



Recipe of the Week

Black Sapote 'Coquito'

1 black Sapote, dead ripe (mushy, brown outside!)	1/8 tsp each nutmeg, cinnamon & cloves
1 can Coconut cream	1/2 tsp vanilla extract
1 can Sweetened condensed milk	3-4 oz Dark rum

This is a variation on the popular Puerto Rican Christmas drink 'coquito'. You can vary the finish by choosing different brands of rum. Blingtown suggested, on www.criticalmiami.com's blog, using Maxetlan for a sweeter finish, or Barbancourt 3 or 5-star rum. You can also make a virgin version of this drink, substituting water to achieve desired consistency.

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ride cuz it's so nice out weather." 50 degrees is pretty much the temperature of my dorm room on a good day (k maybe not, but it seems like that sometimes).

So next time it gets a little chilly out, put on a cardigan, go out in your flip flops, and eat your local produce. Just remember that I'm up in the barren landscape of NY in the winter sludging through snow and slipping on black ice. And by the way, I love it. To each their own, right?

Hope you have a great growing season and I'll see you all again on my next break!

Rachel P.

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 from now on. This week, however, we're doing the last makeup to compensate for the late season start.



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

Wishing you and yours a bountiful and happy New Year!

Hopefully the severe cold weather is finished with us. The early cold spell played havoc with the crops that we'd usually be harvesting around this time. It also slowed down the growth of a lot of other crops. But this past week was warm and sunny; and suddenly, we've seen an explosion of growth.

The mango trees are blooming, baby tomatoes are hiding among the leaves and bees are busy working the 'Campanilla' vine blooms, famous in Cuba for their wonderful nectar.

Intern Corner



Jennie & Jane modeling Carambola Couture- Incredible Edible Farm Jewelry!

Words from Rachel

You may or may not know that I've been going to school in New York state, about an hour above the City, which is why I haven't been making cameos in your newsletters or at market recently. I came home for winter break on the 17th of December.

Before I prepared to leave, my mom sent me a bunch of pictures of our farm covered in crazy amounts of frost and ice.

Of course right before I left we had a little snowstorm up in NY and I left with snow on the tarmac—my definition of cold changed quite a bit in a short time. So when I asked, "is it cold down there," and everyone told me yes, I decided to pack all my warmest clothing, all my layers and sweaters and boots.

My layover in Atlanta confirmed the chilly weather in the south and I was feeling pretty good about my decision to wear plenty of clothes on the plane.

We flew over Florida and I laughed at the palm trees—the only way to know you're really home. You never notice how much they

mean to you until you haven't seen them in a while.

Literally the moment I stepped off the plane in Miami, I realized my mistake. My hair poofed up into a little ball of humidity, my back started to feel that queer wet heat, and my neck, covered by a little red scarf that would have accomplished nothing in NY, started sweating like a pig (do pigs really sweat? why is that a saying?). All I could say was, "I thought you said it was cold!" and my dad, dressed in a Hawaiian floral shirt said, "it was...yesterday."

Since then, whenever people see me they say, "Wow! I bet you're enjoying the warm weather down here!" and all I can do is nod and think, "Well I would be if I'd packed some sandals and more than one pair of shorts..."

Not to say that y'all are wimps, and believe me, I'm right there with you guys most of the time, but lemme just say, 50 degrees is not cold. 50 degrees is when my school goes crazy and everyone runs around in short shorts and tank tops and lays on the quad in the warm sun. 50 degrees is "YES! It's warm enough to only wear one pair of tights!" weather. 50 degrees is "let's go for a bike

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

Featured Items

Grapefruit Enjoy this sweet Florida citrus Michael's Genuine style: Warm Florida Shrimp with Broken J Ranch ruby grapefruit, Florida avocado & chives, hit the dinner menu Wednesday night and Thursday's dessert special was Grapefruit Meringue Tart with goat's milk sherbet, blackberry & kumquat. What else can you think to make with it?

Black Sapote The season is starting for these tropical persimmons. Enjoy them in a smoothie, or make a pudding or an ice. Eat them, lightly sweetened, with sliced strawberries and chopped walnuts. Top with a bit of whipped cream.



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	Assorted Lettuce (WF) - All
165	Collards (WF) - Full only
0	Mustard Greens (BHF) - Full / Half
160	Green Peppers (LMF) - Full: 2 / Half: 1
165	Broccoli (WF) - Full / Half
165	Scallions (WF) - Full / Half
165	Cilantro (WF) - Full / Half
8	Black Sapote (PT) - Full: 2 / Half: 1
165	Grapefruit (BJR) - Full: 3 / Half: 2 Featured at Michael's Genuine Food & Drink this week check out their blog about it at http://thegenuinekitchen.com
	☺ 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: -Fateh Bil Hommos *DOUBLE MAKEUP PORTION*
3	Cheese share: fresh Hani's cheeses *DOUBLE MAKEUP PORTION*
0;8	Egg Shares (BHF/PNS): Full/Half—normally will arrive EVERY OTHER WEEK! We're making up for the late season start, so EVERYONE is getting eggs this week.
0	Honey & Pollen Shares (BHF-MB) - TODAY
	<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, LMF=Lady Moon Farm, 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