



Recipe of the Week

farmer's market salad beets, sunflower sprouts, zucchini, and micro greens with avocado-dill dressing -from cooking minette

beets	<i>for the dressing:</i>	sea salt & freshly ground black pepper
sunflower sprouts	1 avocado	small bunch of fresh dill (2-3T chopped)
zucchini (or yellow squash)	juice of 1 lemon or lime	a few basil leaves (2-3 T chopped)
microgreens (any kind)	3-4 Tbsp EVOO	

1. Peel and thinly slice the beets and cook in a small amount of lightly salted water for a few quick minutes until just tender.
2. Blend dressing ingredients together in a food processor.
3. On individual plates, start with the sliced beets, then top with a julienne (as in sliced long and thin) of zucchini- you can cut the zucchini by hand or with a mandolin or in the food processor (or even grate it).
4. Top with sunflower (or other) sprouts and micro-greens (any microgreen blend works!). Add a few sprigs of dill to the top.
5. Drizzle with the dressing before serving.



Check out <http://www.florida-agriculture.com/consumers/fnr/recipes/> for great recipes using fresh Florida seasonal produce

EGG CORNER

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)



Meet Your Farmers

Thi Squire is the force behind the Green Railroad Organic Project (G.R.O.W.), a not-for-profit urban farm sponsored and supported by Rock Garden, a fresh herb purveyor. G.R.O.W. is located just west of Miami International Airport atop abandoned railroad tracks and between industrial warehouses. G.R.O.W's mission is to explore the possibilities of urban agriculture and teach youth how to grow, cook and eat fresh local produce. Recognizing the need for local production of herbs and specialty produce, G.R.O.W. has been developing crops such as microgreens for local chefs and distributors. Their Go Micro! MicroGreens (included in the shares this week) are now carried by Publix Supermarkets. G.R.O.W. projects encourage sustainable local farming and create jobs in our community.



Thi Squire

G.R.O.W. recently achieved USDA organic certification through Florida

Specialty Farms and is expanding growing operations in South Dade.

The Bee Heaven Farm family wishes you and yours happy holidays and a happy and prosperous



New Year!

HOLIDAY SCHEDULE

There will be NO share distribution Dec 29-30.

Shares resume Jan 5-6.

8th Annual Farm Day

Open House at Bee Heaven Farm

Sunday, December 23rd * 11:30am - 3:00pm

* Hay Rides and other Activities * Farm Market *

* Live Music * with local singers Jennings & Keller www.jenningsandkeller.com

* Food * Chef Keith Kalmanowicz's

[Love & Vegetables Community Pop-Up Café](#)

featuring fresh from the farm food, lovingly prepared & served buffet-style for an exciting eating experience. A suggested donation of \$10 (or whatever you can afford — more is always welcome — any amount is appreciated!) helps to cover food costs and provides support our farm internship program.

Your donation includes a raffle ticket for door prizes. Extra raffle tickets available @ 5/\$20

Directions: from southbound on US1, turn west (right) on Bauer Drive (SW 264th St), & go approx 5 miles. The farm is 1/3mile west of Redland Road (SW 187th Ave). Look for the farm sign & flags. Angle park on the swale.



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

Featured Items

MicroGreens Microgreens are recently-sprouted seedlings. They differ from sprouts in several ways. Firstly, they are grown in some sort of soil or media, whereas sprouts are not. Secondly, they are grown in full light, in contrast to sprouts, which are typically grown in a dark room, and may only be exposed briefly to light just before packing. Thirdly, microgreens are harvested by cutting, while sprouts include the entire plant, root tips and all. Both are nutritious, but microgreens pack an additional flavor punch and have started photosynthesis and generating chlorophyll (giving them their green color) which makes them even more nutritious. For ideas on using microgreens, check out Go Micro! Microgreen's FB page: <https://www.facebook.com/gomicrogreens> and their website, <http://www.gomicrogreens.com>.

Want to know more about an item in your share? Take a look in our online newsletter archive, where we have over 10 years' worth of accumulated information on most every share item, including tips and recipes. There's a handy search box where you can type, for example "lemongrass", or "black sapote" and it will show you all references to lemongrass or black sapote, respectively. Here's the link to search the archives: <http://www.redlandorganics.com/newsletter-search.htm>

Storing your food 1) Greens should be stored bagged in the veggie drawer of your refrigerator. 2) If you're going to run around in a hot car for awhile with your veggies, bring along a small cooler with a couple of ice packs. Put your greens in the cooler as soon as you pick them up. 3) NEVER place Basil directly on ice, and don't let the leaves get wet. It will turn black very quickly! 4) DO NOT refrigerate tomatoes or any other tropical fruit (yes, tomatoes are a fruit and originated in the tropics!), until it is very ripe, and then refrigerate only briefly. They lose a lot of flavor in cold refrigerator temperatures.



Victor & Ish packing the egg shares



Mediterranean Share

Hommos

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

- Worden Farm*; Bee Heaven Farm*; Sunshine Organic Farms; Hani's Mediterranean Organics**;
- Sawmill Farm* **; Possum Trot/Homestead Organic Farms*; Broken J Ranch**
- 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.



Family Share

This week's Hani's cheese is Labneh, Mediterranean shares is Hommos

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



Cheese Share

Labneh



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!...