



Recipe of the Week

Stir-Fried Swiss Chard and Balsamic Butter

-by Susie Middleton, as published in *Organic Gardening* newsletter

1 tsp balsamic vinegar	12 oz Rainbow Chard—abt 3/4 big bunch (do not trim)	Kosher salt
1 tsp soy sauce	1 Tbsp peanut oil	2 tsp finely chopped garlic
1/2 tsp dark brown sugar	3 Tbsp pine nuts	1 Tbsp unsalted butter

1. In a small bowl, combine the balsamic vinegar, soy sauce, and dark brown sugar.
2. Pull or cut the stems away from the chard leaves. Cut or rip the leaves into 2- to 3-inch pieces and wash and dry them well. Rinse the stems and slice them crosswise into 1/4-inch pieces.
3. Heat the peanut oil in a large (12-inch) nonstick stir-fry pan over medium heat. When the oil is hot (it will loosen and spread out), add the pine nuts and cook, stirring almost constantly, until they're all lightly browned, 1 to 2 minutes. Watch carefully, because they brown quickly. Remove the pan from the heat and use a slotted spoon or spatula to transfer the pine nuts to a heatproof plate or pan, leaving behind as much fat as possible.
4. Return the pan to the heat, add the chard stems and a pinch of salt, and cook, stirring occasionally, until shrunken and beginning to brown lightly, about 5 minutes. (They will begin to crackle in the pan as moisture evaporates.) Add the garlic and stir-fry just until fragrant, a few seconds. Add all of the chard leaves and 1/4 teaspoon of salt and, using tongs, toss the chard leaves in the pan just until wilted (30 to 45 seconds).
5. Scrape the balsamic mixture into the pan, stir, and remove the pan from the heat. Add the butter and toss and stir until it's melted. Fold in half of the pine nuts. Transfer the chard (including all the stems and liquid) to a small serving bowl and garnish with the remaining pine nuts. Serves 2-3.

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Buy some of that awesome fruit before their season is over. Try [Melissa's Black Sapote Bread](#) (search in the newsletter archive), or take a stab at Marsha's B.S. brownies...deliciously creamy!

Marsha's B.S. Brownies (adapted from *Becky Bakes*)

1/2 cup butter; 1/2 cup shortening; 1/2 cup white sugar; 1/4 brown sugar, 1 tsp. vanilla; 1 1/2 cups mashed black sapote; 1 cup white flour; 1 cup whole wheat flour; 1/3 cup dark cocoa; 1 tsp baking soda; 1 tsp salt; 1 cup chocolate chips; 1/2 cup walnut pieces

Preheat oven 350 degrees. Combine flour, cocoa, baking soda, and salt. Beat butter, shortening, sugar, and brown sugar until light and creamy. Add black sapote and vanilla; beat until combined. Add flour mixture and mix until combined. Stir in chocolate chips. Press batter into a lightly greased 8x8 baking pan. Bake 25-30 minutes or until a toothpick comes out semi-clean. Cool before cutting into 16 pieces.

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

Dry Season

Crops are starting to recover from the cold snap. Folk wisdom tells us there's still a few more chances of serious cold—highest around the times of the new moon and the full moon in February and March. The extremely dry weather and warm temperatures should make for an explosion of growth (and pests and diseases, so keep an eye out for these and deal with them promptly in your garden).

Dry season is also fire season here—a careless toss of a lit cigarette stub out the window can cause a huge wildfire. Even pulling over on the side of the road for a few minutes, with your engine running, can cause the dry brittle grass to catch fire. We've already had a couple of brush fires around the area in the past week.

Irrigation is a must for the fruit trees and vegetables (except the mangoes—they only like summer rains). With watering restrictions permanently in place, and likely to be increased soon, what's the best way to do this? Drip tape and soaker hoses for vegetable beds, and under-tree microjets for trees deliver the water exactly where needed, and don't waste it through evaporation. Since our soil is extremely porous, don't water more than 1/2 hour at a time—any longer and you're just sending the water straight down into the aquifer. If necessary, turn on your irrigation twice a day for short intervals.



SPOTLIGHT ON Alliums

This botanical family includes onions, scallions, leeks, garlic, and many ornamental bulbs, like lilies, many of which are NOT edible.

Alliums are chock full of beneficial sulfur compounds, which have antibiotic properties. They also flavor our foods very nicely.

INTERN CORNER

Long-time CSA members may remember Hiromi, a former two-season intern from Japan, who spent summers at Gilles' farm in Canada. Her comments about our farm made Gilles and girlfriend Marie want to visit. They've just arrived to camp and bask in our warm winter weather for a bit.

This week Erinn shares the barn food scene and their experiments.

Without typical distractions (television, children, a social life, etc.), we interns/wwoofers entertain ourselves in the evening by experimenting with recipes, inserting our eclectic assortment of tropical fruits into the plain old recipes of our childhoods. We patiently awaited the ripening of all those canistels and the black sapotes you've received in your shares the past couple weeks. Pesh and I had our hearts set on canistel pie. We quite successfully whipped up buttery pie crust and then a batch of filling simply substituting canistel for pumpkin in our favorite pump-

kin pie recipe. We were also low on milk, so we swapped out the called-for milk and substituted coconut milk. Sounds tempting, right? Our brainchild did not make us into the proud parents we had forecasted. It was "meh" at best. However, we were successful at passing it off onto the partner farmer who grew the canistels. I believe his paternal love of his fruit was great enough to please his palate. When eating his first bite, he stated, "well, it's better than I expected." Our advice when it comes to pie, stick to pumpkin. (*ed: or try [canistel custard-search the newsletter archive!](#)*) More advice, try a canistel smoothie! Delicious!

BUT- we did try our hand with those black sapotes. Believe you me, there is more to those hideously mushy fruits than meets the eye. They are indeed very subtle, an excellent trait to apply to bread and brownies. Yep, brownies. Again, we found our favorite bread recipe (in this case a banana bread) and substituted the bananas for black sapote. The result was a dark, moist, spice-filled treat. The brownies, compliments of one Marsha Lewis, were awesome! Dark, a bit gooey, and chocolaty. Something to know about Marsha—she's not much of a sugar enthusiast. Thus, she HALVED the sugar requisite unbeknownst to all those happy eaters of the brownies. Come to the Pinecrest Farmer's Market this Sunday to sample our delectable black sapote bread.

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

Featured Items

Komatsuna Another mild member of the mustard (Brassica) family, komatsuna is a popular Japanese green, best served in a simple dish to bring out its mild flavor.

Cubanelle Pepper This sweet non-bell pepper is well known in Latin households. At first glance it could be confused with the Hungarian hot wax peppers. The Cubanelle is a little chunkier. Cubanelles are usually harvested when they're yellow, although they will turn a beautiful red (just like 'regular' bell peppers will ripen to red from the usual green we buy at the store). This is a good pepper both for frying and using in salads.



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>
1.5	Callaloo (TSF) - Family shares only: 1 bunch
135	Komatsuna (WF) - Family shares only: 1 or 2 heads
135	Sweet Cubanelle Pepper (WF) - Everyone: 1
130	White Asian Salad Turnips w/tops (WF) - Everyone: 1 bunch
8	Rainbow Chard (SOF) - Everyone: 1 bunch
80	Cilantro (C&B) - Everyone: 1 bunch
0	Curryleaf (BHF) - Everyone: 1 bunch
130	Scallions (WF) - Family: 1 bunch / Small: 1 small bunch
0.5;8	Carambola (TSF,PT) - Family: 3 Lg & Med / Small: 3 Med >> ASSORTED SWEET & TART <<
8	Canistel (PT) - Family: 1 large / Small: 2 Med >>EAT ONLY WHEN VERY SOFT <<
	☺ Xtras - Take a little something. ☺
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: Assorted Hani's Cheeses & Med Shares: Redland Heirloom Tomato Rice al Dente
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; SOF=Sunshine Organic Farms; PNS=PNS Farms; PT=Possum Trot/Hometead Organic Farms; C&B=C&B Farms/Little Cypress (Clewiston); WF= Worden Farm (Punta Gorda); TSF**=Three Sisters Farm

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