



Recipe of the Week

Caramelized Fennel

-from Putney Farm, adapted from *Chez Pannise Vegetables*

2 large fennel bulbs	Black pepper
1/4 cup olive oil	1/2 lemon
Kosher or Florida Keys Sea Salt	

Author's Note: The key to this dish is to brown, not steam, the fennel. Keep the pan hot and spread out the fennel, no crowding. Cook in batches if necessary.

Using a very sharp knife, cut the top and bottom from the fennel bulbs and then remove tough or bruised outer layers.

Slice the bulbs in half and then remove the cores from the fennel. Then cut the fennel lengthwise into 1/8 inch slices (it is ok if a little thicker).

Heat a large skillet or sauté pan over medium-high heat. When hot, add the olive oil and then the fennel slices. Spread the fennel out in the pan to encourage browning.

Cook for 10-12 minutes, flipping the fennel slices every few minutes, until golden brown.

Remove the fennel from the pan and drain off any excess oil. Season with salt, pepper and lemon juice, to taste. Serve.

EGG CORNER

We've continued expanded egg share options, including our certified organic Rachel's Eggs and PNS Farms Eggs. We're also offering eggs from our neighbors Abigail Farm and Flair's Fayre, both of which, though not certified organic, are fed the same soy-free, non-GMO certified organic feed we use with our hens. We know this, because Bee Heaven Farm is the local distributor for Countryside Organics feed. Combining our feed requirements, we take advantage of pallet pricing on the feed, helping to make the eggs more affordable.

It seems that no matter how many egg shares we offer, they always sell out early on. If you're on a WAITLIST for eggs, this means we do NOT have any eggs for you (and we haven't charged you for them).

If you have an egg share, YOUR NAME is 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.

Find past newsletters online! Go to www.redlandorganics.com, click on CSA, then Newsletters. Use the search box to search 10 years of information on crops & recipes.

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.



Farm News

Wow!

We are starting our 12th CSA season at Bee Heaven Farm. Summer was over in a flash. Our multi-farm CSA brings farm-fresh, truly locally-grown produce to our members in the Southeast Florida area.

Along with your share, each week you can order additional items from our webstore to be delivered to your pickup site. These can be staples like our dried Fruits of Summer, bulk quantities of something you might want to can or freeze, say an extra 5 pounds of string beans, or other veggies that may not be included in your share because we don't have enough for everybody. Webstore orders allow CSA members who live farther away access to many of the same items we bring to market.



A convergence of dates that will not happen again for 79,000 years! This year the first day of the Jewish holiday of lights, Hanukkah, coincides with Thanksgiving. Celebrate with latkes alongside the turkey. Light the first menorah candle, and play dreidle while you stuff yourself with stuffing and a 3rd piece of pie. Be thankful!

Need recipes or tips?

We have them!

Every week we highlight one or two share items, featuring interesting information and tips for using them. We also include recipes incorporating produce included in the week's share to help you get creative.

Would you like to know more about any share item, including more tips and recipes? We have all 11 past seasons on line in our

newsletter archive. Our handy search function lets you enter any search term and finds all mentions of it in the archive. Just use the link below to start your search.

<http://tinyurl.com/bqu2l4f>

What's Inside My Box?

Look inside on pages 2-3

Once we finish packing the shares on Friday evenings, our farm Photo-Woofer/chronicler Marian posts a picture of the share box on the Redland Rambles blog (redlandrambles.com).

Our website had a makeover—over the summer, courtesy of BHF intern Nicole. Check it out:

www.beeheavenfarm.com

Farmers Market

Schedule

Sundays 9am-2pm

Pinecrest Gardens

SW 110th St & 57th Ave

Dec 8, 15

Then every Sunday starting

Jan 5 thru April 27

Please note!
There is no share delivery
NEXT WEEK
(Nov 30-Dec 1).
Shares resume
December 7-8

Community Supported Agriculture

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



Featured Items

Garlic Chives Garlic doesn't grow well here, because it's just not cold enough. So what option do we have in our balmy tropical climate? Garlic chives! They have the garlic taste combined with the versatility of scallions or chives.

Green beans Thanksgiving without fresh green beans? Unimaginable. Dan's Redland Raised organic green beans are shipped all over the country for folks to enjoy in their Thanksgiving casseroles and veggie dishes. But we have them first hand, fresh from our local Homestead and Redland fields.

Bulbing Fennel This is an underappreciated vegetable. People are often afraid to try it. But it's easy to use. Thinly sliced in salads, chopped and added to your turkey stuffing, or caramelized as in Putney Farm's adaptation of Alice Waters' recipe on the back page of this newsletter. Enjoy!



Family Share

What does it look like? Every week, we include pictures to help you identify everything in your shares, especially those strange things you never saw before!...



About the shares... There are two sizes of box, labeled FAMILY & SMALL. Please make sure you've taken the correct size, and take ONLY what belongs to you. Options and special orders have YOUR NAME on them.

Featured Farmer: Flair's Flayre

This summer we welcomed a new provider to our group—Flair's Fayre. They raise goats, chickens and ducks. The animals are fed certified organic, soy-free feed. The goat milk is used for pet products and treats, and they make an awesome line of goat milk soaps. We're offering a Goat Milk Soap share add-on option—2 bars once a month.

To introduce you to these wonderful soaps, we've included a trial size portion in your share this week. Even if they smell luscious enough to eat, don't. We've been using them on the farm and are amazed at how well it lathers in our hard water!

If you like them, consider adding a soap share—they're limited, so act fast.

Flair's Fayre duck eggs are available for ordering, or at our market booth. Their chicken egg shares are already sold out.



Mediterranean Share



Cheese Share



Small Share

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