



Recipe of the Week

Seriously Italian: Broccoli Romanesco

Gina de Palma, chef and author, wrote in *seriouseats.com* that the simplest and finest way to prepare broccoli romanesco is to simply steam or boil and serve with a squeeze of lemon and a generous splash of olive oil. Another way she suggested to prepare romanesco was to serve it with brown butter and crispy shallots.

Gina recommends pairing romanesco with pasta, using a tube-shaped ditalini or mezze rigatoni. Dressed with garlic, olive oil and a bit of peperoncino is all that is required.

Break apart the head into florets, and blanch them in plenty of boiling, salted water until just tender. Immediately plunge the romanesco into an ice bath to stop the cooking. Sauté sliced garlic and a bit of crushed red pepper flakes in olive oil. Optionally add a little tomato paste for extra flavor. Add the florets and sauté briefly. Toss everything together, adding a splash of the pasta cooking water. Top generously with freshly grated Pecorino Romano cheese and serve. Add toasted pine nuts for an extra fancy dish.

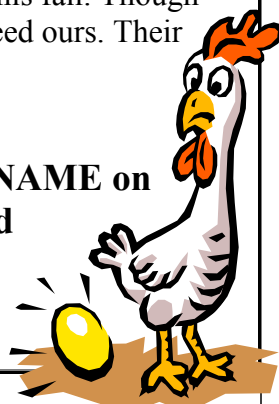
Check out <http://www.florida-agriculture.com/consumers/fnr/recipes/> for great recipes using fresh Florida seasonal produce



EGG CORNER

Kiss My Grass Farms, just down the road from Bee Heaven Farm, started production this fall. Though they are not certified organic, they feed their chickens the same certified organic feed we feed ours. Their assortment of breeds produce eggs in various shades of brown.

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

Sal Santelli, of Health and Happiness Farm, is a founding member of our Redland Organics group. Starting with Mamey Sapote, he has expanded his certified organic farm to include longans and other tropical fruit.



Sal with a Magaña mamey sapote

A few years ago Sal took over Suzy's Sprouts, a local organic sprout business, when the

owner decided to sell. Though we call his product sprouts, he actually grows shoots and greens, not sprouts. So what's the difference? Like micro-greens and other salad greens, Sal's products are grown in soil and harvested by cutting, as opposed to being grown in a jar or bucket and the entire sprouting seed, root and all, used. This week's shares include Sal's pea shoots. He also produces sunflower sprouts, radish sprouts, and wheatgrass, and has begun growing some heirloom tomatoes and a few veggies.

Strawberries!

The extended warm dry weather, combined with the earlier colder weather and the cool nights, has resulted in a bounty of sweet strawberries. For the first time ever, we have certified organic Redland-Raised strawberries, thanks to Sunshine Organic Farms, and they're in the shares this week! Harvested at the peak of sweetness and maturity, they have a very short shelf life. Enjoy these luscious beauties right away!

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 Farms	✓
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

Beetroots Well, technically, they're not roots. Have you noticed how beets grow sitting mostly above the ground? The actual root is the little 'tail' dangling off the bottom, a narrow fibrous root. The beet is a storage structure, where the plant accumulates sugars. And that they do. Some varieties of beets, that grow to a huge size, are used to make sugar. Roasting your beets whole until soft will concentrate the sugars, making the inside taste like a candy snack. Try it—roast some beets (peel and all), leave them out on the counter to cool down—they'll look rather shriveled. When cool, grab a beet as you walk by and snack on the sweetness!

Asian Eggplant These are tender slim eggplant that are great for slicing on a diagonal for stirfry. Another way to enjoy them is to slice them in very long thick slices to cook on the grill, basting with a bit of oil and some spices.

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Romanesco Broccoli Romanesco (aka Roman Cauliflower, fractal broccoli) has been grown for centuries in Italy, and is just now becoming popular here. Its florets grow in a spiraling fractal pattern. Romanesco is a startling lime-green brassica resembling a cauliflower more than a broccoli. Its taste is like a cross between the two.

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, "romanesco" or "asian eggplant" and it will show you all references to Romanesco broccoli or Asian eggplant, respectively.

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



Cheese Share



Mediterranean Share



Small Share