



### Recipe of the Week

#### Crabby Shells

-courtesy of Robert, Possum Trot

3 or 4 small avocados, cut in half, seeded & skinned	2 Tbsp butter
1 can crab meat (or shrimp, scallops, or any combo)	2 Tbsp soy sauce
1/2 cup diced onion	Juice of 1 lime
1/2 cup diced green or red pepper (or a mix)	2-3 'jugajugas' Tabasco sauce
1/2 cup diced celery	1/3 tsp each seasoned salt & black pepper
1/2 cup diced mushrooms	1-2 minced garlic cloves
1/2 cup each your choice of 2 shredded cheeses—	1/2 cup herbed stuffing

Saute diced ingredients in butter until lightly browned. Add seafood, seasonings and liquids, stir and cook only 1-3 minutes. Add stuffing and mix well. Place the avocado halves on baking sheet. Squeeze lime-juice on them to prevent browning while cooking rest of stuffing. Lightly season with the salt and pepper. Put the cooked stuffing in the avocado halves, filling the seed cavity. Sprinkle the cheeses over the tops and place under the broiler an high just until the cheese melts and lightly browns. Serve hot.

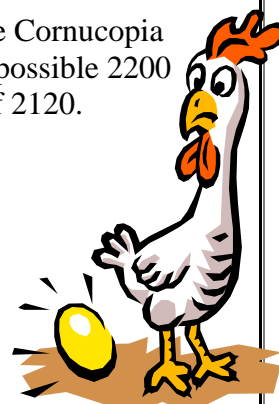
Here's a great recipe resource:

<http://www.florida-agriculture.com/consumers/fnr/recipes/vegetable.html>.

### EGG CORNER

We're proud to announce our own Rachel's Eggs received the 4th highest rating by the Cornucopia Institute among more than 120 egg producers from around the country, with 2160 out of a possible 2200 points! PNS Farms eggs are also highly rated on CI's Egg Scorecard, (28th) with a score of 2120. Here's the link to their latest report; <http://www.cornucopia.org/organic-egg-scorecard/>

**Because there are several types of egg options, we are putting YOUR NAME on your egg share, so LOOK for it. Please don't take someone else's eggs, and make sure anyone picking up for you knows this!**



**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 10 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

Hope you had a great Thanksgiving! Our annual Thanksgiving in the Barn feast was a celebration of gluttony, featuring most of the items in the first share—green beans, oyster mushrooms, grape tomatoes, bok choy, Hamlin oranges (in the homemade cranberry sauce), along with a brined, roasted organic turkey, a smoked turkey, and a ham. And the pies! Rangpur Lime, Key Lime, Pumpkin, and Pecan Pumpkin pies. Yum.

This beautiful weather has been great for crops. The cooler temperatures have really slowed down the weeds, so fields are looking more neat and trim.

#### Meet Your Farmers

We want you to get to know the folks who produce your food. Each week, we'll highlight a farm or individual.

We start off the season with the

person who brings all this yummy produce to you—driver and farm-hand Victor Hernandez. Victor started riding in the delivery truck as a teenager years ago, helping his dad (also Victor) deliver the shares. As he came of age, he took over the driving duties. He picks up produce from our out-of-town farm partners too, collecting the freshly-harvested crops we pack on Friday.



Victor Hernandez

You normally won't see Victor on his delivery run, as he arrives stealthily, so he can work quickly and efficiently without any distractions. If you do happen to see him, say "hello" and wait respectfully until he's all done unloading the shares. Feel free to help him load up the empties from the previous week!

#### What's Inside My Box?

Look inside on pages 2-3

#### Need recipes or tips?

#### We have them!

Would you like to know more about any share item, including more tips and recipes? We have 10 seasons on line in our newsletter archive. Our handy search function lets you enter any search term and finds all mentions of it in the archive. Just use the link below or scan the QR code to start your search. <http://tinyurl.com/bqu214f>



#### Farmers Market Schedule

Sundays 9am-2pm  
**Pinecrest Gardens**  
SW 110th St & 57th Ave  
Dec 2, 9, 16  
Then every Sunday starting  
Jan 6 thru April 28

For the past year and a half, Victor has also been working here at Bee Heaven Farm, getting up close and personal with the crops. He loves the farm work and dreams of having a farm of his own to work someday, where his young son can grow up in harmony with the earth.



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



### Featured Items

**Bay Leaf** Never cooked with fresh bay laurel? This Mediterranean plant is closely related to avocados (really). The leaves impart a great flavor to a pot of beans, stews or meats. In ancient Greece, winners of Olympic games were crowned with laurel—the term “Nobel Laureate” derives from the practice of awarding laurel wreaths as a symbol of high status.

But did you know bay leaves repel pests too? Put a couple of leaves in with your jar of rice, flour, pasta, or anything those pesky pantry moths and weevils invade—you know the ones I mean. They hitch a ride in with some food, set up shop in your cupboards, and it’s nearly impossible to get rid of them once they’re entrenched.

**Avocados** Avocado season is winding down. There are several very different late varieties grown commercially, and others not so commonly seen. Each week we’ll try to give you a different variety .Try Robert’s recipe (see page 4).

**Bulbing Fennel** Fennel is a cooling vegetable, looking much like an obese celery with frizzy tops. The taste is bright and mild, slightly sweet and reminiscent of anise, its culinary cousin. All parts of the plant are edible, though most folks trim off the fibrous stalks, using only the enlarged bottom and the fine, dill-like leaves.

Fennel can be eaten raw or cooked. Thinly sliced in a salad, it adds a refreshing crunch. Fennel is popular in Mediterranean cooking, particularly in Italian cuisine. J.M. Hirsch posted in Food Network’s FN-dish blog some great suggestions for using fennel:

- *Because of its assertive flavor, fennel likes to be paired with something fatty. Try it raw in a salad with avocado and tomatoes and a lemon vinaigrette.*
- *The sweetness of fennel increases as it cooks. Try it braised in heavy cream with garlic and thinly sliced yellow onions and potatoes.*
- *Carefully cut the bulb into whole leaves, then serve topped with prosciutto or smoked salmon, cracked black pepper and a dollop of crème fraiche.*
- *Quarter several fennel bulbs, then toss with white wine, olive oil and minced garlic. Cover and roast until tender. Sprinkle with Parmesan before serving.*
- *Combine chopped fennel leaves with lemon juice, olive oil, salt and pepper for a vinaigrette or marinade for chicken.*

#### Which farms supplied this week’s shares? - our partner farms are all located in South Florida

Worden Farm\*; Bee Heaven Farm\*; Possum Trot; Florida Keys Sea Salt; Miguel Bode Honey\*\*;  
Sem-Chi Rice (Florida Crystals); Hani’s Mediterranean Organics\*\*;;  
PNS Farms; Kiss My Grass Farms\*\*; Abigail Farms\*\*

\*Redland Organics founders & grower members; \*\*not certified, naturally-grown



**About the shares...** There are two sizes of box, labeled FAMILY & SMALL. Please make sure you’ve taken the correct size. Please make sure you’re taking ONLY what belongs to you.

**Options and special orders have YOUR NAME on them.**

We usually (but not always!) have an eXTRAs box. Feel free to put something in, or take something out.



Family Share

The first week of the month brings the monthly share options. If you have any of the following add-ons in your share subscription, make sure you find and take them home!

Salt Gomasio Honey  
Pollen Fish Rice

SHARE OPTIONS ARE LABELED WITH YOUR NAME-  
LOOK FOR IT.



Cheese Share



Small Share

\*Some shares have mizuna, some have fennel

**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!...