



Recipe of the Week

Simply Beans (with options)

| | |
|---------------------------------------|------------------------|
| Fresh green beans—enough for everyone | Salt & Pepper to taste |
| 1-2 Tbsp oil, butter or other fat | Optional-see below |

Rinse beans and pinch off the stem ends. Leave whole or break into 2 or 3 pieces of uniform size.

Heat oil or butter in a large shallow pan over medium-high heat. When hot, throw beans into pan and sear, flipping and stirring to make sure all beans are coated and to avoid burning. When the beans are starting to soften, remove from heat, add seasonings & toppings if desired, and serve.

Here's some options that will create very different tastes—simply!

Use olive oil, add chopped garlic chives & fresh dill

Use butter or sesame oil, add fresh ginger (cut into thin matchsticks cooked together with beans), chopped scallions, and a splash of soy sauce

Use sesame oil, soy sauce or tamari (or Bragg's aminos) instead of salt, top with toasted sesame seeds

Use olive oil, add oregano. Near end of cooking, mix in a few cherry tomatoes cut into quarters. Top with freshly-shredded Romano. *(Try this with eggplant!)*

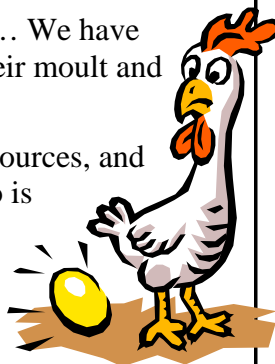
Fry bacon until crispy. Use the released bacon fat instead of oil. Omit salt. Crumble bacon on top.

Caramelize onions with balsamic vinegar. Cook beans and pour caramelized onions on top before serving.

EGG CORNER

We've been eagerly awaiting for the new 'girls' to start laying. They're JUST starting... We have enough eggs to start the season, but we may run short for a bit until the older hens finish their moult and the young ones have all begun to lay steadily.

There are a LOT of folks (66) on the waitlist for eggs. We're hoping to develop more sources, and we'd like your feedback. We may have an opportunity to source eggs from a neighbor, who is using the same certified organic soy-free feed that we use (we're supplying it). However, they are not certified organic and their land won't qualify for certification for a couple of years, because the prior owners used synthetic fertilizers and pesticides on the fruit trees and herbicides in the grove. How do you feel about us offering these eggs in the egg shares? Let us know!



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 9 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

Welcome!

Summer is over. It's growing time here in South Florida, while the rest of the country winds down.

Redland farms have gotten a very late start due to the extended heavy rains lasting well into October. Normally, by the beginning of October many crops are in the ground. This season, many farms, including ours, are only now beginning to plant their main crops. However, Homestead Organic Farms managed to get their bean plantings done in time for the traditional Thanksgiving harvest, so we have beans! And to season your bean dish, our own BHF garlic chives are the tropical equivalent of garlic.

Three Sisters Farm has edible amaranth, aka Callaloo, which is one of the few greens that grow well here in our hot & humid summers. And now that the weather is cooling off and drying out, bok choy is coming into its own.

We're excited to introduce a new venture—the Miami G.R.O.W. Project folks are growing microgreens. The ones in your shares are the first big harvest from their new facility. We expect to have these several times during the season.

Up in Punta Gorda the rains, though heavy, let up a bit sooner than here in South Dade. Worden Farm was able to plant a number of things



Please note!

**There is no share delivery
NEXT WEEK (Nov 26-27).
Shares resume December 3-4**

earlier, and also reaped the benefit of several hoop/shade houses where seedlings got an early start while protected from the late summer rains. The results are in your shares.

Farmers Market Schedule

Sundays 9am-2pm

Pinecrest Gardens

SW 112th St & 57th Ave

Nov 20, Dec 4, Dec 11

Then every Sunday starting Jan 8 thru end of April

Beaux Arts Holiday Market

Wed, November 30th

9am—2pm

7415 SW 49th Place, Miami

Save the date! Details to follow...

Farm Day
at
Bee Heaven Farm
11:30-3pm
SUNDAY
December 18th

Fun in the country!
Live Music!
Food Trucks!
Hay Rides!



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

Featured Items

Microgreens These highly nutritious greens are very young plants, barely sprouted. They differ from sprouts in that they are typically grown in soil and are harvested by cutting after approximately 10 days. In contrast, sprouts are grown without soil, usually in the dark or with low light, until the seed have just sprouted. It takes a LOT of seeds and a lot of hand labor to grow and harvest these tiny plants, so microgreens are very expensive, and typically used as a garnish by chefs in high-end restaurants. We're fortunate to have a new local microgreens producer, the Miami G.R.O.W. Project, that will be supplying our CSA with these awesome nutrition powerplants! Use them raw in salads, as sandwich filler, garnish on soups and other dishes. Do not cook!

Green beans What's a Thanksgiving without fresh green beans? Homestead Organic Farms times their first harvest to supply the country with certified organic green snap beans grown right here in our Redland farming area. Lightly steamed and seasoned, they're crunchy wonders that will grace your Thanksgiving table. Enjoy.



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!...

About the shares... There are two sizes of box, corresponding to the two share sizes; FAMILY & SMALL. Please make sure you've taken your correct size. We also usually (but not always!) have an eXTRAS box. Feel free to put something in, or take something out.

Notice a change in the food miles? This is the true distance (as the crow flies) from BHF (vs. driving distance)

| Food Miles | What's in my share box today? |
|-----------------|--|
| <i>From BHF</i> | <i>NOTE: A family share is NOT the same as 2 small shares!</i> |
| 130 | Lettuce (assorted varieties) (WF) - All: 1 |
| 1.5 | Bok Choy (TSF/WF) - Family shares (WF) / Small shares (TSF) |
| 3 | Green Beans (HOF) - Family: 2 lbs / Small: 1lb |
| 130 | Collards (WF) - All |
| 130 | Scallions (WF) - Family shares only |
| 2 | Microgreens (G.R.O.W.) - All: 1oz bag |
| 1.5 | Callaloo (TSF) - Family shares only |
| 125 | Eggplant (LMF) - All: 1 |
| 0 | Garlic Chives (BHF) - All |
| 130 | Dill (WF) - Family shares only |
| 1.5 | Monroe Avocados (WO) - All: 1 |
| | ☹ Xtras - none this week |
| 0 | Egg shares (BHF/PNS) are an add-on option ONLY for those who paid for them! |
| 3 | Cheese & Med Shares go out every other week, starting December 4-5 |
| 0 | Honey & Pollen Shares go out on the first week of each month, starting December 3-4 |
| 88 / 79 | Salt & Rice Shares go out on the first week of each month, starting December 3-4 |
| | <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; TSF*=Three Sisters Farm**; BHF*= Bee Heaven Farm; LMF=Lady Moon Farms; HOF*=Homestead Organic Farms, GROW**=Green Railroad Organic Workshop; WO=Wyndham Organics

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

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