

Recipe of the Week

Val's Sweet Cabbage Slaw with Green Onion and Parsley

- from Kalyn's Kitchen blog (kalynskitchen.blogspot.com)

1/2 lg head cabbage, coarsely chopped	1/4 cup white balsamic vinegar or white vinegar
1 bunch (or more) chopped parsley	1/2 cup sugar (or equivalent sugar substitute)
4 cup thinly sliced green onion (or more)	Salt to taste
1/4 cup canola oil	Freshly ground black pepper to taste

Cut out core from cabbage, then thinly slice and coarsely chop slices until you have about 6 cups chopped cabbage. Wash and coarsely chop parsley, and thinly slice green onions.

In small bowl or glass measuring cup, stir together the canola oil, white balsamic vinegar or white vinegar, sugar, salt, and pepper.

Put chopped cabbage, chopped parsley, and sliced green onions into salad bowl and toss to combine. Add just enough dressing to moisten salad, and toss again. (You may not need all the dressing.) Taste to see if you want more salt or pepper, then serve.

This will keep for a day or so in the fridge, although it's better freshly made when the cabbage has more crunch.

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work with. Recycle. When you can afford to buy something, purchase quality and properly dispose of or pass on what it replaces.

In short, less is more. Don't believe anything (or anyone) that tells you it (or they) can make your life easier. You are the only one that can do that, by picking what is important for your focus at any given time. Believe in having little, and that you have the power to prioritize, and even though the world may not appreciate it, you will attain simplicity.

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

EGG CORNER

Eggs will arrive every other week from now on.

This week, Group B:
 PBay, Grove, Beach, all
 BWD, Keys.



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

We saw a surge of growth with the warm weather this past week, but it all came to a screeching halt on Wednesday, when another cold front rolled in. The local Redland farms dodged the frost this time, and it looks like we'll be back to more moderate weather again for awhile.

We have lots of heirloom tomato plants in 1 gal pots, ready for a home. Only \$7 gets you a gorgeous plant that's starting to bloom and bear. Choose from many colors, shapes & sizes. It's not too late to plant! We'll have them at our farmers market booth.

Intern Corner

This week we bid goodbye to Jennie (and Ben, who came to fetch Jennie and joined us for a week), and welcome Sara and Tom! Sara (aka Sadie) is no stranger to South Florida or our local farms. She's spent time during the past two seasons at Paradise Farms and at the Everglades Hostel, and has come south again to roost for the winter, this time with us. Tom is just beginning a bicycling odyssey through the South. We're his first stop, for a month, before he continues on towards Louisiana.

Thoughts on Simplicity

- by intern Liberty F.

We all like at least the idea of simplicity. Always, we are looking for easier and simpler ways to do things, or remove complications from our lives. What we often forget is that simplicity correlates directly with our possessions and responsibilities.

Simplicity, at its core, is taking only what you need and wanting what you have. Simplicity means being entertained and nourished by inexpensive or free things, like books, home cooked food, a

walk outside, the company of people near you, and work done with quality and thoughtfulness. When we live with a spirit of simplicity, we treat people with straightforwardness and appreciation (even if they don't deserve it). Living in simplicity also means we take care of our own land, family, business, house, and sundry possessions with as much self-reliance as possible.

Simplicity also means that you will stump the rest of the world. Why ride a bicycle when you could drive? Why skip the news tonight and miss the tragedy the media chose to shock you with? Why write a letter when you could e-mail? Because . . . If we ride a bicycle we might hear the birds singing. If we turn off the TV, we might notice the tragedy of the man on the corner who needs a meal. If we write a letter, somebody may find something besides junk mail in their box.

And practical advice for achieving simplicity? Put away the gadgets. Say "No" to the things you don't have the desire, time, or need to do. Say "Yes" to being present with your family, friends, and a stranger now and then. Clean out your closet. Work industriously, and strive for balance. On the job, work not only for your paycheck, but for those who you

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What's in my share this week?

look inside!

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What do I do with
 it?

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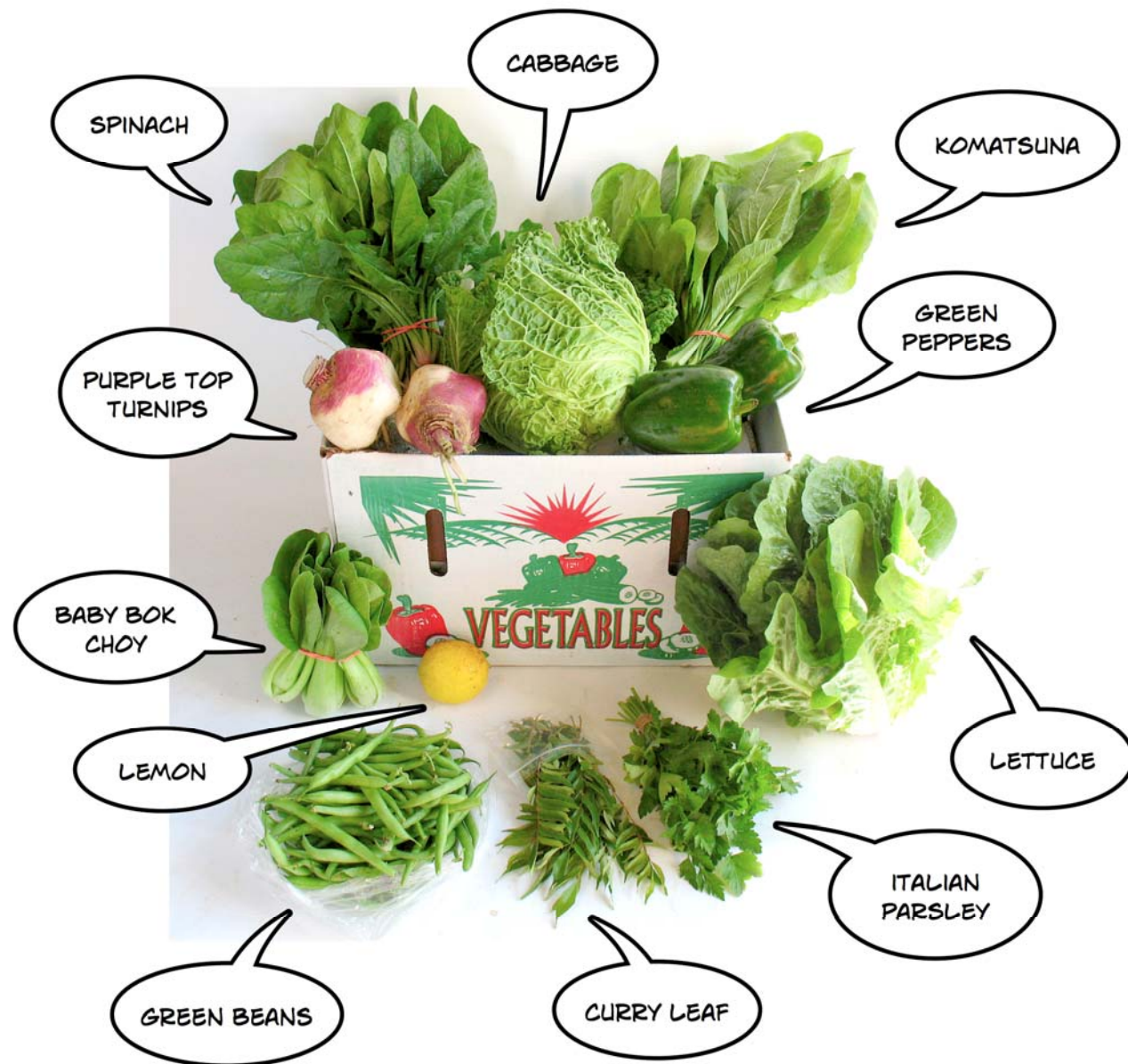
It's rich, "organic", down-to-earth, user-friendly, and nourishing!

Featured Items

Spinach This common green has a short growing window in South Florida, as it really benefits from cold weather. It's one of the perks of the unseasonable cold!

Baby Bok Choy Delicious steamed quickly, or eaten raw (try an Asian marinade), baby bok choy is a treat.

Curryleaf This herb imparts a curry-like flavor to your food. Use it like you would bay leaves, as it's tough to chew. Curryleaf is popular in Indian cooking, where the leaf is infused into oil or ghee and used as a finish for a dish as it's being served. Throw a few leaves into your rice, beans or soup. A market customer told me recently that curryleaf freezes quite well for later use. It will keep for a good week or two in the refrigerator, in the bag provided, but DON'T SEAL IT— let it breathe.



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?
From BHF	<i>NOTE: A full share is NOT the same as 2 half-shares!</i>
2.5	Green Beans (HOF) - Full: 1 lb / Half: 1/2 lb
165	Assorted Lettuce (WF) - Full only
165	Collards (WF) - Half only
165	Savoy or Flat Cabbage (WF) - Full only
160	Green Peppers (LMF) - All: 2
165	Komatsuna (WF) - All
165	Spinach (WF) - Full only
165	Baby Bok Choy (WT) - Full / Half
165	Purple top turnip roots (WF) - Full/ Half
165	Parsley (WF) - All
0	Curryleaf (BHF) - All TIP: Freeze what you won't use within 2 weeks
0.5	Lemons, assorted varieties (GG/PFF) - Full only: 1
	☺ Xtras - pick an item or two — but don't be a piggy!
0;3;8	Egg shares, Mediterranean Shares, Cheese shares, and Honey & Pollen shares below are add-on items and are ONLY for those who paid for them!
3	Mediterranean Share (HMO): Foule Moudammas (BWD-West gets a makeup-double up!)
3	Cheese share (HMO): fresh Hani's farmstead cheese
0;8	Egg Shares (BHF/PNS): Full/Half— B week: PBay, Grove, Beach, all BWD, Keys
0	Honey & Pollen Shares (BHF-MB) - next one will be Feb 5-6
	<i>Please remember to return your gently-flattened box each week—directions and a video on how to do it without ripping the box 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; GG*=Green Groves; PFF=Passiflora Farm**;
 HOF*=Homestead Organic Farms; PNS=PNS Farms, LMF=Lady Moon Farm; HMO=Hani's Mediterranean Organics,
 *Redland Organics founders & grower members; **not certified, naturally-grown

REDUCE, REUSE, RECYCLE—send your CSA box back!