



Recipe of the Week

A quick review of our newsletter archive yielded these recipes, which include several of the items in this week's shares:

Val's Sweet Cabbage Slaw with Green Onion and Parsley

<http://www.redlandorganics.com/newsletter/20110115.pdf>

Ken's Stuffed Bell Peppers

<http://www.redlandorganics.com/newsletter/20090307.pdf>

Margie's Parsleyed Eggplant and Zucchini (substitute some grape tomatoes for the zucchini)

<http://www.redlandorganics.com/newsletter/20060218.pdf>

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plants, from bok choy to broccoli, cabbage, radishes, turnips, collards, arugula, mustard, kohlrabi, horseradish, kale, and watercress, to name a few of the edible ones.

Humans have been growing and refining varieties of these vegetables since ancient times. They're highly nutritious, and many of these crops serve as soil conditioners, element scavengers (to help clean up soils), and even have pesticidal properties when the crop is incorporated into the soil and allowed to break down (think 'mustard gas'). Farmers routinely used mustard as a cover crop years ago—it's a practice that fell out of use in favor of chemical soil treatments, but there's renewed interest now in this more natural way to make and keep healthy soil.

INTERN CORNER

This week we welcomed new intern Donna. Temp interns Jon & Pasha tell us about their stay.

We (Pasha and Jon) arrived at Bee Heaven at the beginning of January, on the night of the notorious "cold" snap. Coming from the Pacific Northwest, frost in January hardly seemed out of the ordinary, much less so than seeing tomato plants bearing fruit! But as the song goes, "the first days are the hardest days," and we quickly acclimated to our new home in the little cabin, and set to work learning the systems at the farm. Soon, the addition of our labor helped harvest and CSA packing go more quickly, not to mention getting to pick and enjoy tropical fruits we had previously never heard of. Going to the Pinecrest Farmer's Market offered a completely different side of the farm experience. Neither of us were new to farming, but every place, even within the temperate climates we knew before, has its own unique character. Meeting the CSA members and market regulars, and hearing so much impressed and appreciative feedback about the produce makes all the work that much more rewarding.

Though we are only staying until February, all we've learned and the connections we have made won't soon be forgotten. We have enjoyed spending time with our fellow interns, including a trip this past weekend to the Everglades, where Margie generously lent us two canoes to explore the unique ecosystems in the park. Jon helped Nick fix up the bikes in the barn, and we had a great bike ride around Homestead. Pasha has especially enjoyed cooking with the new and abundant produce, and has worked with Erinn and Marsha, two other interns, to make and can roasted tomato sauce, carambola preserves, and pickled beets. This week we are planning to bake some black sapote bread to bring to market, so look out next week for the recipe!

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

Stuff Happens The Share from Hell

Sometimes it seems like nothing can go right. We dug deep into our partner farms to find items for this week's share. Everything appeared to be on target—Victor went on Thursday to Worden Farm and C&B to pick up their produce. We sent a crew to Green Groves to harvest the mini tangerines. Arturo brought over his grape tomatoes late in the afternoon and we harvested the black sapotes destined for the family shares.

Friday morning we gathered at 7 to start the packing. First—we prepared scallion bunches for the small shares. Next, we counted eggplant, peppers and grapefruit to see what we had actually received (vs what we had asked for), so we could figure out how much to put in each share. We had to adjust our plans for the eggplant and the grapefruit, but that was all right—not as much grapefruit as we'd hoped for, but enough for everyone to get a couple. Peppers were right on target.

Next, we looked for the cilantro...NO CILANTRO! Turns out we left behind an entire pallet at C&B—with 30 cases of cilantro that was to go in the shares. AAARGHHH. No way to make a 100-mile (one way) trip and get back in time to pack the shares, get the newsletters done, and wrap up before midnight. They're not coming this way anytime soon, either. Scratch the cilantro. Sorry, guys—next week we'll

try again.

We don't count the cabbage, assuming we had the full count. What a mistake! You know what they say about 'assume' - and if you don't, look it up online in the Urban Dictionary.

We start to pack and halfway through the family shares it looks like we're running out of cabbage. We stop to reassess our decision to include two smaller cabbages in each box—and Donna spots the scallions sitting on the side, in a stack, and NOT in the packing line. WHOA!! Pull out the boxes from the truck—add the missing scallions, take out a cabbage. Reclose the boxes, and stack them back up. Crisis averted. Finish the family shares.

Start packing the small shares. Get halfway done, and we RUN OUT OF TOMATOES. WHAT THE HECK?!?! Panic call to Arturo—he thought he dropped off 30 flats (12 pints each), but when we counted the empty boxes it was only 24. Hold the line while his sister jumps in the truck with the missing flats. Luckily they were already packed in the pints, so she got here pretty quickly. Finally, we finished packing the shares, but not before a couple more close calls. After culling the rejects, we almost didn't have enough eggplant or grapefruit. Luckily, we had a couple of totes of grapefruit in reserve, hoping to take them to market. They saved the day.

Everything is settled in the truck, and I'm off to finish the newsletter. I get interrupted by the chicken feed delivery, which arrives in a tractor trailer

that cannot back up to the delivery area. We had asked for a small ('straight' truck). They ignored the request, thinking it wasn't really necessary. Well, it is. So I waste the next hour arguing with the freight company that the straight truck IS an ABOSULTE requirement (that's why we put it on the bill of lading and on the delivery instructions), and that we need it delivered today, as promised, regardless how late it is—even 3 am if necessary. Of course, they don't believe me. Finally, they tell me they will bring it tonight, after the other truck returns from its rounds and they can transfer the pallets. As of this writing, I wait (but won't hold my breath). We shall see.

Thus goes another packing day on the farm. We've had worse—but we hope this is the most craziness we'll need to deal with for the rest of the season. ☺



SPOTLIGHT ON Cruciferous Vegetables

So, what the heck are 'cruciferous vegetables'? Are they cross-shaped? Do they make you cross? Do you feel like you were crucified after eating them? Nah, nothing so dire. Cruciferous vegetables are members of the Brassica or mustard family, which includes an amazing array of cultivated vegetables. The family contains over 3000 species of

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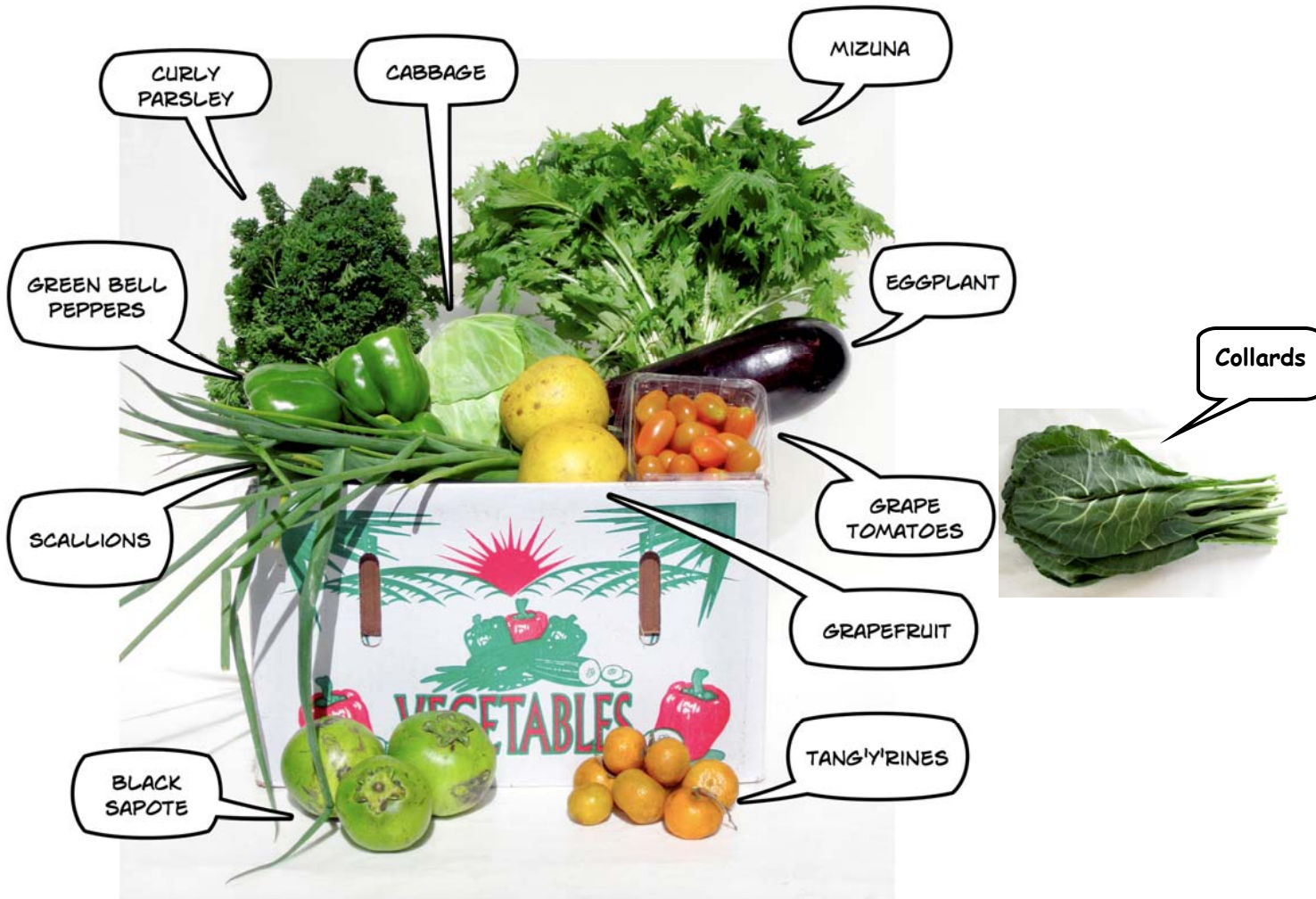
It's rich, "organic", down-to-earth, user-friendly, and nourishing!

Featured Items

Mizuna This delicate green is a member of the mustard family. It is frequently used in salads, and can be cooked briefly in boiling water (more like a quick blanching) or steamed. Simply prepared with a drizzle of toasted sesame oil and a bit of tamari, its mild taste pairs well with many dishes.

Grapefruit With citrus season getting into full swing, these grapefruit from Broken J Ranch in Punta Gorda will set the tone. Rancher Virginia has been our source of grapefruit, tangelos and delicious ponkans (when the trees bear well) for several years. Worden Farm and we are pretty much the exclusive beneficiaries of her bounty. Don't even try to find her—it's a small, private property, she doesn't deal with the public, and we have access only because Chris takes care of the harvesting for her. So anticipate each season and enjoy whatever we get!

Tiny Tart Tangerines (aka Mandarins) These sour jewels, wrapped in a thin, very loose skin full of citrusy oil glands, are a versatile fruit. Pop the segments straight into your mouth, along with some of the skin—the slight bitterness of the rind provides a great counterpoint to the sourness of the fruit. Make a quick runny jam or marmalade with them, and serve with thick Greek-style yogurt, or drizzle over pancakes. Squeeze some juice into a glass of water for a quick pick-me-up. Save the rinds, cut them into thin strips and dry for later use. Use the rinds to flavor oils or stir-fry dishes (think orange beef).



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!... check it out online at the Redland Rambles blog: www.redlandrambles.com

About the shares... There are 2 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>
80	Collards (C&B) - Small shares only: 1 bunch
135	Cabbage (WF) - Family shares only: 1 or 2 heads
130	Bell Pepper (LMF) - Family: 4 / Small: 2
130	Mizuna (WF) - Everyone: 1 bunch
130	Eggplant (LMF) - Everyone: 1 each
8	Grape Tomatoes (SOF) - Everyone: 1 pint **LET RIPEN AT ROOM TEMP UNTIL RED**
80	Cilantro (C&B) - Everyone: 1 bunch— Sorry— didn't make it on the truck...☹
80	Curly Parsley (C&B) - Everyone: 1 bunch
135	Grapefruit (BJR) - Everyone: 2 each
130	Scallions (WF) - Family: 1 bunch / Small: 1 small bunch
0.5	Tiny Sour Mandarin Oranges (GG) - Family: 8 / Small: 5 **USE THE SKIN TOO**
0	Black Sapote (BHF) - Family: 3 **EAT ONLY WHEN VERY SOFT, BLACK & UGLY**
	⊗ Xtras - Sorry— no extras this week. ⊗
0	Add-on options are ONLY for those who paid for them (check your sign-in sheet)
0;10	Egg shares (BHF/PNS) - every week
3	Cheese Shares: next week & Med Shares: next week
0	Next Honey & Pollen Shares (MB): Feb 4-5
88	Next Salt (FKSS) Shares: Feb 4-5
79	Next Rice Shares (SCR): Feb 4-5
0.5	Next Redland Tilapia (OGN): Feb 4-5
	<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, in Homestead/Redland unless otherwise noted

BHF= Bee Heaven Farm; GG=Green Groves; SOF=Sunshine Organic Farms; PNS=PNS Farms; C&B=C&B Farms/Little Cypress (Clewiston); WF= Worden Farm (Punta Gorda); BJR**=Broken J Ranch (Punta Gorda); LMF=Lady Moon Farms (Punta Gorda)

All are certified organic, except those tagged **not certified, naturally-grown