

Recipe of the Week

Grapefruit and Avocado Salad

-from CDKitchen

1/2 medium onion	1 ripe grapefruit
1 ripe avocado	Olive oil

Dice the onion. Remove the peel of the grapefruit, section it, and then take the skins off each section. If you are going to arrange this recipe beautifully on a plate, try not to break the sections. Otherwise, don't worry about it. Slice the avocado into thin, long slices. Now you can either throw all the diced, sectioned, and sliced ingredients into a bowl and douse it with a high quality olive oil or arrange them beautifully on a plate and douse each individual plate with olive oil. When you store it all together, the avocado won't get brown because of the acidic grapefruit juices.



Lemon Basil touched by frost



Exposed beans with frost damage

Farmers Market Schedule

Sundays 9am-2pm **Pinecrest Gardens**
SW 112th St & 57th Ave Pinecrest

Mondays 2pm-6pm **Homestead Main Street**
Krome Ave & Losner Park Downtown

Wednesdays 1pm-4pm **Overtown RITC**
NW 10th St & 2nd Ave Miami

EGG CORNER

Did you read your email? The lottery was drawn—the egg shares are here! Please check the list before you grab eggs to be sure you're one of the lucky ones



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

The unexpected cold snap last week put a premature end to the harvest of some crops. Cucumbers, squash, eggplant and tomatoes were among the crops that are going to be in short supply for awhile. Worden Farm rushed to harvest as much eggplant as possible the day before the first freeze, and these are in your shares this week.

We're expecting another, even more severe, cold front next week. They're predicting strong winds as well, which will endanger crops even more. Whatever happened to the "warm, dry winter" that was predicted? We've already set records for the earliest freezes in nearly 40 years!

Intern Words

Profile: Elizabeth "Liberty" Ferguson, Full-Season Bee Heaven Farm Intern

Hometown: Worland, WY

Education: Homeschooled and a B.A. in English Lit, Univ of Sioux Falls, SD

Past and Influences: Rocky Mountains, The Nature Conservancy, family printing company, classical piano and vocal studies, 4 months in East Africa, homemade food, and small towns.

Interests: ice cream, topsoil, and yeast.

Some Philosophy from the high desert:

Before coming to Bee Heaven Farm this fall, a gardener in Powell, WY, sold me some fresh organically grown produce. It was the first time I had

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 Ssām à Gogo* Food Truck with Chef Richard Hales will be preparing dishes using local ingredients. Bring \$\$ for this amazing food!

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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 Ro (SW 187th Ave).
Look for the farm sign & flags.

been to his stand (a shed piled over with straw bales, for insulation). Beside the 'straw igloo' is his very large garden, filled with vegetables rarely found in Wyoming, including kohlrabi and kale. Heart Mountain stands to the east and the gentle Big Horns are to the west. There is dust in the air from farmers taking out sugar beets and barley, which will be made to sugar and beer. The renegade vegetable farmer taught me a few things while I was in his garden, like how to select which red beets to pull and how to tell when

sweet corn is ready. He stood at his bench weighing produce and bagging it in used grocery sacks, sucking on his pipe, and asking me about myself. I told him I had worked all summer as a trail crew leader for a conservation corps in Colorado. As he gently tucked turban-shaped squash and beets (with delicious greens) into bags he said, "Farmers were the first conservationists, you know." I watched him intentionally bag some squash he refused to weigh and gladly accepted the small kohlrabi he handed me to try for the first time.

Please remember to BRING BACK your boxes— they're very expensive! Reduce, Reuse, Recycle!



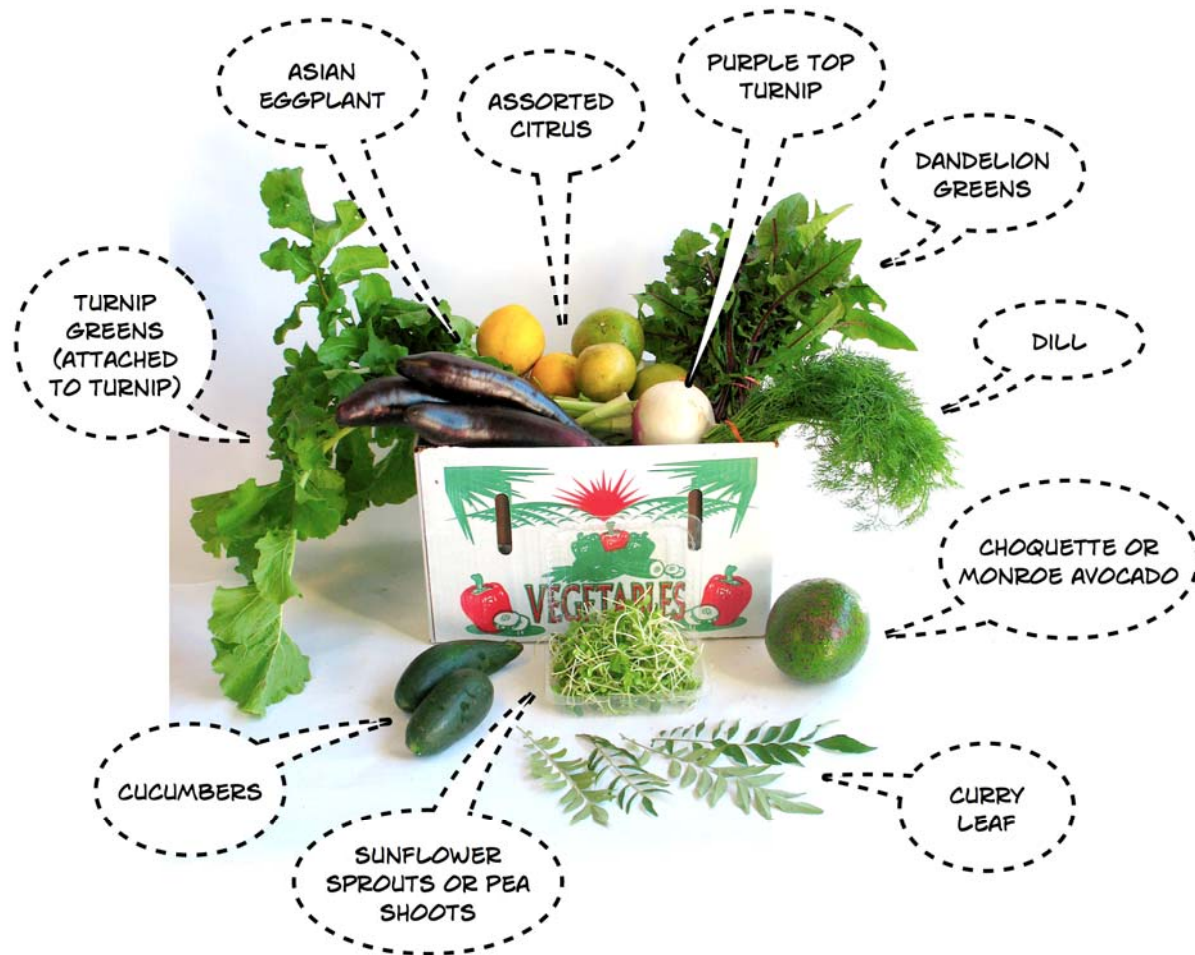
It's rich, "organic", down-to-earth, user-friendly, and nourishing!

Featured Items

Asian Eggplant Asian or Japanese eggplant is more tender than the ‘traditional’ purple eggplant we normally see at the grocery store. These are big enough that you can cook them in several ways. A great way to prepare them is to slice them into very long, thin slices, oil both sides lightly, season with your favorite seasonings, and grill, BBQ, or roast them. Another way is to cut them lengthwise in half, arrange tomato slices on top, sprinkle with Italian seasoning, and top with a couple of slices of mozzarella or provolone with grated parmesan or romano on top. Put them in a baking pan with sides that will hold it all in place, and bake until the eggplant is soft and the cheese bubbly.

Citrus It’s the start of citrus season. Virginia, from Broken J Ranch, grows some amazing citrus. It’s not certified organic, but she doesn’t spray anything. Chris Worden picks it to include in their CSA and ours. You won’t find her listed anywhere – she doesn’t sell commercially. We’re fortunate to have the connection! In your box you will probably find one or two red grapefruit, and three or four tangelos and/or navel oranges. TIP: If you don’t think your citrus is sweet enough, store the rest of them for a while – they get sweeter with time. Citrus will easily keep for a month in the refrigerator fruit drawer.

Sprouts Pea Shoots and Sunflower Seed Sprouts are excellent additions to a salad or a sandwich. They’re also good as a garnish on soup, or in a stir-fry (but put them in at the very last minute, so they’re not overcooked).



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>
165	Italian Dandelion Greens (WF)– All
165	Turnips w/tops (WF) - Full / Half
165	Asian Eggplant (WF) - Full: 3-4 / Half: 2-3
160	Cucumbers (LMF) - All
1	Sprouts—pea shoots or sunflower (HHF) - Full only
0	Curryleaf (BHF) - Full only
165	Dill (WF) - Full / Half
165	Assorted Citrus—red grapefruit, navel oranges, tangelos (BJR) - Full: 5-6 / Half: 3-4
4	Choquette or Monroe Avocados (SA)- All: 1
	☺ Xtras - pick an item or two — but don’t be a piggy!
0;3;8	Egg shares (BHF & PNS), Mediterranean Shares (HMO), Cheese shares (HMO), and Honey & Pollen shares (BHF-MB) are ONLY for those who paid for them!
3	Mediterranean Share: Okra
3	Cheese share: Hani’s Fresh Goat Cheese
0;8	Egg Shares (BHF/PNS): Full/Half—Lottery results have been emailed— please CHECK the LIST for your name before you take a share!
0	next Honey & Pollen Shares (BHF-MB) - January 8th
	<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; BHF*= Bee Heaven Farm; BJR* **=Broken J Ranch; PNS Farms
 HHF*= Health & Happiness 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