



Recipe of the Week

Salsa!

Great tomato salsa is pretty easy to make. Basic ingredients include ripe tomatoes, garlic, onions (scallions work well too), salt, cilantro and hot pepper—the jalapeños in the shares are perfect for this, but you can use any kind of hot pepper, including hot pepper (cayenne) flakes. Amounts of all the ingredients are completely flexible—use what you have on hand. Optional: You can roast the tomatoes, garlic and hot peppers. Roasting adds depth to the flavor.

Chop everything and mix together. Let rest for 10-20 minutes, allowing the flavors to blend. Stir and serve as a dip with tortilla chips, or spoon on top of a meat, fish or vegetable dish.

Dill Butter

Chop up a quantity of fresh dill. Soften a stick of butter. Mix everything together until well blended. Use a melon-baller to scoop dollops of the dilly butter. Place them on a cookie sheet and put in the freezer. When hard, store the balls in a covered container. Use as needed. Great on cooked carrots or potatoes.

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



EGG CORNER

PNS Farms began producing certified organic eggs several years ago under our tutelage. Alice is the second of only two certified organic egg producers in our area, and has been supplying eggs for our CSA egg shares for the past 4 years.

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

Chris and Eva Worden, of Worden Farm in Punta Gorda, started their farming operations on two leased acres 11 years ago in Redland. Their move to the west coast, just north of Ft.



Chris and Eva Worden

Myers, allowed them to grow their farm to their current 85 acres. Some of that is a pineland preserve, and some is grazing land, while they live and farm the rest of the acreage.

The Wordens run their own CSA serving SouthWest Florida, while continuing as a major farm partner in our Redland Organics CSA program. Nearly every week you enjoy several items in your share that are grown on their certified organic farm.

Tidbits

Publix is planning a special promotion of G.R.O.W.'s Go Micro! microgreens later on this month. Look for them at your local store from January 24th through the 30th.

Broccoli

This is the time of year when the weather is generally cooler (though lately we've been hitting highs in the 80s!). Those cooler days and nights signal the harvest window for cabbages, broccoli, cauliflower, and Romanesco broccoli. A lit-

tle further north of here you will even see Brussel Sprouts, which really do need colder weather to head up. This season Witt Road Organics is doing an exceptional job with broccoli and Romanesco. Enjoy these crops while they're available, because their season is short.

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



Go Micro! microgreens come in 4 varieties



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



**Family Share
Featured Items**

Jalapeño Peppers These spicy little peppers are well known in Mexican cooking. ‘Real’ jalapeños are fairly hot smallish peppers. In our quest for ‘bigger and better’, a number of hybrids have been developed with are much bigger—nearly twice the size, and a lot milder, to satisfy the wimpy American palate.

Dill Good for more than just making pickles, dill is a flavorful herb you can use in many ways. Try making dilly beans. Put some in your chicken soup. Bake salmon with a generous covering of dill. Mix dill and cream cheese together for a nice spread. Add some dill to melted butter and use that on your potatoes. Of course, don’t forget cucumbers with dill, either fresh or made into pickles!

(Continued on page 3)

(Continued from page 2)

Radishes Don’t just think of radishes as a salad ingredient. There’s a whole other dimension to radishes, including their tops, when you cook them.

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

Small Share