



### Recipe of the Week

#### Sukuma Wiki

-from Food in Every Country (foodbycountry.com)

This is a Kenyan dish, simple to make. *Sukuma wiki*, literally translates to “stretch the week”, meaning the food is used to stretch meals to last the week. The dish is typically a combination of chopped spinach or kale (a leafy green vegetable) fried with onions, tomatoes, maybe a green pepper, and any leftover meat, if available. It is seasoned with salt and some pepper.

#### Ingredients

- 2 Tablespoons oil
- 1 onion, chopped
- 1 tomato, chopped
- One bunch sukuma (kale or collard greens), chopped
- ½ cup water
- Salt

#### Procedure

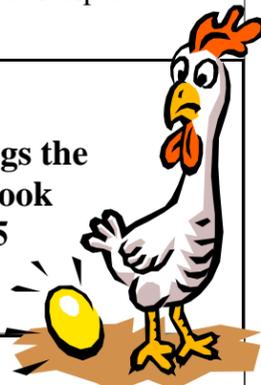
1. Heat oil in a frying pan and add the onions. Sauté about 2 to 4 minutes.
2. Add tomato and greens and sauté about 1 minute.
3. Add ½ cup water and then add salt to taste. Let the mixture simmer until the *sukuma* is tender.



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

### EGG CORNER

The young ladies are hitting their stride—we’ve had some extra eggs the past couple of weeks. If you’re on the waiting list for eggs, there’s hope! Look for an email within the next week or two. We’ll probably be offering 4 or 5 more egg shares, if the hens continue their laying spree.



**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



### Meet Your Farmer

Virginia J. produces most of the citrus we see in the CSA shares. Formerly of Homestead, she relocated to Broken J Ranch in Buckingham (near Fort Myers, not in England!) many years ago. She maintains breeding cattle stock and citrus on her ranch, and at 85, is still going strong! (She told me recently that she’s delaying needed surgery on her knee until the rainy season, when the grass starts growing again and she won’t have to stress her knee working the clutch on her tractor every day bringing hay to the cattle.)

Her old-timey citrus varieties, such as Duncan and Isle of Pines grapefruit, Minneola Tangelos, Dancy tangerines, and delectable ponkans, grace our boxes whenever we can get our hands on them.

This season we’re enjoying grapefruit. The ponkans, which we’ve had in the past and always rave over, did not produce well this year. Sadly, Virginia’s trees, as most citrus in South Florida, is being affected by citrus greening, a deadly bacterial disease also known as Huanglongbing, or HLB. There is no cure for it, and its long incubation period makes it impossible

to eradicate. Researchers are hard at work trying to find strategies to fight the disease, including controlling the psyllids that spread the bacteria, finding resistant varieties, and developing natural repellents.

Growers are trying everything from chemical spraying to control the insects, systemic poisons to kill the bacteria, and nutritional support to help boost immunity in the trees. It’s going to be several years before we start to see what makes it and what doesn’t. Meanwhile, we recommend waiting a few years before planting any new citrus.

### Farm News

As we start on the second half of our CSA season, we marvel at the bounty we enjoy in mid-February, while the rest of the country freezes and farmers look at seed catalogs and dream of baby seedlings in springtime.

While many greens are fast-growing, ready in as little as 3 weeks from sowing, some of the crops we grow take a long time to be ready for harvest. Onions and carrots are two such vegetables. In our topsy-turvy seasons, short-day onion varieties are the ones we must plant, and they have to be planted very early in order to harvest them before the

CSA season ends. Though we might see some spring onions soon, mature, dry onions won’t be happening until April rolls around. In the meantime, we use scallions with abandon—remembering that the tops are just as good as the white (or purple) parts.

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**

**Celery** If you haven't had freshly-harvested unblanched celery, with its leaves intact, you're in for a treat! This is not the bland, blanched, trimmed celery you get at the store, weeks old and flavorless. This is CELERY! with a juicy, salty twist to it that you can savor fully by simply munching on a crunchy stalk.

**Lacinato Kale** Kale is all the rage these days, and it totally deserves the accolades. Kale, along with collards, turnips, mustard greens and watercress, score a perfect 1000 on the ANDI (Aggregate Nutrient Density Index) scale. Not too far behind are bok choy, spinach, broccoli rabe, Chinese cabbage, Brussels sprouts, Swiss chard, arugula, followed by radishes and bean sprouts. In contrast, nuts, breads, meats and dairy all score less than 50. ANDI scores are calculated by evaluating an extensive range of micronutrients, including vitamins, minerals,

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phytochemicals and antioxidant capacities, using the formula  $H=N/C$ , to arrive at a Health value equal to the nutrient density (nutrients delivered per calorie of the food).

**Scarlet Queen Turnips** With a bright red skin and creamy white interior, these turnips are eye-catching. Their taste and texture is somewhere between the crunchy, mild, white Asian salad turnips and the 'standard' purple-top variety with the characteristic 'turnip' flavor. Like kale, turnip greens are an excellent nutritional value. If you're not going to eat them right away, cut off the tops and store them separately in a plastic bag in your refrigerator's vegetable drawer. Eat the greens first—the turnip roots can keep well for a few weeks in the fridge.

**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

Hani's  
Cheese

Please note this week's cheese share is a DOUBLE PORTION SIZE



Mediterranean Share

Chard-Tahini  
Dip



**Small Share**