



### Recipe of the Week

#### Margie's Layered Eggplant CSA Casserole

1 eggplant, trimmed & sliced into 3/8" thick slices (no need to peel)	1 handful of basil, coarsely chopped
1 sweet Italian pepper, cut into strips	1/2-1lb shredded Mozzarella cheese
1 spring onion, sliced, including the leaves	Fresh ground black pepper
2-3 slicers, heirloom tomatoes, sliced or some grape tomatoes, halved	a sprig of fresh sage, coarsely chopped
A handful of chard or other green leaves, cut into chiffonade	2 Tbsp olive oil

Preheat oven to 350°F. Oil the bottom of a deep, covered glass casserole dish. Begin laying down slices of eggplant, alternating with the other ingredients. After every other layer, sprinkle a heavy layer of cheese. Repeat until all ingredients except sage are used up. Top generously with cheese, coarsely chopped sage, and fresh ground pepper. Press down to reduce the air spaces. Cover and place in the oven. Bake for 1-1 1/2 hours, until a fork pierces the eggplant easily. Let cool briefly to set. Serve, making sure to scoop up some of the liquid from the bottom. Enjoy with a side farm salad and a nice glass of wine!

#### Canistel (aka "Eggfruit")

Since this may be the last canistel in your shares this season, here's a recap of ideas and tasty recipes we have included in past newsletters.

REMEMBER TO WAIT UNTIL THE FRUIT IS COMPLETELY SOFT BEFORE EATING

From Julia Morton's *Fruits of Warm Climates*: "Eat Canistel with salt, pepper and lime or lemon juice or mayonnaise, either fresh or after light baking. The pureed flesh may be used in custards or added to ice cream mix just before freezing. A rich milkshake, or 'eggfruit nog', is made by combining ripe canistel pulp, milk, sugar, vanilla, nutmeg or other seasoning in an electric blender."

[Canistel Soup](#)—adapted by chef Rachel O'Kaine from a Williams Grove recipe (Week 6 2008-2009 season newsletter)

[Canistel Custard](#)—from Tropical Fruit Recipes by the Rare Fruit Council (Week 8 2007-2008 season newsletter)

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child's Edible Garden Festival and Ramble, and I work on the line packing the share boxes every week.

It's fun working on the farm with the WWOOFers and interns and meeting everyone coming through.

I hope everyone is enjoying their shares!

**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.



## Farm News

### Happenings: SBWFF, Food Network Stars

The foodie scene is abuzz with the South Beach Food & Wine Festival happenings this coming week. Michael Schwartz and chefs from around the country are putting on a Farm-to-Table brunch event on Saturday Feb 25th at the Miami Beach Botanical Garden, highlighting the bounty of our winter produce. Some of our produce will be there!

The Food Network Stars reality show will be filming at the Pinecrest Farmers Market this Sunday, Feb 19<sup>th</sup>. Come on out, visit our booth, and catch a glimpse of the coming season's contestants. We don't know what their assigned task will be, but we're guessing they have to shop at the market for something! (Pinecrest Gardens, corner of Red Road and Killian Drive, 9am-2pm)



### SPOTLIGHT ON

#### Why is my produce full of dirt? Should I wash it immediately?

You've no doubt noticed that some share items still have soil or sand clinging to them.

Are we being lazy? No.

Washing tender leaves such as lettuce, young greens, scallions, and turnip and radish leaves, for example, bruises them and greatly shortens their shelf life. These crops do best harvested with minimal handling—just a quick bundling and rubber banding. And they should be stored in your refrigerator, unwashed, in a bag, until it's time to use them. Then, wash only what you're going to use at that time. You'll be amazed how long lettuce and salad mixes keep when you do that. (Ever had that good-looking pre-washed salad mix you bought at the store go bad in a couple of days?)

So, how to wash dirty greens? Fill a sink or large bowl with cold water—enough to submerge the greens. Swish them around a few times and wait a bit for the sediment to settle. Repeat if needed.

Some things just can't handle getting wet. Basil, sage and oregano leaves turn black when they sit around wet (and cold). These items do best on the counter in a small glass with some water at the bottom, just like a bouquet of flowers. Since they're generally growing upright, they stay fairly clean in the field and remain clean when harvested. A quick rinse right when you're going to use them works best for these.

Many root vegetables do best unwashed—again, so their skins are not bruised. (For you transplanted northerners, think 'root cellar' with a bed of sand.) So you may get radishes, tur-

nips, beets, carrots with the dirt still clinging fast. How to deal with them? Cut the tops off the roots, leaving about 1/2"-1" stubs, and store the tops and roots separately in their own bags.

Feel free to rinse the roots before storing them in your vegetable crisper drawer. If you leave the tops on too long, the leaves will draw moisture from the roots, and the roots (and tops) will quickly get soft and limp. If this happens, cut off the tops, soak the roots in ice cold water for an hour or so, and they should plump back up.

Tomatoes and tropical fruit are commercially washed, but this process can damage the fruit, so again, we do minimal handling. We recommend washing just before eating.

### INTERN CORNER

*This week we hear, not from an intern, but from Victor, who each week brings you your share...*

I started delivering CSA shares years ago with my dad (also named Victor). Since 2008, I've been driving the truck every week, having no idea about the good stuff that was in it, until my awesome boss (*ed: I swear I didn't insert this!*) offered me a job on the farm this season. It was great, because I started learning about many of the vegetables I'm delivering, so now when asked about certain things, I can explain! This season I've planted some of the crops, especially many of the tomato plants we sold at Fair-

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

### Featured Items

**Eggplant** It might be the familiar purple ‘standard’ eggplant, an heirloom such as Rosa Bianca, Asian or other specialty eggplant variety—but one thing is sure: eggplant is extremely versatile and easy to cook with.

**Grape Tomatoes** The ones you’ve been getting in your shares are a variety called ‘Sweetheart’. They are very sweet, yet hold up well. In fact, if you somehow forget to eat some of them, you may find them looking a bit shriveled. They naturally start to dehydrate! Still perfectly edible; use them in your cooked dishes.



Family Share Week 11



Small Share Week 11

**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](http://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>
130	<b>Broccoli (WF)</b> - Family shares: 4 heads / Small shares: 3 heads
130	<b>Purple Eggplant (WF)</b> - Small shares only: 1
8	<b>Rosa Bianca Eggplant (SOF)</b> - Family shares only: 1
0	<b>Braising Greens-Hon Tsai Tai &amp; Chard (BHF)</b> - Family shares only: 1 bunch
1	<b>Sunflower Sprouts (HHF)</b> - Small shares only: 1 pint
130	<b>Assorted Lettuces (WF)</b> - Everyone: 1 head
3.5	<b>Assorted Paradise Farms Baby Greens Mixes (PF)</b> - Family shares only: 1 4oz clamshell
2	<b>Bok Choy (TSF)</b> - Small shares only: 1 head
8	<b>Spring Onions w/top (SOF)</b> - Family shares only: 1 <b>-USE GREEN TOPS TOO-</b>
8	<b>Italian Frying Pepper “Carmen”(SOF)</b> - Family Shares only: 1 pepper <b>-SWEET, NOT HOT-</b>
8	<b>Sweetheart Grape Tomatoes (SOF)</b> - Everyone: 1 pint
8	<b>Canistel (PT)</b> - Family shares: 3 / Small shares: 2 <b>-LAST OF CURRENT CROP-</b>
	☺ <b>Xtras</b> - Take a little 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:</b> next week & <b>Med Shares (RMO):</b> next week
0	<b>Honey &amp; Pollen Shares (MB):</b> Next in March
88	<b>Salt (FKSS) Shares:</b> Next in March
79	<b>Rice Shares (SCR):</b> Next in March
0.5	<b>Redland Tilapia (OGN):</b> Next in March
	<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, in Homestead/Redland unless otherwise noted

BHF= Bee Heaven Farm; SOF=Sunshine Organic Farms; PNS=PNS Farms; HHF=Health & Happiness Farm; PF=Paradise Farms; MB=Miguel Bode, beekeeper\*\*; WF= Worden Farm (Punta Gorda); TSF=Three Sisters Farm\*\*; PT=Possum Trot/Homestead Organic Farms  
All are certified organic, except those tagged \*\*not certified, naturally-grown