



### Recipe of the Week

#### Mesclun, Tofu & Nori Salad with Citrus Dressing

-adapted from foodandwine.com

1 medium Hakurei white salad turnip	4 oz Mesclun mix
1/4 c vegetable oil	8 plain Japanese rice crackers, coarsely crushed
2 Tbsp minced onion	6 cherry tomatoes, halved
3-4 Tbsp Clementine tangerine juice plus finely shredded zest of 1 tangerine	10 oz firm tofu, cut into 1/2 inch cubes
Salt & Pepper to taste	1 sheet nori, julienned with scissors
Cleaned sections of 1 or 2 Clementine tangerines	

Slice the turnip paper-thin. A mandolin is great for this. (Optional: steam turnip for 5 minutes & peel before slicing).

In a food processor, combine the oil, onion, orange and lime juices and zests and soy sauce. Season with salt and pepper.

Toss the mesclun in a bowl with the tangerine sections, rice crackers, tomatoes, tofu, turnip and dressing. Top with the nori and serve.



Ice on mustard leaves



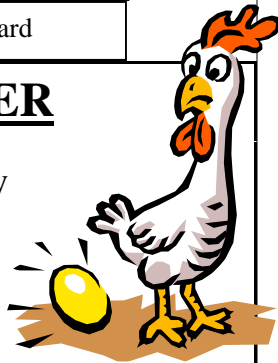
Banana plants took it hard

#### Farmers Market Schedule

Sundays 9-2 PINECREST Gardens  
 Red Road and Killian Drive  
 Mondays 2-6 HOMESTEAD Main Street  
 Losner Park on Krome Ave  
 Wednesdays 1-4 OVERTOWN Roots in the City  
 NW 2nd Ave & 10th Street

#### EGG CORNER

Eggs will arrive every other week now. We'll have 2 groups. This week, Group A: Dadeland, SoMia, Gables, No-Mia, Bwd-East, Farm



**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

#### HAPPY HOLIDAYS!

Remember- NO SHARES Dec 25 & Jan 1st. Next shares JAN 8th.

The cold hit again Monday and Tuesday nights - a double whammy! Luckily, our hay teepees and the doubled-up reemay seemed to work well.

At Three Sisters Farm, the Calaloo and the remaining Roselle were harvested Monday morning, in anticipation of the freeze. They are included in your shares. They would have been totally fried otherwise!

At Worden Farm, the turnips and radishes took their turn getting harvested to avoid a total meltdown. These are in your shares as well. Some crops, like the collards, are loving the cold. But you won't be seeing much eggplant, tomatoes, cukes or tender squashes for awhile...

There are no Med shares or Cheese shares this week. Unfortu-

nately, Hani had a family medical emergency. We'll do a makeup later on in the season.

### Intern Corner

-Jane C.

Each year on the Saturday after Thanksgiving, Margie rounds up the farm interns and drives them to a wonderful place over on the west side of the state (N. Fort Myers) called ECHO ([www.echonet.org](http://www.echonet.org)). Not only do we get to browse their well-stocked global bookstore and gift shop, we also tour their Global Demonstration Farm which focuses on finding solutions to world hunger.

At one point on the 90-minute tour, we sat on split log benches in a replica of a typical Haitian schoolroom. During our short rest, the docent spoke to us about the Moringa tree (*Moringa oleifera*) which is often referred to as the Miracle Tree. After hearing about all its amazing properties, I can easily understand how it got its nickname. For starters, the whole

plant is edible—the flowers can be eaten fresh or made into a tea, the leaves are incredibly rich nutritionally with 27% protein, 38% carbohydrates and 19% fiber and the pods can be eaten in the tender stage or as cooked seeds when mature. Many child nutrition programs worldwide have been using the ground form of dried moringa as an additive to food staples that the children usually eat such as rice and corn. Bee Heaven has their own moringa tree and I recently dried the leaves and added them to a pot of vegetable soup making it all the more nutritious and delicious!

Other uses of this tropical tree include everything from animal forage and green manure crop to planting as a living fence. The wood also produces a blue dye and traditional medicines are derived from the moringa as well. The seed consists of 42% oil used in lubrication of machinery and for cooking.

However, one of the most interesting qualities of this Miracle Tree is

*(Continued on page 2)*

THIS SUNDAY, Dec 19th! 11:30-3:30pm

Farm Day at Bee Heaven Farm Are you coming?

\*Hay rides\* \*Farm Market\* \*Live Music\* \*Food\*

Your \$5 donation helps support our farm internship program, and includes a chance to win a Smith & Hawken BioStack Composter- a \$129 value. Bring \$\$ for food and market!

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.

## Happy Holidays!

Community Supported Agriculture

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



(Continued from page 1)

the ability to purify water. We were shown how the seed is crushed into powder, poured into a bottle of contaminated water, and in minutes, the silt and organic matter settles out and over 90% of bacteria is killed. This attribute is a real asset to people throughout the developing world who are faced with unclean water systems.

For those who are interested, the moringa tree is easy to grow from seeds or cuttings. The plant can reach 9-15 ft. in one growing season, so it is recommended that you prune it back to keep it easy to harvest. It prefers soil with good drainage and doesn't like too much watering. ECHO sells moringa plants in their tropical nursery. They also sell seed packets online at [www.echobooks.org](http://www.echobooks.org) for about \$3.00/packet.

### Featured Items

**Clementine Tangerines** Both the sections and the rind of this fruit is used. The fruit is very tart, and is great added to cooked dishes. The rind is cut into thin strips, and can be either dried or fried in oil to use in Asian dishes such as Orange Beef. You can also use the tart juice to include in your cocktail.

**Oyster Mushrooms** Benjamin has teamed up with Mario to form Happy Shrooms, and he's busy growing mushrooms for us. Oysters are his specialty, but he hopes to expand into shiitakes and others in the future.



### Bee Heaven Farm's Holiday Schedule

FARM DAY Dec 19  
 NO SHARES Dec 25-26  
 NO SHARES Jan 1-2  
 Shares resume Jan 8-9

### Farmers Markets

FARM DAY Market Dec 19 (at the farm)  
 Homestead, Dec 20  
 Overtown Dec 22  
 We will not be at any markets from Dec 23 thru Jan 1

**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>
3.5	Oyster Mushrooms (HS)– Full : .28# / Half: .18#
165	Hakurei Turnips w/tops (WF) - All
165	Red Kale Collards (WF) - Full only
2	Callaloo (TSF) - Full only
165	Mizuna (WF) - Half
1	Sprouts—pea shoots or sunflower (HHF) - Half only (3.2oz)
0.5	Clementine Tangerines (BHF) - Full : 7 / Half: 4
165	Assorted Radishes w/tops (WF) - All
2	Jamaica Sorrel (aka Roselle) (TSF) - Full only
165	Grapefruit (BJR) - Full: 3 / Half: 2
	☺ Xtras - pick an item or two — but don't be a piggy!
0;3;8	<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: -NONE- (sorry!)</b>
3	<b>Cheese share: -NONE- (sorry!)</b>
0;8	<b>Egg Shares (BHF/PNS):</b> Full/Half—will arrive EVERY OTHER WEEK! This week: GROUP A—Dadeland, SoMia, Gables, NoMia, Bwd-East, FARM
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 <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; BHF\*= Bee Heaven Farm; BJR\* \*\*=Broken J Ranch; PNS Farms  
 HHF\*= Health & Happiness Farm; TSF\*=Three Sisters Farm\*\*, HMO=Hani's Mediterranean Organics  
 \*Redland Organics founders & grower members; \*\*not certified, naturally-grown

**PLEASE REMEMBER TO RETURN YOUR SHARE BOXES**