

## Recipe of the Week

### White Bean Escarole Soup

- an amalgam of several recipes

1/4 cup extra-virgin olive oil	2 tsp Italian seasoning, or 1 Tbsp each chopped fresh basil and oregano
1 large onion, chopped	Freshly ground black pepper to taste
1 cup halved cherry tomatoes	4 cups chicken or vegetable stock
1 stalk finely chopped celery	4 cups cooked white beans or 2 15-ounce cans cannellini beans, rinsed
2 carrots finely chopped	1 head escarole, chopped
3-4 cloves chopped garlic	1/2 cup freshly shredded Parmesan, Romano or Asiago

Heat oil in a soup pot or Dutch oven. Add onion, tomatoes, celery, carrot, garlic, Italian seasoning and pepper and cook, stirring often, until the vegetables are beginning to soften and the onion is translucent, about 10 minutes. Add stock, bring to a simmer, and cook, until the vegetables are tender. Stir in beans and escarole (you may need to add the escarole in batches, waiting until it cooks down a bit and you can fit more in the pot). Cook, stirring often, until the escarole is just tender, 5-10 minutes. Serve with a generous sprinkling of cheese.

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olive oil (just a little) and massage the kale. Lay it out in a single layer on a dehydrator tray (or cookie sheet for oven baking.) Make sure that the kale doesn't overlap or it will be soggy instead of turning crispy, like chips. Sprinkle with sea salt.

Dehydrate at a low temperature, like 110 degrees, for 4-10 hours depending on your dehydrator and humidity levels. Trust me, they take much longer time to make in Florida than Pennsylvania! I prefer to use a dehydrator, but if you don't own one you can make them in your oven. (Also a great alternative when you don't want to wait 8 hours for a snack.) Bake at 350 for about 10-15 minutes, just watch 'em like a hawk, as they burn very quickly.

### 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

Egg production is up! So, we're sending out eggs to all the sites today. If the trend continues, we may be able to offer an extended egg share (beyond the 10 deliveries you've already paid for). We'll keep you posted, and each week we'll let you know which sites (A, B or all) are getting eggs.



**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

Don't forget, this week is the continuation of our heirloom tomato plant sale! We still have plenty 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. And we also have plants in smaller pots ready to go in the ground immediately, for \$5 each. It's not too late to plant! We'll have them at our farmers market booth too.

### Intern Corner

-by Sadie W.

Ahhhhh...my third winter in south Florida. A few years back I was very happily teaching river ecology and water chemistry classes for River-Quest, an on-board watershed education non-profit in Pittsburgh, PA....*on the days when I wasn't freezing.* Ever worked on a boat in Pittsburgh in January? One day while shoveling snow off of the decks, I declared that it was my last winter in the northeast. That was the 2006-2007 school year, my last winter in the northeast and I've been traveling and working seasonally ever since.

I am thrilled to be back and surrounded by all of the beautiful organic produce. I love working on the farm and at the farmer's markets...just the smell of tomato plants makes me happy. Aside from being physically exhausted, my days are so enjoyable that it hardly feels like I'm working at all. And the best part is the food. The more time I spend farming and gardening, the more passionate I become about food.

My latest obsession is kale chips....extremely easy to make and addictive! I have made so many varieties since I discovered them this fall; the possibilities are endless! The basic recipe below is easy & delicious. Try 'em out...

#### Sadie's Kale Chips

Wash and dry a bunch of kale. Cut out the stems and tear kale into bite sized pieces. Coat you hands with

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### The Redland Ramble II

Come and join us on this leisurely ride through the Redlands as we visit The Redland Herb Farm, Bee Haven Organic Farm and Andre's Fish Farm. On Saturday January 29th at 10:30am.

We will be stopping at Andre's Fish Farm on the last stop. This is where riders, who visit Eventbrite and pre-pay, will enjoy a lunch consisting of locally grown foods from Andre's and Bee Haven. You can still participate in the ride even if you do not wish to have the lunch.

Starting Point:  
First National Bank 1550 N. Krome Ave  
Homestead, FL

The parking lot is behind the bank on SW 304th St and NE 1st Ave

#### Directions:

Follow Turnpike south to SW 288th St (Biscayne Dr) go right off of exit onto 288th (west). Follow 288th to 177th Ave (Krome Ave). Go left (south) on Krome. Follow Krome to SW 304th St (Kings Hwy) and go right (west) on 304th. You will see bank drive thru on right, then the first st is NE 1st Ave, just past this intersection is the right turn into the parking lot.

Visit: [www.greenmobilitynetwork.org](http://www.greenmobilitynetwork.org) or our Facebook event page for more info.

Saturday, Jan  
29th, 10:30am

Sign up for the lunch: [redlandramble2.eventbrite.com](http://redlandramble2.eventbrite.com)



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

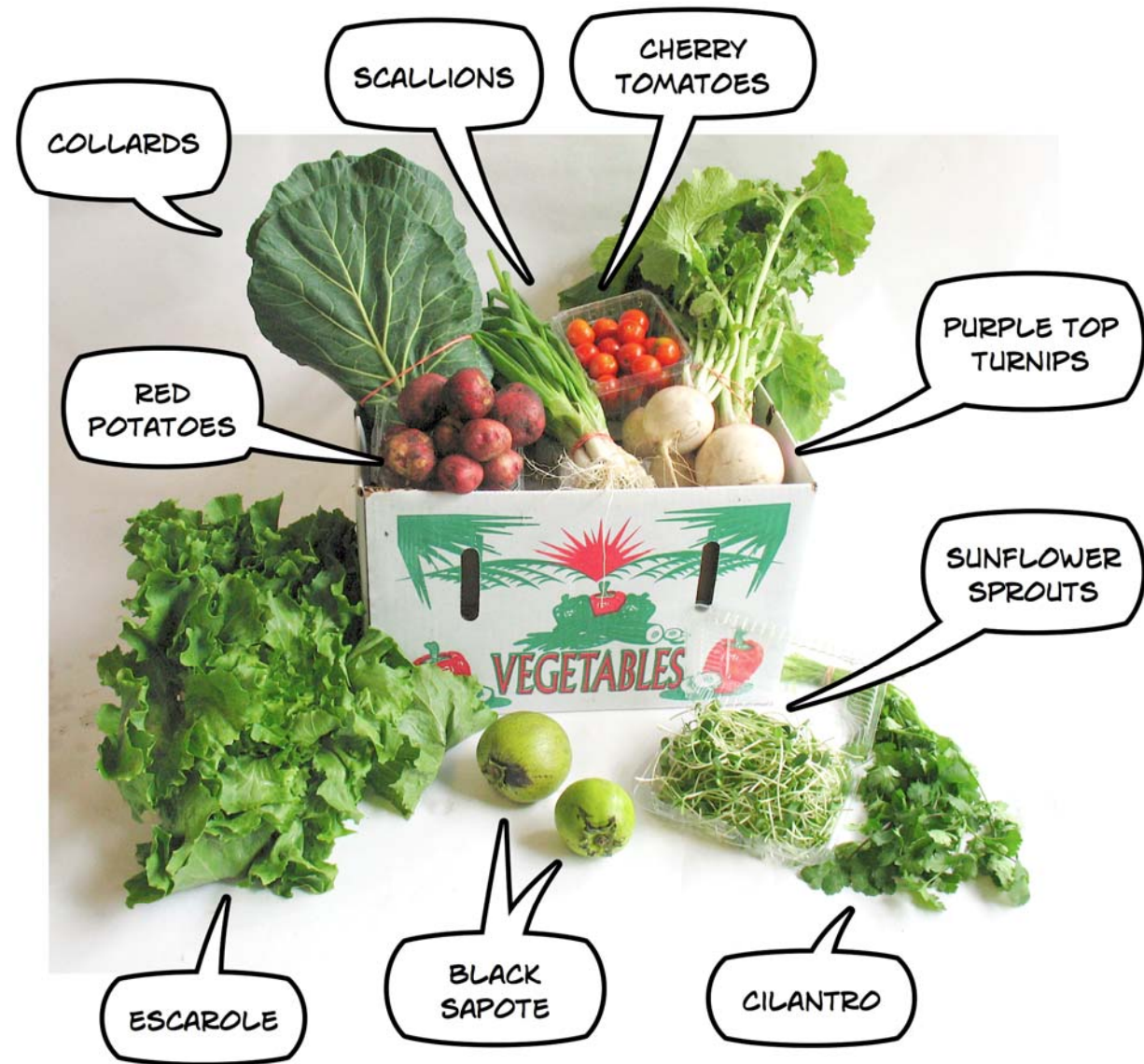


## Featured Items

**Escarole** Don't be afraid of this vegetable—it cooks down into a sweet and tender green. It's also great in salads—try it combined with lettuce, chopped scallions or onion slivers, and topped with an Asian dressing made with honey, lemon & sesame oil. Sprinkle toasted black sesame seeds on top for a great finish.

**Potatoes** Newly-harvested potatoes are a treat. This year's crop was damaged by the early freezes, so we're lucky to get some from Mr. Jones (pesticide-free), a friend of the Wordens in Punta Gorda.

**Braising Mix** This week's mix includes yukina savoy, baby turnips w/greens, pei tsai, mustard, and a dab of arugula. To braise the greens, wash and roughly chop. Mix with additional veggies if you like. Saute garlic and/or onions in olive oil or butter, add the greens & veggies and sauté 3-5 minutes until the greens begin to lose some volume. Turn the heat to low, add 1/4 inch of water, wine, broth or juice, cover and cook to desired tenderness, stirring occasionally. Add more liquid if necessary. Serve topped with your choice of condiments—roasted nuts, sliced mushrooms or lemon juice!



**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>
1	<b>Sprouts –sunflower or peashoots (HHF) - Full only</b>
165	<b>Assorted Lettuce (WF) - Half only</b>
165	<b>Collards (WF) - All</b>
165	<b>Escarole (WF) - Full only</b>
160	<b>Cherry Tomatoes (LMF) - All: 1 pt</b>
165	<b>Red Potatoes (Mr. Jones) - All</b>
0	<b>Braising Mix (Yukina Savoy, baby Turnips, Pei Tsai, Mustard, Arugula)(BHF) - Half only</b>
165	<b>Purple-top Turnips w/tops (WF) - Full only</b>
165	<b>Scallions (WF) - Full only</b>
165	<b>Cilantro (WF) - All</b>
8,1	<b>Black sapote (PT/TSF) - All</b>
	☺ <b>Xtras - pick an item or two — but don't be a piggy!</b>
0;3;8	<b>Egg shares, Mediterranean Shares, Cheese shares, and Honey &amp; Pollen shares below are add-on items and are ONLY for those who paid for them!</b>
3	<b>Mediterranean Share (HMO): Moubieh bil zeit</b>
3	<b>Cheese share (HMO): assorted Hani's cheeses</b>
0;8	<b>Egg Shares (BHF/PNS): Full/Half—ALL sites!</b>
0	<b>Honey &amp; Pollen Shares (BHF-MB) - next one will be Feb 5-6</b>
	<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 <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; GG\*=Green Groves; PFF=Passiflora Farm\*\*;  
 HOF\*=Homestead Organic Farms; PNS=PNS Farms, LMF=Lady Moon Farm; HMO=Hani's Mediterranean Organics,  
 Mr. Jones\*\* \*Redland Organics founders & grower members; \*\*not certified, naturally-grown

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