



### Recipe of the Week

#### Green Herb Sauce with Walnuts -from Mariquita Farms recipes

1 bunch Italian parsley, chopped	3 T finely chopped walnuts	lemon juice or red wine vinegar
small handful basil leaves, coarsely chopped	1 piece fennel bulb, finely chopped	salt and pepper to taste
2 T chopped capers	2 anchovies, chopped to a paste, optional	
2 garlic cloves, chopped	extra virgin olive oil	

Combine the herbs, garlic, walnuts, capers, fennel and anchovies in a small bowl. Add enough olive oil to create a spoonable sauce. Add the lemon juice or vinegar just before serving. Season with salt and pepper. Can be eaten with thinly sliced cheeses, beef or chicken, grilled fish, potato salads, or slices of tomato. Increasing the portion of parsley turns the sauce into a salad.

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



### EGG CORNER

Abigail Farms, our neighbors across the street, began producing eggs this past summer. Though they are not certified organic, they feed their chickens the same certified organic feed we feed ours. Their assortment of breeds produce a rainbow of egg colors.

**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](http://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](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.

**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

Witt Road Organics is a newcomer to the South Florida organic farming scene. Certified organic just last year, they're off to a great start, thanks to Sam Dilworth, Witt's farm manager. Sam interned at Worden Farm a few seasons ago, and has now joined our farming partners. The broccoli, parsley, and slicer tomatoes in this week's shares are from his farm, which is located just west of Clewiston.

### Florida Keys Sea Salt

#### Share Update

The monthly FKSS add-on options distribution consists of the following items:

**SALT SHARE:** 5oz bag of 7/30/11; Trace Mineral Salt is a second harvest salt, taking longer to solidify, so staying longer in solution in the sea water. Trace Mineral is similar to 'grey salt' in a finer texture and more mineral taste. Each batch varies in the degree of mineral taste. This is also used as a therapeutic salt; in neti, for sole pots, and for gargling and tooth care.

**FKSS SAMPLER SHARE:** Organic Preserved Lemon; with Florida Organic Lemon, Florida Keys Sea Salt and Lemon Juice. Useful anywhere one would use lemon and salt. Great in a pan sauce for protein and in vinaigrette dressing.

**SEA VEG GOMASIO SHARE:** 8oz+ bag of Sea Vegetable Gomasio.

***NOTE:** The Miami Herald is preparing a health section. The editor is looking for a family to focus on that's changed its life foodwise (and/or exercise-wise). If your family fits the bill, email Margie right away at [office@beeheavenfarm.com](mailto:office@beeheavenfarm.com) and we'll put you in touch with the reporter!*

Food Miles From BHF	Our Farm Partners	USDA Organic
130	Worden Farm*	✓
3	Homestead Organic Farms*	✓
4	Paradise Farms Organic*	✓
1.5	Wyndham Organics	✓
1.5	Health & Happiness Farm*	✓
7	Sunshine Organic Farm	✓
4	Sawmill Farm*	
7	Possum Trot	
95	Witt Road Organics	✓
78	Sem-Chi Rice	✓
1.2	Three Sisters Farm	
109	Broken J Ranch	
0.5	Green Groves/BHF	✓
3	Hani's Mediterranean	
0	Bee Heaven Farm*	✓
87.5	Florida Keys Sea Salt	
7.5	PNS Farms	✓
0.1	Abigail Farms	
1	Kiss My Grass Farms	

\*Redland Organics founders & grower members



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



Family Share

Featured Items

**Cubanelle Peppers** These are a popular sweet ‘banana’ pepper used extensively in Puerto Rican and Dominican cooking. Cubanelles are light green and may ripen from yellow to orange-red. They are sometimes confused with Hungarian hot yellow wax peppers. True Cubanelle peppers are always sweet, and like typical frying peppers, they have thin flesh.

**Carambola** aka Starfruit, is a prolific tropical fruit tree. There are sweet, tart, and sweet-tart varieties. Fruit color ranges from a very pale yellow to a deep orange. In all cases, the edges of the ‘wings’ start out very green—as the fruit ripens, the green edge fades and begins to turn brown. Carambolas are ripe when the fruit has developed its full color and the green edge has mostly or totally faded. They are great in salads, baked with fish, ham or chicken, or in drinks.

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The juice is reminiscent of tangelo juice, and sweet varieties do not need any sugar added.

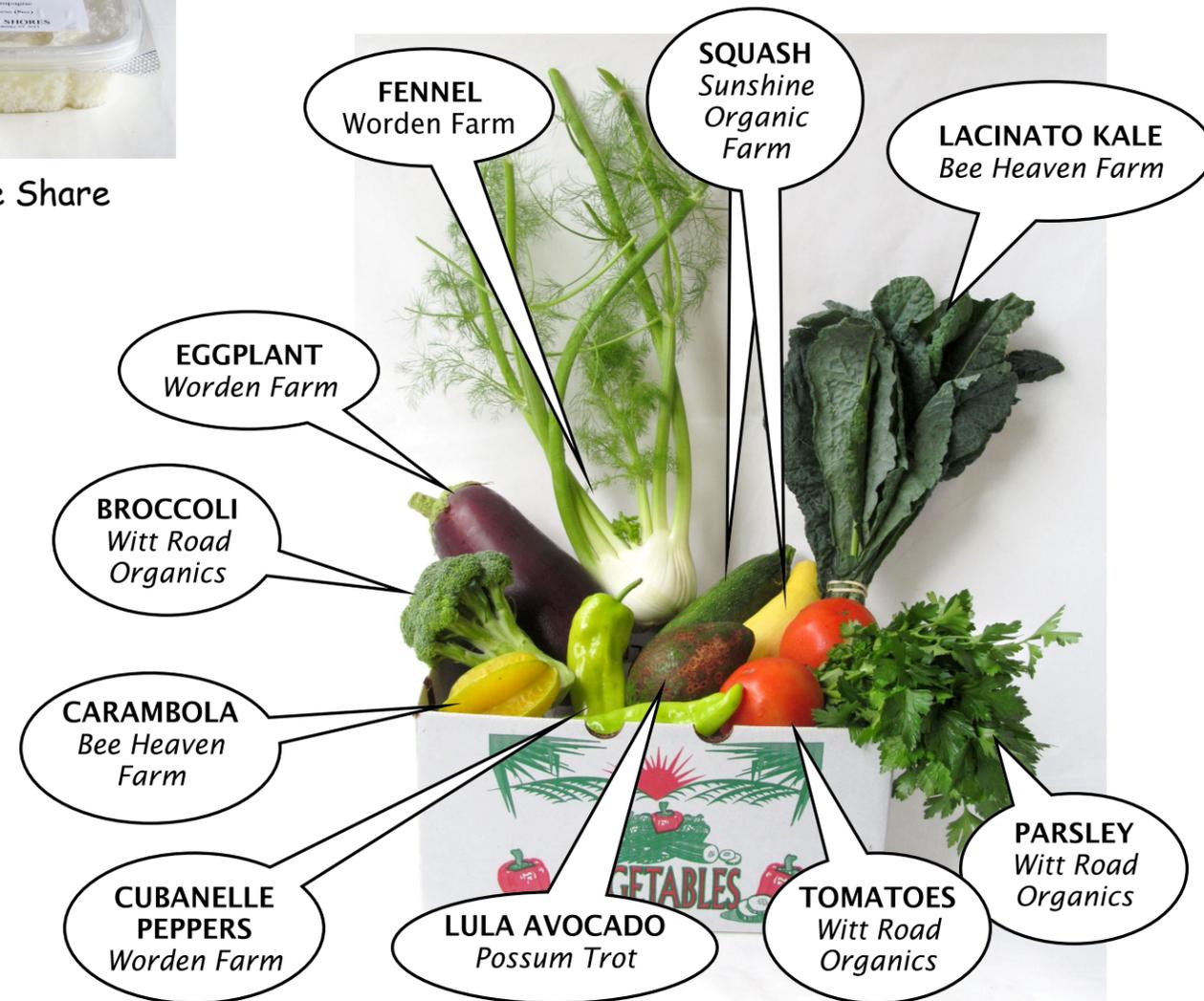
**Lacinato Kale** This Italian heirloom kale is variously-known as Toscano, Black, Blue, or Dinosaur Kale. It has longer, narrow, dark blue-green leaves which are more tender than the ‘regular’ curly green kale you usually see in the grocery store. It’s highly nutritious and delicious. Saute it, make kale chips, put it in a soup, shred finely and eat like a slaw, juice it—uses are endless.

**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, “kale” or “carambola” and it will show you all references to kale or carambola, respectively.

Here’s the link to search the archives: <http://www.redlandorganics.com/newsletter-search.htm>



Cheese Share



Small Share