



Recipe of the Week

Black Sapote Pudding

- by Aussie Harmony

| | | |
|-----------------------------------|----------------------------------|---------------------|
| 1 soft ripe black sapote | 1 Medjool date, pitted and diced | 1 Tbsp raw honey |
| 3-4 Tbsp carob powder (to taste)* | 1 frozen medium banana, chunked | 8 Tbsp coconut milk |

for garnish:

| | | |
|--|--------------------|--|
| 1/2 fresh banana sliced into half-rounds | extra coconut milk | chopped nuts of your choice (walnuts are good) |
|--|--------------------|--|

* cacao can be substituted for carob powder with an increase in honey to offset the extra bitterness

Scoop flesh out of black sapote and place into small food processor, discarding the seeds. Add the carob powder, diced date, frozen banana, raw honey and coconut milk. Blend till smooth. Taste test and adjust ingredients if necessary.

Place a couple of large dollops into a glass. Add a little coconut milk – a little goes a long way. Place some chopped fresh banana on top. Repeat twice again. Finally sprinkle the chopped nuts on top.

Need more recipe ideas? The Fresh From Florida program has a great collection of recipes:

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



Try out their simple Radish Dip made with 1/2 c pureed radishes, 1 c sour cream, 1 Tbsp garlic, 1 Tbsp dill, 1 Tbsp Worcestershire sauce and salt & pepper to taste. Mix. Serve!

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. Log in to your account to see the contact information for your pickup site.

Need more recipes or tips? We have them! Go to www.redlandorganics.com, click on CSA, then Newsletters.

Use the search box to access 10+ years of information. Scan the QR code to start your search:



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.

Come see us at the Pinecrest Gardens Market SW 112th St & 57th Ave on Sundays 9-2 from Dec thru April (except Dec 23 & 30)



Farm News

Bee Heaven Farm's 8th annual Open House Farm Day Sunday, December 23rd! 11:30am-3pm

Bee Heaven Farm's annual Farm Day celebration is all about having fun at the farm, meeting fellow CSA members and your local farmers, and enjoying food made from locally-grown produce. From the ever-popular hay rides to the folk music, farm market, scarecrow making and other activities, it's a great day to kick back and enjoy a relaxed outing in the country.

Mark your calendars—details next week!



Arturo González
Sunshine Organic Farms

Meet Your Farmers

Arturo is the brains behind AG Farms, d/b/a Sunshine Organic Farms (SOF). Some years back, he attended an organic growing workshop at our farm, and immediately set about transitioning his 10-acre farm in the Redland area. SOF is certified by QCS. Farmer Margie provides crop selection, maturity and harvesting advice. The CSA benefits from additional variety and super-local food. This week's chard and basil are from SOF. Later in the season Arturo will be harvesting squash, zucchini, specialty peppers, and other goodies.

Does dismantling your share box leave you feeling like you're all thumbs?

Are you having a hard time flattening your box without tearing it? We have pictures and a video to show you the 'magic trick'. Check inside on page 2!

Are you forgetting to bring back your box each week? Put it in your trunk or next to your door the day before your pickup, so you don't forget. Have a smart phone? Add a tickler to your calendar. Wax boxes are expensive, well over \$1

apiece. Every box we have to discard is another box we have to buy, AND we have to pay to dump it at the landfill. We're not allowed to drop it off at the mini-dump, and we can't put it in the recycling bin. Help us keep Mount Trashmore smaller.

REduce, REuse, REcycle!

Late-season Avocados

As South Florida's avocado season winds down for the year, we start enjoying the diversity of little-known varieties found at Possum Trot. Robert has been growing a plethora of named varieties as well as seedlings of avocados and other tropical fruit on his 40-acre tropical fruit grove for over 40 years now—enough time for many of these seedlings to bear and be evaluated. Some special ones get names like Purple Possum passion fruit, or Yellow-bellied Possum mango, or the newly-named Emerald Possum caimito (star apple). Others remain anonymous as just 'a seedling variety'. Last week the avocados included in the shares were the Hickson variety. This week's avocados in the Family shares are Booth 8, while the ones in the small shares are Monroe avocados from Sawmill Farm.



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



Featured Items

Jamaican Sorrel aka Roselle/Hibiscus Flower/Florida Cranberry/Jamaica Do you remember Red Zinger tea? It's made from Roselle, labeled "Hibiscus flowers", though they're in fact the fleshy sepals surrounding the seed pod that develops after the flower wilts. They make a great addition to a fresh salad. For a refreshing tea, boil the fleshy red calyxes in a big pot of water (optional: add a piece of ginger), steep for a while, then strain and sweeten to taste. The Roselle in the shares has red stems and green leaves. There is another variety of Roselle that is entirely red. The seed pods are woody and not at all fleshy. In that variety, it's the young leaves that are used. They have a pleasant sour taste, which gives rise to its common name of "Sorrel". You can find more information on this interesting plant in our newsletter archive.

Sour Orange (aka Bitter Orange) Sour orange is a cooking staple in Latin food, though in the U.S. the tree itself is better known as the rootstock on which to graft sweet citrus varieties. Most sour oranges in Florida are the Seville variety. They are great in marinades, drinks and salad dressing. Sour orange is the primary ingredient in real mojito, (not the drink) the awesome sauce that gets poured on your 'yuca' and is used to baste the 'puerco asado' while it's roasting. The wood is used in Cuba to make baseball bats!

Black Sapote (aka Chocolate Pudding Fruit) Like its temperate region persimmon brothers, the tropical black Sapote fruit must be COMPLETELY ripe before eating. This means it will be very, very soft and brown on the outside. You'll think it's time to compost it—but don't! Only then will you find a shiny, mildly sweet pulp inside. It makes excellent ice cream and simple 'puddings'. Former CSA member Bill Jacobs created a Black Sapote Oat Bars recipe to die for—find it on his blog *Tinkering With Dinner* (no longer active, but still accessible) <http://tinkeringwithdinner.blogspot.com/2009/01/csa-week-seven-black-sapote-oat-bars.html>. In the newsletter archive you'll find several more recipes, including a favorite simply made with black Sapote pulp, sliced strawberries and walnut pieces, mixed and served. A dollop of whipped cream and a dash of nutmeg will dress it up beautifully.

How to flatten your box:

Grab hold of the lid/flap and gently pull back away from the center (not up) while folding (squeezing) the flap to unhook it from the notches.

Don't yank— you'll rip it!



For full directions, visit

www.redlandorganics.com/CSAboxes.htm



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

Worden Farm*; Bee Heaven Farm*; Possum Trot; Homestead Organic Farms*; Florida Keys Sea Salt; Miguel Bode Honey** ; Sunshine Organic Farms; Three Sisters Farm**; 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

This week we have cheese, eggs, and Mediterranean shares.

SHARE OPTIONS and ORDERS

ARE LABELED WITH YOUR NAME-LOOK FOR IT.



Cheese Share



Monk Salad

Mediterranean Share



Small Share

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!...