



### Recipe of the Week

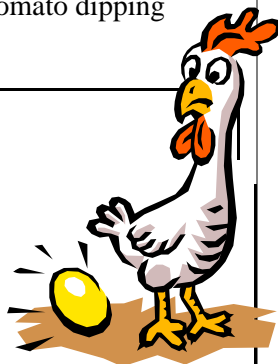
#### Simply Eggplant

Eggplant	Garlic, oregano, curryleaf or basil, cumin, or other spices
Olive oil	Salt & pepper to taste

Wash and trim off stem end and any bad spots. Unless the eggplant is very mature, (you can tell because the seeds inside look brown when you cut it, and the skin is yellowing & turning tough) it is generally NOT necessary to salt it or peel it—especially the Oriental varieties. Depending on how you want to serve it, you can cut straight across to make circles, at an angle for elongated slices, or along the entire length to create long straight ‘steaks’.

Eggplant can be eaten many ways—even raw (in a preserve). Here’s some variations:

- 1) Stir fry—good cut into rounds or elongated slices. Best in a wok, oriental style. Cook quickly over high heat with oil, garlic, and your choice of seasonings. Some favorites are basil, or curry. Add other veggies on hand, such as sweet pepper strips, onion wedges. For Indian style, stir in plain yogurt just before serving. For Oriental style, add soy sauce/tamari/Braggs aminos.
- 2) Grilled or roasted—best cut into long, fairly thick ‘steaks’ (a good 1/2” thick). Brush 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—it’s done when the eggplant starts to look slightly translucent (be careful—too long and it will turn mushy, though still tasty). Good grilling combinations include summer squash, onions, peppers.
- 3) Marinated/pickled—for Antipasto, caponata. Cut into small cubes or strips. These preparations all involve using oil & vinegar, herbs & spices for flavor, garlic, and often olives, capers and raisins. There are tons of recipes online!
- 4) Mashed—Wash & trim eggplant. Poke a few holes in the skin. Bake at 450°F on an oiled shallow pan until the eggplant is very soft and collapses. Let it cool down until you can handle it. Open and scoop out the insides. Chop up the eggplant. For baba ghanoush, stir in tahini, cumin, salt, parsley & lemon juice. Chill & use as a dip. For Indian bharta, add curry spices, garlic, cilantro, and yogurt if desired. Mix and serve hot.
- 5) Baked /casserole—Eggplant rollatini? Stuffed eggplant? Lasagna? Bruschetta? Plenty of recipes online
- 6) Fried—Breaded and fried. Variations: Eggplant Parmesan, deep-fried eggplant strips w/tomato dipping sauce...



### EGG CORNER

An informal tally of the feedback we’ve received so far is running approximately 80% OK with the uncertified eggs, and 20% who don’t want them unless/until they’re certified. We appreciate the feedback! Email us at: [office@beeheavenfarm.com](mailto: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](http://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](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.



## 7<sup>th</sup> Annual Farm Day

### at Bee Heaven Farm

**Come to the country! Fun for the whole family!**

**Sunday, December 18th 11:30am - 3:00pm**

**\* Activities \* \* Hay Rides \* \* Farm Market \***

**Featuring locally-grown seasonal organic produce, dried tropical fruit, raw farm honey, heirloom tomato plants, and other goodies for sale**

**\* Live Music \***

with local singers [Jennings & Keller](#)

**\*Food\***

[Sakaya Kitchen](#) Chef Richard Hales will feature his famed **Dim Ssäm à Gogo** Food Truck AND his new **Baketress** Dessert Truck plus

Tessa & Nick Mencia’s

[Real Sorbet](#) Food Cart, using natural & local ingredients for the best sorbet

**Bring \$\$ for this amazing food!**

Your \$5 donation helps support our farm internship program, and includes 1 chance to win a Smith & Hawken BioStack Composter a \$129 value (if you can find one anymore)  
Extra raffle tickets available @ 5 for \$20

**Directions:** from southbound on US1, turn west (right) on Bauer Drive (SW 264th St), & go approx 5 miles. The farm is 1/3mile west of Redland Road (SW 187th Ave).

**Look for the farm sign & flags.**



### SPOTLIGHT ON

The ‘Simply\_(veggie)’ series

I don’t know about you, but I often get stuck in a rut, making the same recipe over and over. We hope to inspire you with the “Simply” series to look outside the box at some of the many ways you can prepare the veggies in your box. There are lots of online resources. Our Redland Organics site includes a search tool that lets you access recipes, information and tips from the past 9 years in our CSA newsletter archive. Go to [www.redlandorganics.com/newsletter.htm](http://www.redlandorganics.com/newsletter.htm) Click on the ‘Search’ button, and type in the name of the vegetable or fruit you want to look up in the search box provided.

And don’t forget to check out your mom’s or grandma’s cookbooks. There’s a wealth of information in the older tomes, especially those that pre-date our modern love affair with ‘processed food-like substances’, as Michael Pollan so aptly puts it...

**HOLIDAY SCHEDULE:**  
**NO share distributions on Dec 24-25 and Dec 31-Jan 1**

**Reminder:** Please bring your folded, unturned box back each week. Boxes are costly but can be reused many times if treated with care. The wax coating prevents recycling, and we must pay to dump them at the landfill.



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

## Featured Items

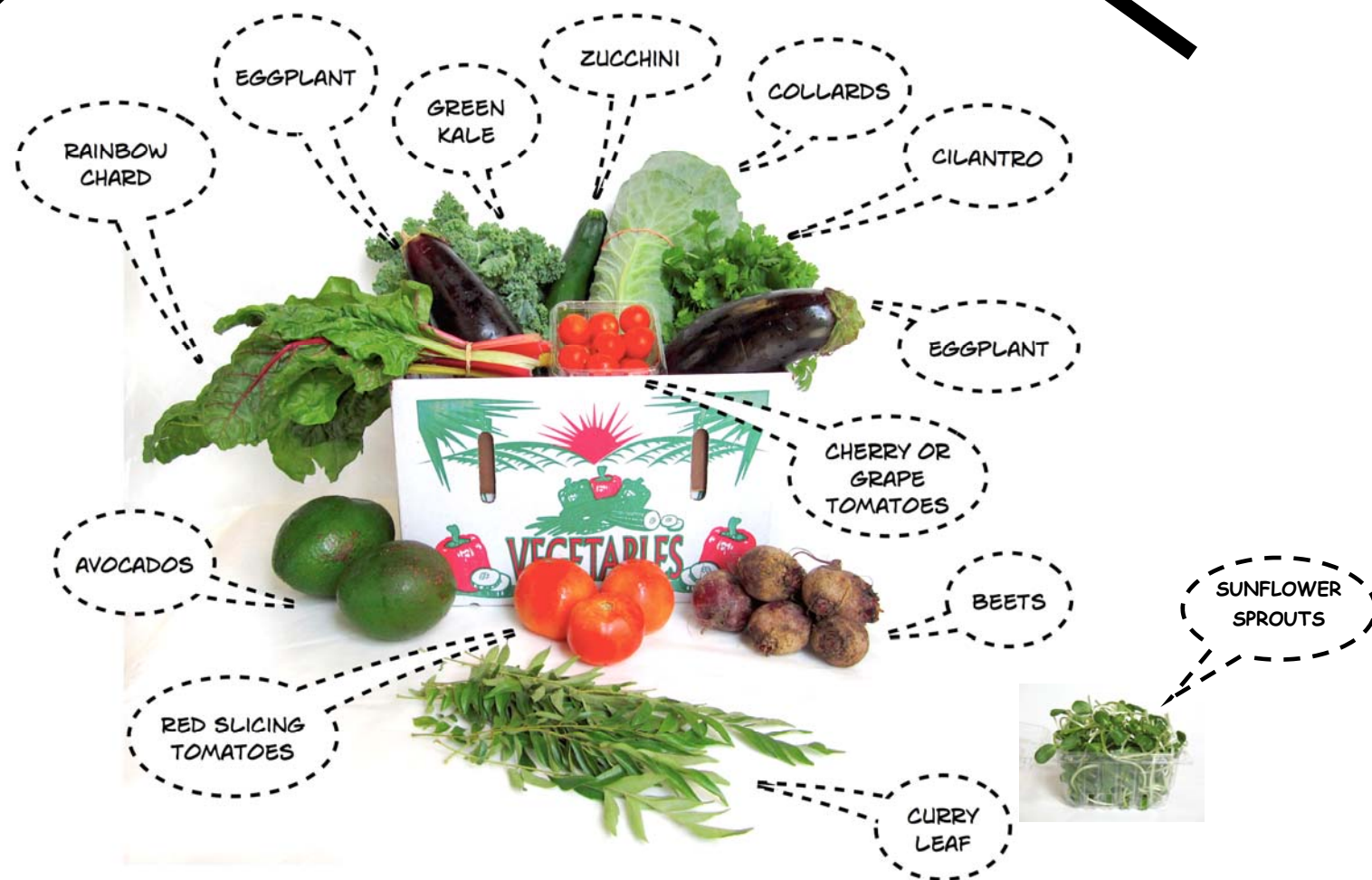
**Curry Leaf** Tastes like curry, but isn't! Use this herb to infuse oil. Use it in your cooking—treat it like a bay leaf (take them out when done, as they're tough leaves).

**Sunflower Sprouts** Great in sandwiches or wraps, salads, soups & stir-fry dishes (throw them in just before serving, so they warm up but stay crunchy).

**Rainbow Chard** Chard are beet plants that were selected over the centuries to put all their energy in making leaves and stalks instead of a swollen bulbous base. Chop and cook the stalks for a few minutes before adding the tender leaves, or cook them separately. The stalks make a tasty colorful filling for quiche.

**Farmers Market Schedule: Pinecrest Gardens (SW 112th St & 57th Ave)**  
Sundays 9am-2pm Dec 11, then every Sunday from Jan 8 thru end of April

**HOLIDAY SCHEDULE: NO share distributions on Dec 24-25 and Dec 31-Jan 1**



**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>
8	<b>Rainbow Chard (SOF)</b> - All: 1 bunch <b>**USE THE STALKS TOO!**</b>
125	<b>Eggplant (LMF)</b> - Family: 2 / Small: 1
130	<b>Topless Beets (WF)</b> - All
130	<b>Collards (WF)</b> - Family only: 1 bunch
130	<b>Kale, assorted (WF)</b> - Family shares only: 1/2 bunch
125	<b>Tomatoes-slicers (LMF)</b> - Family: 3 / Small: 2 <b>**LET RIPEN ON COUNTER**</b>
125	<b>Tomatoes-cherry (LMF)</b> - Family: 1 pint / Small: 1/2 pint
8	<b>Zucchini (SOF)</b> - All: 1
1	<b>Sunflower sprouts (HHF)</b> - Small shares only: 1 pint
0	<b>Curry Leaf (BHF)</b> - Family: 1 bag./Small: 1 sm.bag <b>**KEEPS WELL IN FRIDGE, or FREEZE**</b>
130	<b>Cilantro (WF)</b> - Family shares only: 1 bunch
1	<b>Monroe Avocados (WO)</b> - Family shares: 2 / Small: 1
	☺ <b>Xtras</b> - take something!
0	<b>Add-on options are ONLY for those who paid for them (check your sign-in sheet)</b>
0;10	<b>Egg shares (BHF/PNS)</b> - every week
3	<b>Cheese Shares &amp; Med Shares: NEXT WEEK!</b>
0	<b>Honey &amp; Pollen Shares (MB): January 7-8</b>
88	<b>Salt (FKSS) Shares: January 7-8</b>
79	<b>Rice Shares (SCR): January 7-8</b>
0.5	<b>Redland Tilapia (OGN) - January 7-8—at FARM ONLY</b>
	<i>Please remember to return your gently-flattened box each week—directions 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; 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; SCR=Florida Crystals/Sem-Chi Rice; OGN\*\*=Ocean Garden Nursery; LWG\*\*=Lake Worth Growers; MB=Miguel Bode, beekeeper; SOF=Sunshine Organic Farms **\*\*not certified, naturally-grown**