



### Recipe of the Week

#### Simply Chard

Chard, leaves AND stalks	Lemon juice, garlic, onion
Olive oil	Salt & pepper to taste, nutmeg

Wash and trim off stem end and any bad spots. The leaves cook much faster than the stalks, so to use both in the same recipe, start cooking the stalks a few minutes ahead, and add the leaves near the end of the cooking time.

Did you know? Chard is a beet. Over the centuries, it was selected to put all its energy into making leaves and stalks, instead of swelling at the base of the plant (the beet).

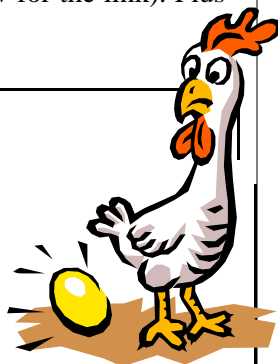
Chard is a versatile vegetable. Here's some variations:

- 1) Sautéed/steamed—Cook quickly over high heat with oil, garlic, white wine (optional) until stalks are softened and leaves wilted. Add lemon juice & Parmesan cheese and 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) Casseroles—Chard combines well with potatoes, baked with Gruyère or Swiss cheese, butter, and a bit of milk.
- 3) Soups/stews—Cook a pot of fresh garbanzos (chick-peas) or white beans. Add more liquid for a soup, less for a stew. Chop up chard and add during the last 20 minutes of cooking. For Indian flavor, use curry powder. For a Spanish or Italian flavor, use Italian seasonings and add (optional) some chopped sausage.
- 4) Pasta topping—Blanch chard quickly in boiling water for about 2 minutes. Fish out the chard with tongs, and use the water to cook a batch of pasta. Add chopped tomatoes and seasoning to chard, cook for a few minutes and serve on top of the pasta. Great with spirals, tortellinis, or bow-ties.
- 5) Pies/quiches/frittatas/omelets—Chard stalks are particularly well-suited for this. Chop up the chard and add a mixture of eggs, grated Gruyère or Parmesan cheese, moistened with a dollop of plain yogurt or heavy cream. Bake, using a pie crust (omit crust for frittatas). Add sausage or ham chunks if desired.

Remember you can search our past newsletters online for hints, tips and actual recipes (see below for the link). Plus there is a wealth of online recipe resources to consult as well as your own cookbooks. Enjoy!

### EGG CORNER

Did you know? Different breeds of chickens lay differently-colored eggs. Araucanas/Ameraucanas lay blue and green eggs (and also pink). But a hen will lay only one color of egg, though sometimes its shade varies. Cuckoo Marans and Welsummers lay dark brown eggs and are known as 'chocolate eggers'. Some breeds lay tinted (speckled) eggs. We appreciate your feedback! 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](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

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.



### Farm News



**NO share distributions on Dec 24-25 and Dec 31-Jan 1**  
Shares resume Jan 7-8

The tomatoes in this week's share are from Sunshine Organic Farms, a 10-acre tomato farm just up the road from us. This is the start of the local tomato crops. The heirloom tomatoes are running a good 6-8 weeks behind.

While the green snap beans are going strong, our heirloom Dragon's Tongue beans are starting to bear. They'll be hitting their stride about the New Year, so we hope to have them for your shares.

### 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 \***

**\* Live Music \* \* Food \***

**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 1/3 mile west of Redland Road (SW 187th Ave).**

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



### SPOTLIGHT ON Your CSA box

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



Pulling up rips & tears it!



Squeeze apart, don't pull up!



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

## Featured Items

**Celery** Lowly celery is good for you! It is a good source of Vitamin K, and has respectable amounts of potassium and several of the B vitamins. And celery is considered a 'negative calorie' food—that is, you burn more calories digesting it than it provides, so it's a great component of a weight-loss diet.

**Pei Tsai** Also known as Chinese celery, this very mild cabbage relative is great raw in salads, or briefly cooked.

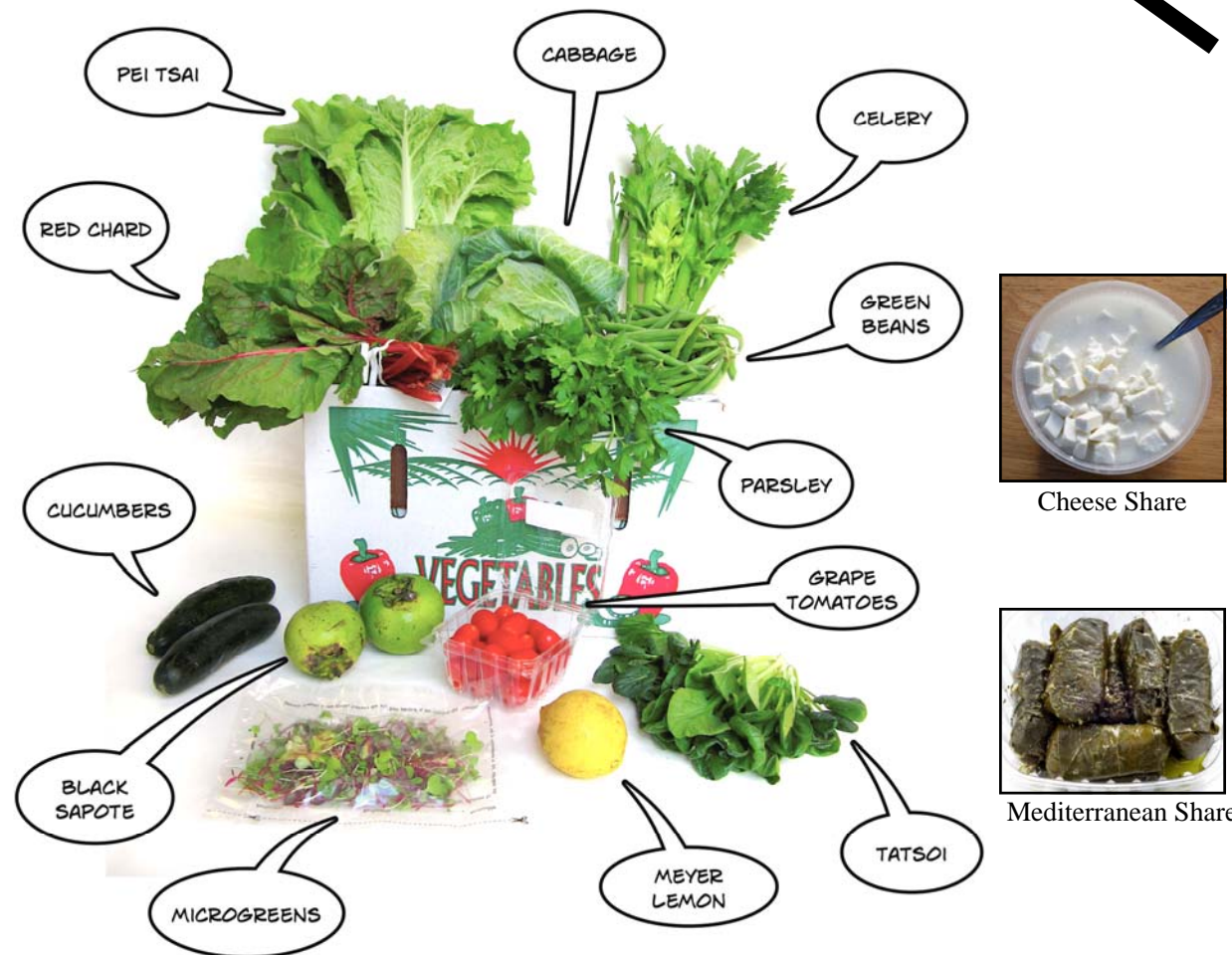
**Tatsoi** Also known as Japanese spinach, this mild crunchy vegetable is also great raw in salads, or briefly cooked.

**Black Sapote** So how to tell when this fruit is ripe? Check out the picture—on the left is a ripe and ready-to-eat Sapote—soft, brown, ugly, shriveled. On the right is a green Sapote—definitely NOT ready for eating!



**This week's microgreens** consists of a mix of amaranth, purple radish, radish China rose, purple kohlrabi and mizuna.

**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 box sizes, corresponding to the two share sizes; FAMILY (3/4bu) and SMALL (1/2bu). Please make sure you've taken your correct size. It is NOT OK to substitute. We also usually (but not always!) have an eXTRAS box. Feel free to put something in, or take something out. Food miles: 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>
120	<b>Red Chard (BF)</b> - Everyone: 1 bunch <b>**USE THE STALKS TOO!**</b>
2	<b>Microgreens (G.R.O.W.)</b> - Everyone: 2/3 oz <b>**GREAT ON TACOS**</b>
3	<b>Green Beans (HOF)</b> - Family: 1.6 lb / Small: 1 lb
120	<b>Celery (BF)</b> - Everyone: 1 bunch
0	<b>Pei Tsai aka Chinese Lettuce (BHF)</b> - Family shares only: 1 bunch
120	<b>Cabbage (BF)</b> - Everyone: 1 head
8	<b>Grape Tomatoes (SOF)</b> - Everyone: 1 pint
120	<b>Cucumbers (BF)</b> - Family: 2 / Small: 1
0	<b>Tatsoi aka Japanese Spinach (BHF)</b> - Family shares only: 1 bunch
0.5	<b>Meyer Lemon (GG/BHF)</b> - Family: 1 ea
130	<b>Parsley (WF)</b> - Family: 1 bunch / Small: 1/2 bunch
8	<b>Black Sapote (PT)</b> - Family: 2 / Small: 1 <b>**EAT ONLY WHEN VERY SOFT &amp; UGLY**</b>
	☺ <b>Xtras</b> - take something! but don't be a piggy... the others want some too!
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: Feta Cheese &amp; Med Shares: Stuffed Grape Leaves - THIS 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—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

BHF= Bee Heaven Farm; HOF= Homestead Organic Farm; WF= Worden Farm; PT/HOF=Possum Trot; HMO\*\*=Hani's Mediterranean Organics; PNS=PNS Farms; BF=Bryson Farms; MB\*\*=Miguel Bode, beekeeper; SOF=Sunshine Organic Farms; GG/BHF=Green Groves; G.R.O.W.\*\*=Green Railroad Organic Workshop  
 \*\*not certified, naturally-grown