

Recipe of the Week

Linguine with Creamy Scallion Pesto

-adapted from poorgirleatswell.com

1 8oz package linguine (or other pasta shape)	2 large garlic cloves	2 Tbsp lemon juice
1 large or 2 small bunches scallions	1/4 c good olive oil	1/2 Tbsp sea salt & 1/4 tsp ground black pepper
1/2 c almonds OR pine nuts, coarsely chopped	3 Tbsp parmesan cheese	Extra olive oil for drizzling

Wash, trim off roots and any brown leaf tips, and coarsely chop the whole scallions.

Cook the linguine according to package instructions. Drain and drizzle with a bit of olive oil to prevent the pasta from sticking. Set aside.

In a food processor (or hand blender cup), combine the chopped scallions, almonds (or pine nuts), garlic, olive oil, cheese, lemon juice and seasonings, and purée until almost smooth. Check for seasoning and adjust according to taste.

Gently fold about 1 cup of pesto into the linguine and stir until well-coated. Serve as a side or entrée with a couple sprinkles of extra parmesan cheese, and enjoy!

How to use Canistel

Wait until it is VERY ripe – your finger should easily poke right through the skin into the soft flesh. Check out our newsletter archive for some great recipes—we have a [canistel soup](#) and [canistel custard](#) to give you some ideas.

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)



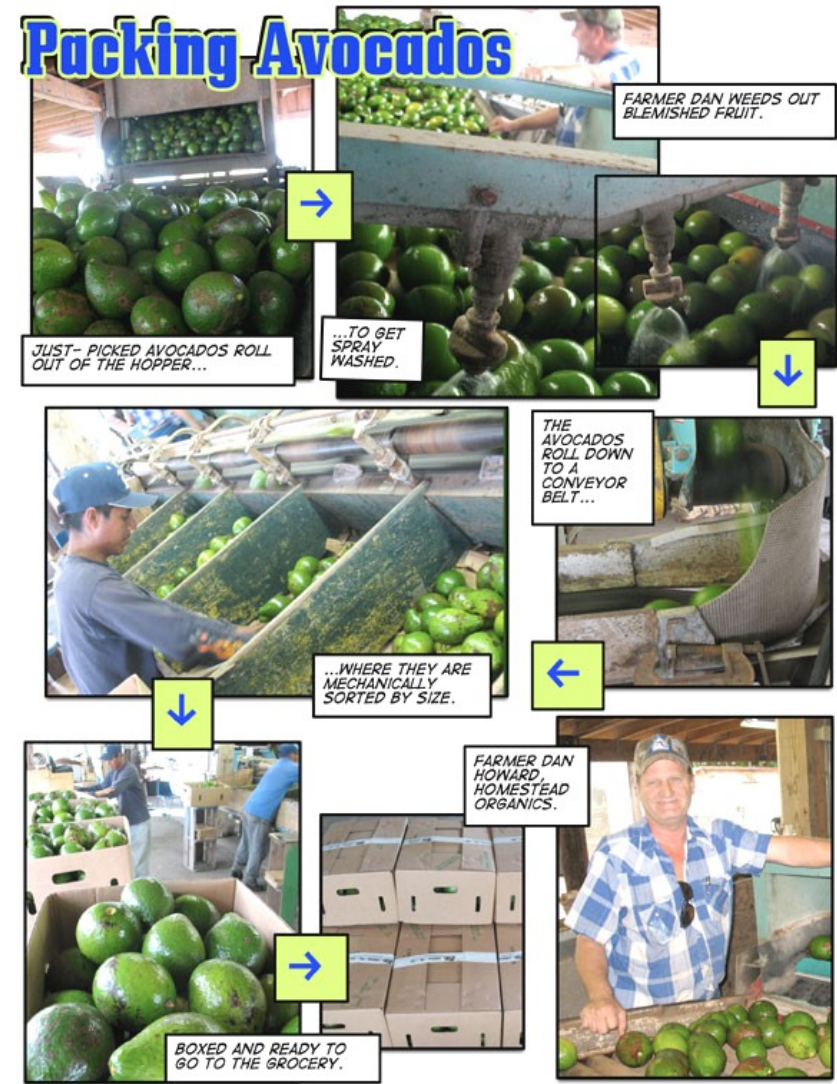
Meet Your Farmers

Dan Howard started as farm manager for Dirnberger Organic Farms in the early 90s. When the boss wanted to retire in 2002, Dan bought the business, and renamed it Homestead Or-

ganic Farms. His main winter crop is green beans. In the past he's also grown cucumbers and squashes, but these days he mainly concentrates on beans. Since he only sells wholesale by the pallet load or airline container(!), we feel privileged to be able to supply the CSA and retail his beans locally at our

market booth.

In the summertime, Dan packs avocados and other tropical fruit. Dan is a founding member of our Redland Organics group, and helps us get truckload rates on fertilizer for our local organic RO member farms.



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

Scallions Give a bright taste to your salads, stir fry, quiches—pretty much anytime you might want to use an onion, you can substitute scallions. DON'T THROW AWAY THE TOPS-USE THEM! They're full of flavor.

BBB We've written about the Baby Brassica Blend from Paradise Farms before, but it bears repeating. These very young brassicas are mild, tasty and chock full of nutrition. Eat them soon, as they have a relatively short shelf life.

Canistel (Eggfruit) Although its flesh is yellow, and when ripe has the appearance and consistency of a hard-boiled egg yolk, the canistel is a close relative of the mamey Sapote. It is mildly sweet and great for thickening

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shakes and smoothies. It also makes a great pumpkin pie substitute, and is good in custards. IT IS VERY IMPORTANT THAT YOU **WAIT UNTIL THE FRUIT IS VERY SOFT** BEFORE YOU EAT IT, or it will taste awful. When ripe, the flesh is sweet and soft, with no bitterness or gumminess.

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