



Recipe of the Week

Simply Squash

Summer squash (yellow, patty pan or zucchini)	Scallions, garlic or onions
Olive oil	Salt & pepper to taste

Wash and trim off stem ends and any bad spots. Do not peel. Depending on how you want to serve it, you can cut straight across to make circles, at an angle to create elongated slices, or along the entire length to create long straight strips. You can also cut the squash into julienne strips (matchsticks).

Summer squash can be eaten raw, cooked, marinated, lacto-fermented (this does not mean dairy—it's a fancier and more accurate name for brine-pickling using no heat), or pickled (with vinegar). Here's some variations:

- 1) Sauteed—good cut into rounds or elongated slices. Cook over medium heat with oil, chopped scallions, seasonings. Add a very small amount of water, as the squash will release juices on its own. Cover well to steam. Check often and turn gently until squash is just starting to soften and become translucent. Don't overcook it, or it will fall apart.
- 2) Grilled or roasted—best cut into long, fairly thick strips (about 3/8"-1/2"). Coat all surfaces with oil, season with salt & pepper and additional herbs or spices according to your mood. Heat the grill or the oven. Grill, or roast on a greased cookie sheet or similar. Turn once, when the bottom is nicely browned (be careful—too long and it can fall apart—too soon and it will stick to the cooking surface). Serve immediately when both sides are browned.
- 3) Marinated—cut into whatever shape tickles your fancy. Marinate a couple of days in the refrigerator in a diluted vinegar solution (cut the sharpness with a bit of sugar), with some dill, garlic, and long scallion pieces.
- 4) Pickled—locate a good pickle recipe and follow the directions.
- 5) Baked in a casserole—coarsely shred the squash. Oil the bottom of a baking dish. Cheat by mixing in a can/box of condensed organic mushroom soup (or another flavor that pleases you). Top with a shredded cheese & breadcrumb mixture, and bake at 350F until golden.

EGG CORNER



Last week we asked you to let us know how you feel about offering our neighbor's eggs. They use the same certified organic, soy-free feed that we use (we're supplying it). But their land won't qualify for organic certification for a couple of years, because the prior owners used synthetic fertilizers & pesticides on the fruit trees and herbicides in the grove. We've heard back from a grand total of 3 people. C'mon, folks! If you don't give us your feedback, we won't know what you want! Email us at: office@beeheavenfarm.com

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



Save the date! Details soon...

Fun in the country!

Farm Day
at

Food Trucks!

Bee Heaven Farm

11:30-3pm

SUNDAY

Hay Rides!

December 18th



Spotlight on Florida Keys Sea Salt
TIBETAN NEW YEAR/ LOSAR
spring equinox 2011 harvest

This is a late winter salt, 56 days/ double saturated. The character of this salt is light, crunchy and with a mostly consistent small crystal size. The longer evaporation times of winter and the added time with double saturation influences the crystal size.

Salt farmers Midge & Tom and their helpers are continually discovering new aspects to the art of salt farming. They look forward to your feedback!

About this week's share

Sometimes you plan something only to be surprised at the last minute. Farmer Arturo discovered an abun-

dance of zucchini & yellow squash that needed to be harvested immediately, while Farmer Sal realized he had arugula that had to be picked NOW, before it became even more potent. Too late to stop the dandelion greens harvest... So, our planned curry leaf harvest took a back seat in order to make space in the shares for these goodies. It's a pretty crowded box!



Hani's Cheese share



Mediterranean Share

Thanksgiving in the Barn

Our annual tradition was an orgy of mostly local and organic food. 25 of our family, close friends, farm interns and Redland Organics farmer friends joined us for an amazing meal featuring the items in Week 1's shares: green beans w/caramelized baby onions, eggplant (two ways), bok choy Asian style, cranberry sauce (two ways)—as a chutney made with fresh allspice and as a chunky sauce with carambola and tangerines. Ripe avocados transformed into Farmer Margie's signature chunky guacamole, simply mixed with cilantro, local sea salt, hot peppers, garlic and key lime juice. Sweet potatoes (2 ways) and a floral salad, plus a mustard greens cheesy casserole, apple-pecan stuffing, and carrot soup (from last season's stash of carrots), rounded out the veggies. Three turkeys (2 free-range organic + 1 not) and a ham provided the main protein. Savory cookies led the way, ending with a plethora of pies (pumpkin, key lime, and sour orange—my new favorite) and organic wines to chase down the meal, and we topped it all off with a bit o'fireworks. We're still working on the leftovers...

Farmers Market Schedule

Sundays 9am-2pm
Pinecrest Gardens
SW 112th St & 57th Ave
Dec 4, Dec 11
Then every Sunday starting
Jan 8 thru end of April

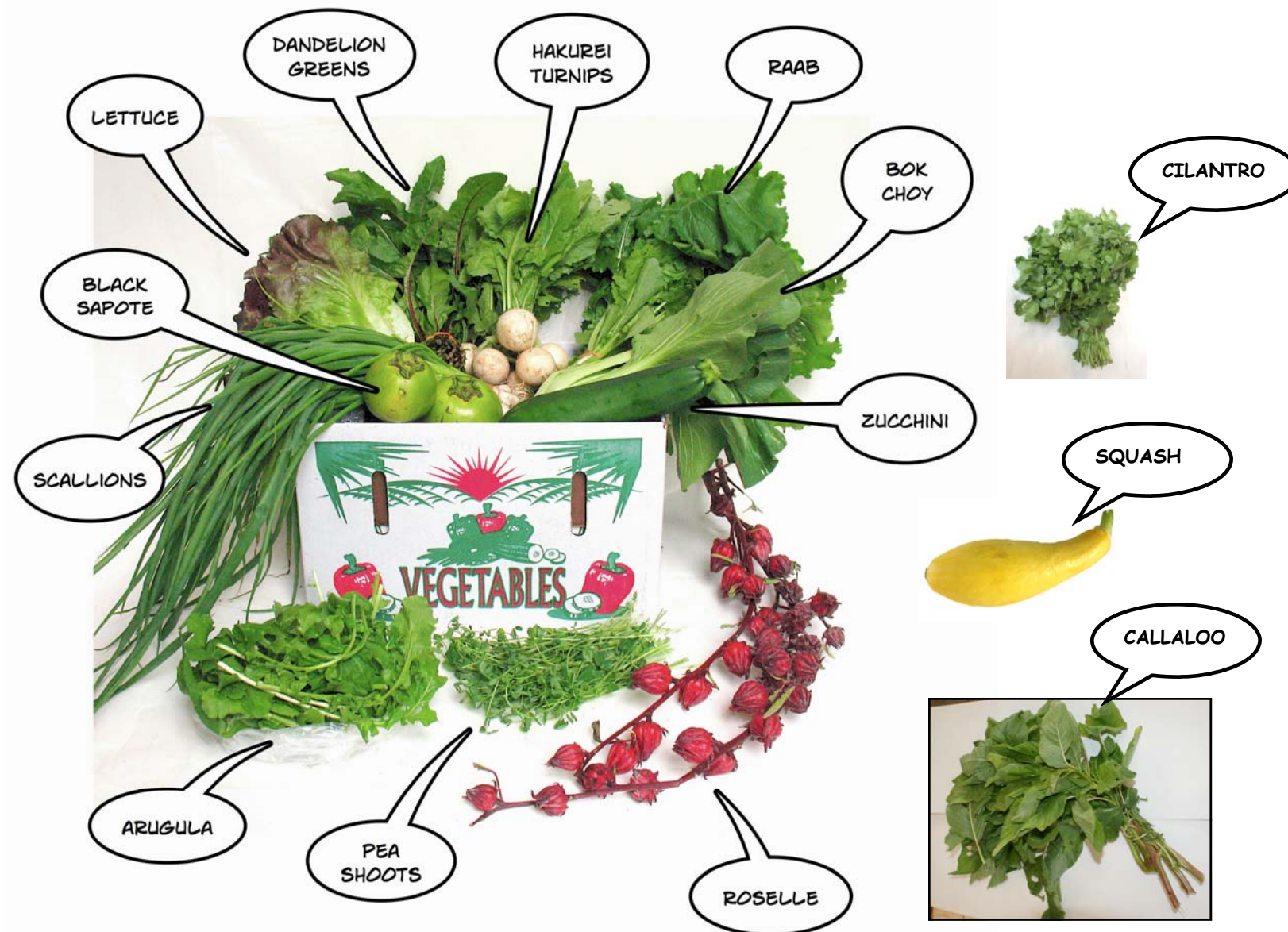


It's rich, "organic", down-to-earth, user-friendly, and nourishing!

Featured Items

Roselle (aka Jamaican Sorrel, Hibiscus Flower, Florida Cranberry) Caribbean folks and early Florida pioneering families have known about this amazing herb for generations. 60's Flower Children will recognize this as the main ingredient in Red Zinger™ tea. This hibiscus (and okra relative) is prized for its fleshy calices (plural of calyx), the part surrounding the petals of the flower. After the flower falls off, the sepals get fat and juicy, while the seed pod forms in the center. When fully fleshed out, the sepals are harvested and used to make a refreshing drink or tea. Recent studies have indicated that roselle is helpful in controlling blood pressure. The fruiting stalks also make a very nice display in a vase. There are two forms of this plant—the one with the green leaves and red stems makes the fleshy sepals. The all-red form doesn't, but its leaves, with their sour taste reminiscent of French sorrel (hence the name), are very tasty and colorful in salads and soups.

Black Sapote This is a tropical persimmon, and needs to be VERY VERY RIPE before you eat it. This means the fruit needs to look like it's ready to be thrown out (all brown, soft and shriveled on the outside). Then, it's delicious!



What does it look like? Every week, we include pictures to help you identify everything in your shares, especially those

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 head
1.5	Bok Choy (TSF) - Family shares only
3	Turnips (WF) - Family: 1 bunch / Small: half bunch
130	Raab (WF) - All: 1 bunch
1	Arugula (HHF) - Family shares only: 1/4 lb
130	Italian Dandelion Greens (WF) - Family shares only: 1 bunch
130	Scallions (WF) - All: 1 bunch
1	Pea Shoots (HHF) - Family shares only: 2.5oz bag
1.5	Callaloo (TSF) - Small shares only: 1 bunch
77	Roselle (LWG) - Family shares: 2 stalks / Small shares: 1 stalk
0	Zucchini/ Yellow Squash (SOF/WF) - Family: 1 large Zucchini / Small: 2 yellow squash
130	Cilantro (WF) - Small shares only: half bunch
8	Black Sapote (PT) - Family shares: 2 / Small: 1 **WAIT UNTIL UGLY DEAD RIPE TO EAT**
	☺ Xtras - take something!
0	Add-on options are ONLY for those who paid for them (check your sign-in sheet)
0	Egg shares (BHF/PNS) - every week
3	Cheese Shares: HANI'S CHEESE & Med Shares: BABA/HOMMOS (HMO) THIS WEEK!
0	Honey & Pollen Shares (MB) THIS WEEK!
88	Salt (FKSS) Shares THIS WEEK!
79	Rice Shares (SCR) THIS WEEK!
0.5	Redland Tilapia (OGN) - THIS WEEK—at FARM ONLY
	<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; HHF*= Health & Happiness Farm; PT/HOF*=Possum Trot; HMO**=Hani's Mediterranean Organics; PNS=PNS Farms; FKSS=FL Keys Sea Salt;