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2010-2011 CSA Shares Newsletter

Recipe of the Week

Sadie's Favorite Collard Greens

-contributed by Sadie W, BHF

1 bunch of collards, thinly sliced	1 tsp sea salt
4 strips bacon, cut into 1/2" pieces	1/2 tsp freshly-ground black pepper
1 small onion, chopped	A few dashes hot sauce, to taste
2 garlic cloves, minced	1/4 cup apple cider vinegar
2 Tbsp sugar	1 cup chicken broth or water

Cook bacon over medium heat until it just begins to brown, then add onion. Cook until onion is soft and beginning to brown. Add the garlic, salt, pepper, sugar and hot sauce and cook for about a minute. Add vinegar and simmer until liquid is reduced by half, stirring and scraping up the little bits from the bottom of the pan. Add the collards and chicken broth. Bring to a simmer. Reduce the temperature to mediumlow. Cook, stirring occasionally, until the collard greens have wilted. Season to taste.

(Continued from page 1)

Tidbits

time I have discovered a niche of like-minded people here in South Florida, people who are interested in reducing our impact on the world around us. I still go down to Bee Heaven Farm from time to time to lend a hand when Margie needs help. The Redland Organics CSA is a wonderful resource for South Florida, and I'm very excited to be a small part of this community.

Farmers Market Schedule

Sundays 9-2 PINECREST Gardens

Red Road and Killian Drive Our last day: April 24

Mondays 2-6 HOMESTEAD Main Street

Losner Park on Krome Ave Our last day: April 25

Wednesdays 1-5 OVERTOWN Roots in the City

NW 2nd Ave & 10th Street Our last day: April 27

EGG CORNER

Egg shares have ended. We'll have eggs available at our farmers market booth, and by preorder during the summer (after June 1).

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.



2010-2011 CSA Shares Newsletter ~ COMmunityPOST ~

Bee Heaven Farm Redland Organics

Week 19 April 16-17, 2011

Farm News

BOXES

I hope you rememberd to bring a bag or box with you to transfer your share. We'll be collecting boxes for the last time this season when we drop off the shares next week.

Please bring your last box with you to the potluck. If you can't come on May 1st, please store your empty box in a safe place for next season. Thanks!

***** Earth Dinner Celebration

Saturday, April 30th, 6pm

At Possum Trot

Brief farm tour followed by a 7-course farm dinner prepared 🌣 by Possum Trot owner/ "Cantankerous Chef" Robert Barnum, using exclusively* ingredients grown or produced within the South Florida Greater Everglades Foodshed (Lake Okeechobee south to Key West) *except flour & olive oil

The meal features Okeecho- ★ beef, wild-caught local fish, Red- 🖈 land-grown seasonal veggies, 🖈 ★ served with local tropical fruit ★ wines. Part of a series of Earth Dinners sponsored by The Chefs Collaborative and Organic Valley, Florida Keys Sea Salt, Hani's Mediterranean Organics, Schne-★ bly's Redland Winery and BHF.

★ Tickets \$130 pp , available at: www.brownpapertickets.com/ ★ event/166969 Reservations required; attendance is limited.

Member potluck and gleaning day!

Bee Heaven Farm

Sunday, May 1st, 11:30am-2:00pm

Bring a dish to share, bring a bag or box and get ready to get down and dirty. Pick your own herbs, roots or greens to take home.

Directions to the farm: from US1, Krome Ave or the Turnpike: go West on Bauer Drive (SW 264th St) to Redland Road (SW 187th Avenue). Continue west for 0.3 miles (check your odometer!). Look for a rock pyramid and the farm sign on your left (south side). Park along the swale and walk in the west gate look for the flags and signs.

Volunteer Corner

-CSA member Nathan K

A couple years ago I relocated to South Florida from San Francisco. didn't choose South Florida for any other reason than the weather; I simply prefer warm, humid, tropical weather, and South Florida was as ⇒ bee wild boar, Florida grass-fed ⇒ close as I could come to that in the contiguous United States. Before San Francisco, I also lived in Portland, Oregon for a number of years. Between Northern California and the Pacific Northwest one becomes accustomed to generally progressive attitudes toward conservation, and things like co-op grocery stores, large farmers markets, CSAs and decent public transportation.

Upon moving to the Miami area, I had no idea what to expect. I had only impressions given to me by movies, TV and the media, which mostly centered around vague visions of flashy cars, glitz and plastic surgery. I wasn't expecting much in the way of conservation-minded people. Not too long after arriving, a few Web searches revealed Redland Organics, which surprised me. I immediately got in touch with Margie and shortly thereafter came down to the Redlands one morning to help pack CSA shares, just to see one farm and how the CSA worked. I got on the waiting list to join the CSA, and became a member this season.

> I'm glad to say that since that (Continued on page 4)



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

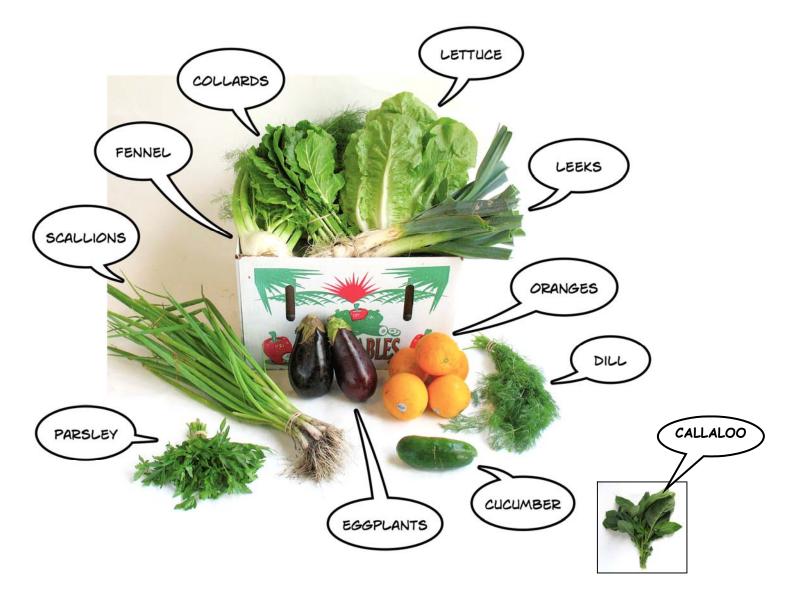


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Featured Items

<u>Green Glaze Collards</u>: Our heirloom collard greens are an old Southern variety that is not well known. However, they're sweet and suprisingly tender. Prepare them with Sadie's recipe (on page 4).

<u>Valencia oranges</u>: This late in the season, Valencia oranges are about the only local citrus you'll find around, except for some laggard grapefruit. And if you're lucky, you might have a few limes. Valencias are great juice oranges, but they're also good eating.



<u>What does it look like?</u> 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

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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	NOTE: A full share is NOT the same as 2 half-shares!
160	Eggplant (LMF) - Full: 2 / Half: 1
0	Green Glaze Collards (BHF) - Full only
165	Lettuce (WF) - All
2	Callaloo (TSF) - Half only
165	Leeks (WF) - Full / Half
160	Cucumbers (LMF) - All: 1
165	Fennel (WF) - Full only
165	Scallions (WF) - All
165	Parsley (WF) - All
165	Dill (WF) - All
250	Valencia Oranges (UM) - Full: 5 / Half: 3
	◯ 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
3	Cheese share (HMO): assorted Hani's cheeses – a 16oz share today as makeup for the missed week
0	Egg Shares have ended for the season.
0	Honey & Pollen Shares are finished for the season
	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!

Which farms supplied this week's shares? -all the farms are located in the South Florida area

WF*= Worden Farm; BHF*= Bee Heaven Farm; UM=Uncle Matt's; TSF*=Three Sisters Farm**; HMO**=Hani's Mediterranean Organics

LMF=Lady Moon Farm; *Redland Organics founders & grower members; **not certified, naturally-grown