

Recipe of the Week

Chard Tacos

- from www.allrecipes.com

1/2 tablespoons olive oil	1 bunch Swiss chard, tough stems removed and leaves cut crosswise into 1 1/2" slices
1 large onion, cut into 1/4-inch slices	1 pinch salt
3 cloves garlic, minced	12 corn tortillas
1 tablespoon red pepper flakes, or to taste	1 cup crumbled queso fresco cheese
1/2 cup chicken broth	3/4 cup salsa

Heat the olive oil in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned golden brown, about 10 minutes. Add the garlic and red pepper flakes, stirring until fragrant, about 1 minute. Stir in the chicken broth, Swiss chard, and salt. Cover and reduce heat to low. Simmer until chard is nearly tender, about 5 minutes. Remove lid and increase heat to medium, stirring until the liquid evaporates, about 5 minutes. Remove from heat and set aside.

Heat another skillet over medium-high heat. Warm the tortillas in the skillet for about 1 minute per side. Fill the warmed tortillas with the chard, and top with the queso fresco cheese and salsa.

Several of our CSA members maintain blogs. Some will write occasional posts about their shares, but some, like Bill Jacobs, are exceptional. In his **Tinkering with Dinner** blog, <http://www.tinkeringwithdinner.blogspot.com>, he faithfully documents his weekly half-share, speculates on what he thinks he'll make the coming week, then posts detailed descriptions of his recipe preparations with awesome step-by-step pictures, along with his critique of the result. He's been doing this for three seasons, and if you're looking for inspiration and unusual recipes using ingredients from your weekly share, this is the place to go. My only disappointment is that he doesn't like lettuce, and often leaves it behind in the Xtras box (for some other lucky soul). Ah well, can't have everything.... But seriously, Bill, thank you for your awesome posts!

Farmers Market Schedule

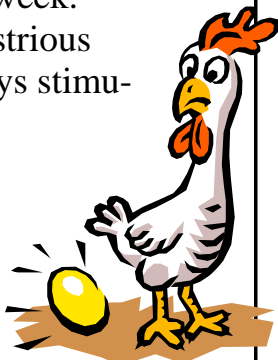
Sundays 9-2 PINECREST Gardens
Red Road and Killian Drive

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

All you lucky ducks...er...egg share folks get eggs again this week. Whopee! Thank the industrious hens. The lengthening days stimulate egg production.



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

Wow, the season is almost half over, but it seems like we're just getting started. Right now we're in a bit of a lull while we wait for new crops to mature, so we don't have a great abundance in the shares. Other crops have finished, and new plantings are in place. Although there is still time to replant some of the longer term crops like tomatoes, soon we'll be shifting into more of the short-term greens. We're starting to harvest carrots. The full shares get a sampling of our rainbow carrots this week. Beets should follow soon. And tomatoes are imminent!

Boniato, a tropical starchy "sweet" potato, is a morning-glory family member. It's commercially grown here, and the first freeze of the winter killed off the tops on the crops. Boniato is primarily propagated by cuttings of the growing vines. The freezes really put a damper on the boniato crop, not just for this year, but likely for awhile, until enough is grown to provide enough slips, as the cuttings are called, for the next generation. You have the very last, meager harvest, from Three Sisters Farm. A few plants survived, and they're starting the process all over again. Until next year, or the next...

Intern Corner

-by Mike L.

Hello everyone. It is great to be back at Bee Heaven Farm for a second winter season. Last year I came to learn basic farming skills such as planting with a seeder, harvesting vegetables at the correct stage, packing the box truck for market, and saving seeds. This winter, I have continued to learn important farming skills. I am also making preparations to start my own farm on leased land in upstate New York this summer. This process has kept me busy- Margie makes all of this look easy!

The first step was to find available farmland and meet with land owners. Then I wrote a lease agreement, registered my farm with the state and named it **New Leaf Farm**, drafted a crop plan and planting schedule, and ordered seed. Last week I attended a farming conference in New York and found an apartment near the farm; New York in winter is a different world (cold, snowy, and beautiful).



New Leaf Farm awaits Farmer Mike — that's some serious snow cover!

What's in my share this week?

look inside!

Picture - Page 2

Item List - Page 3

What do I do with it?

Recipes - back page

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My next steps will be to apply to sell at farmers' markets, order equipment, trade my car in for a pickup truck, and make the drive. If all goes as planned, I will plant my first seeds in April. When I move, I will take with me some of the seeds that I have saved at Bee Heaven Farm and many ideas about how I would like to run my farm. Unfortunately, I won't be able to plant any canistel, mango, or avocado in New York. (Ed: But he'll get to plant apples, pears, plums, peaches and other temperate fruits instead! Mike will be leaving real soon—we'll miss him, but the weeds he rigorously kept under control sure won't...)



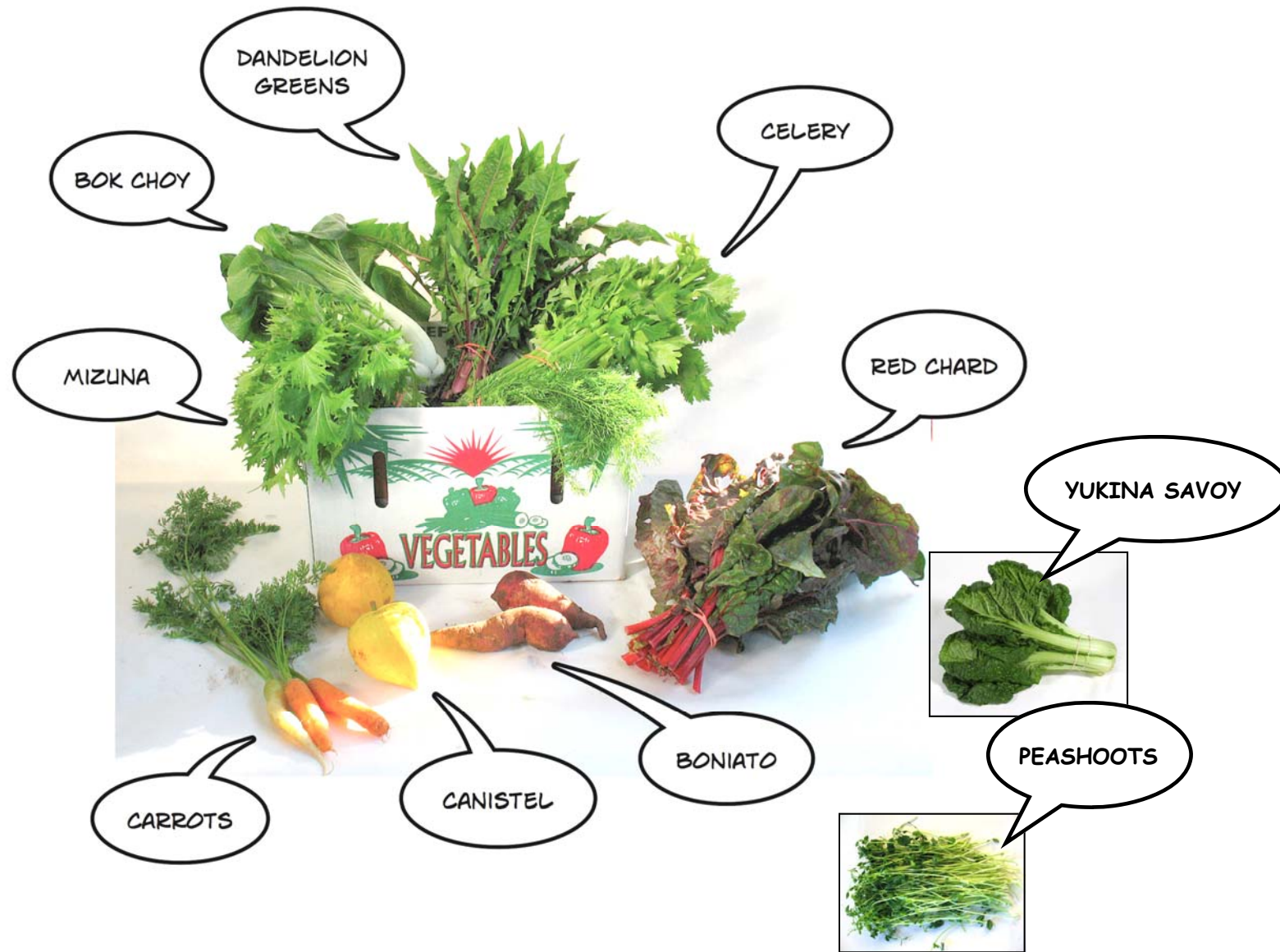
It's rich, "organic", down-to-earth, user-friendly, and nourishing!

Featured Items

Mizuna aka ‘the bad-hair-day green’, is mild and tender. Mizuna is often lightly steamed, added at the last minute to soups or simply served in salads. It’s popular in Japan. A member of the mustard family (the Brassicas, of which broccoli, cabbage, radish, most Asian greens, kales, and many others are also members), mizuna is a nutritious green.

Celery This great vegetable is overlooked or relegated to the relish tray. Worden Farm has a great post on their blog about celery here: <http://tinyurl.com/48lthdk>. The celery in this week’s share is from them.

Canistel Canistel is a dense, lightly sweet fruit, high in Vitamin A and niacin, that’s great in smoothies as well as pies. It’s coming in strong now, so you’ll probably see it again in the shares soon. As with any tropical fruit, keep them out on the counter until it’s fully ripe. A ripe canistel is EXTREMELY SOFT, and the skin just slides off. DO NOT TRY TO EAT BEFORE IT’S FULLY RIPE—it has a sticky latex and tastes terrible, so have patience.



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	Peashoots (HHF) - Half only
165	Chard (WF) - Full / Half
165	Mei Qing Bok Choi (WF) - Full only
165	Yukina Savoy (WF) - Half only
165	Italian Dandelion (WF) - Full only
165	Mizuna (WF) - All
0	Rainbow carrots (BHF) - Full only **USE THE TOPS TOO! LIKE PARSLEY**
165	Celery (WF) - Full only
1.5	A taste of Boniato (TSF) - Full only
165	Dill (WF) - All
8	Canistel (PT) - Full: 2 / Half: 1 **ONLY EAT WHEN VERY SOFT**
	☺ 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): Moudardarah (lentils)
3	Cheese share (HMO): Hani’s artisanal farmstead cheese
0;8	Egg Shares (BHF/PNS): Full/Half—ALL sites!
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; TSF*=Three Sisters Farm**; PT=Possum Trot; PNS=PNS Farms; HMO=Hani’s Mediterranean Organics

*Redland Organics founders & grower members; **not certified, naturally-grown

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