even better if you make your own fresh.



**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!... courtesy of Marian Wertalka, CSA member

**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	<b>Pak Choy (TSF)</b> – Full only
2	<b>Callaloo (TSF)</b> - All
2	<b>Roselle (TSF)</b> - All
165	<b>Asian Eggplant (WF)</b> - Full: 3 / Half: 2
165	<b>Lettuce (assorted varieties) (WF)</b> - All
2	<b>Yuca (aka Cassava) (TSF)</b> - All <b>**EAT IT SOON</b> —it spoils quickly!**
0	<b>Lemongrass (BHF)</b> - Full / Half
165	<b>Scallions (WF)</b> - Full / Half
165	<b>Okra (WF)</b> - Full only
4	<b>Choquette or Monroe Avocados (SF, SA)</b> - All: 1
	☺ <b>Xtras</b> - pick an item or two — but don't be a piggy!
0,3	<b>Egg shares (BHF &amp; PNS), Mediterranean Shares (HMO), Cheese shares (HMO), and Honey &amp; Pollen shares (BHF-MB) are ONLY for those who paid for them!</b>
3	<b>Mediterranean Share: Hommos</b>
3	<b>Cheese share: Hani's Fresh Goat Cheese</b>
	<b>Egg Shares:</b> Lottery results will be announced soon and we'll begin NEXT WEEK
0	<b>Honey &amp; Pollen Shares (BHF-MB) - This week!</b>
	<i>Please remember to return your gently-flattened box each week—directions can be found at <a href="http://www.redlandorganics.com/CSAboxes.htm">www.redlandorganics.com/CSAboxes.htm</a>. 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; SF\* \*\*=Sawmill Farm; SA\*\*= Schmalbach Aquaculture, HMO=Hani's Mediterranean Organics

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

**PLEASE REMEMBER TO RETURN YOUR SHARE BOXES**