



## Recipe of the Week

### Creamed Dandelion Greens [with sauteed scallops]

-adapted from *TalkofTomatoes.com*

1 bunch dandelion greens	1/4 cup vermouth
1 Tbsp olive oil (for the greens)	1/3 cup heavy cream
1 Tbsp bacon grease and 1 Tbsp olive oil (for the leeks)	Florida Keys Sea Salt and freshly-ground white pepper
1 medium leek, cleaned, cut in half lengthwise and sliced into 1/4 inch half-moons	1/4 cup fresh grated Parmesan cheese
3-4 cloves garlic	6-8 large sea scallops

Clean and wash dandelion greens, removing stems. Over medium heat in a skillet, add 1 Tbsp olive oil and sauté dandelion greens (until just wilted). Do in batches if you need to. Once cooked, roughly chop greens.

In another skillet add bacon grease and olive oil over medium low and add leeks, salt and white pepper. Sauté for 5 minutes until translucent. Add garlic and sauté another 1-2 minutes. Add vermouth and let cook until there is only a scant tablespoon left. Add cream, some more salt and white pepper and let simmer until thickens (4-5 minutes).

Add Parmesan and dandelion greens and let heat through—about 1 more minute.

Prepare the scallops by brushing olive oil into a pan. Brown scallops on each side over medium high heat until they ‘release’ from the pan. Serve on top of the creamed dandelion greens.

Want more dandelion greens recipes? Huffington Post has a great article about dandelion greens in its “WTF,CSA?” series, and links to 14 awesome recipes (including the one above).

Check it out: <http://is.gd/43B7Fa> or scan the QR code on the right →



**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](http://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](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.



## Farm News

### The year is drawing to a close,

but down here in South Florida, the growing season just started. We have great expectations!

Did you try the caramelized fennel recipe in last week’s newsletter? We served it at our Thanksgiving dinner, and it was a hit!

Several of this week’s share items lend themselves well to Asian dishes.

Cilantro, also known as Chinese parsley and coriander, is a common ingredient in Oriental cooking. With the large Hispanic population here, and the fact that our home is smack dab in the middle of an avocado grove, I associate cilantro more often with Mexican dishes, like guacamole. But when avocado season is finished in another month, I start looking at other uses for cilantro. Then I remember how great it tastes as a garnish in a Pho, (a ‘big soup’) or as flavoring

in a curry dish.

Lemongrass is one of my favorite herbs. Lemongrass tea is a great way to make use of those tough green tops. They’re full of flavor, but no amount of cooking could soften them up enough to eat. The bottom white portion is still pretty fibrous, but thinly sliced it’s great as a topping along with slivers of ginger and garlic for baked fish.

The other theme in this share is more Italian. There’s Dandelion (an Italian chicory), Italian (Lacinato) kale, eggplant and peppers (bell and sweet Cubanelle frying peppers). I always think of pepperonata when I see lots of peppers. If you pick up your share at Proper Sausages in Miami Shores, check out their amazing sausages. Try sausage and peppers on pizza or over pasta...YUM!

### FARM DAY is coming Dec 22!

Our annual Farm Day open house celebration will be held on Sunday December 22nd. We’ll have music, family yoga, hay rides, great food and kids activities, plus a farm market. Pick up

some last-minute holiday gifts of Redland-raised honey, dried fruit, goat milk soaps, and fresh veggies for your holiday table, while having fun! Mark your calendars now—full details next week.

### SNAP/EBT

Do you have a family member or friend receiving food stamp benefits? This is now known as SNAP (Supplemental Nutrition Assistance Program). Bee Heaven Farm can accept EBT/SNAP both for share enrollment and at the farmers market. Let them know!

EBT/SNAP dollars used for purchases of Florida-grown fruits and vegetables at our market booth will go twice as far, thanks to “Fresh Access Bucks”, a joint program of Florida Organic Growers and Wholesome Wave, funded by a Florida Department of Agriculture and Consumer Services Specialty Crop Block Grant.

Although the FAB program only covers market purchases, we are also able to offer bonus dollars to our EBT CSA share participants, thanks to the past generosity of our CSA members. These will be issued as credits which can be used to shop for additional items on our webstore.

#### Farmers Market

Sundays 9am-2pm

#### Pinecrest Gardens

SW 110th St & 57th Ave

Dec 8, 15

Then every Sunday starting

Jan 5 thru April 27



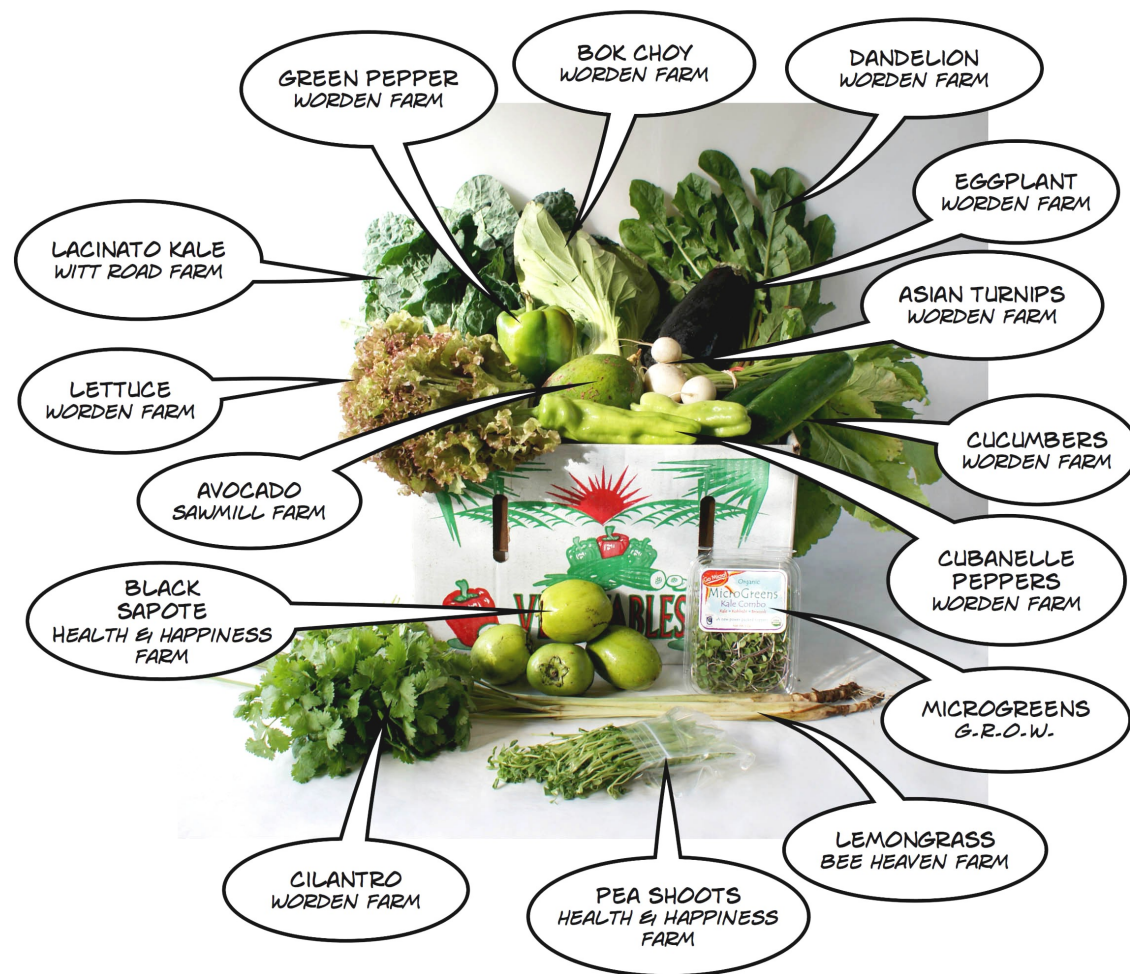
*It's rich, "organic", down-to-earth, user-friendly, and nourishing!*



## Featured Items

**Bok Choy** This member of the cabbage family takes it up a notch in the ‘crunch’ department. Good either raw or cooked, you’ll find it in many Chinese dishes. Serve with a dip for a crunchy change from celery sticks.

**Dandelion greens** This is not the wild dandelion that pops up in early spring up north. This is Italian dandelion, a member of the chicory family, with many of the same properties as the wild dandelion.



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.

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 this link to start your search: <http://tinyurl.com/bqu2l4f>



Fish Share

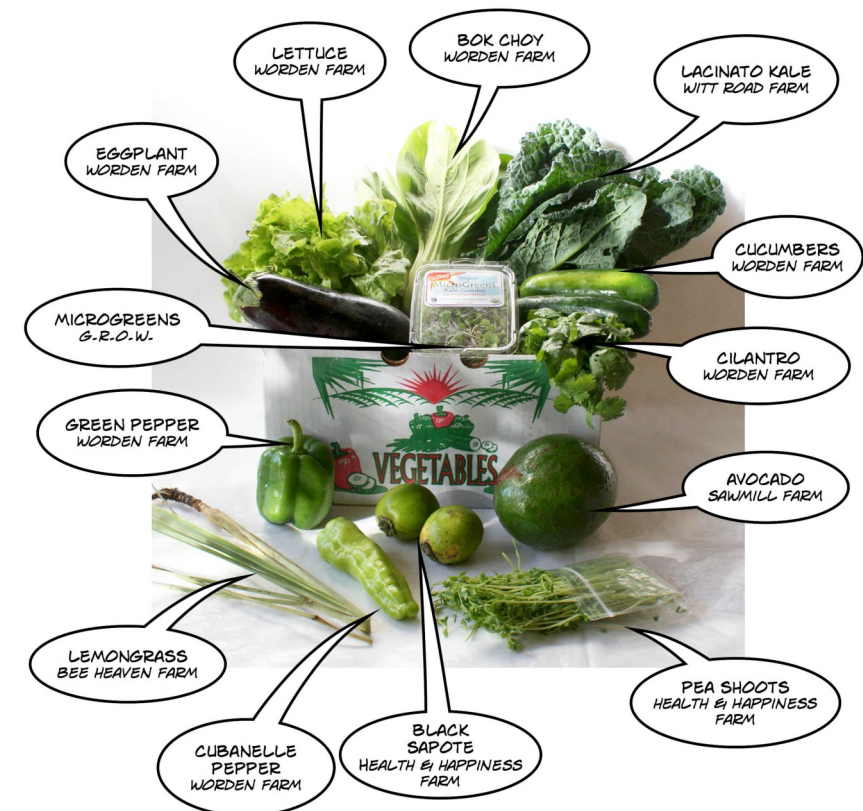
Redland-raised Tilapia is one of our monthly add-on share options. The tilapia are responsibly-raised on a very small family farm, using no antibiotics or chemicals. The water is maintained with a natural biofilter. This nutrient-rich runoff feeds young mangrove seedlings which Wayne and Carmen grow in their small nursery to supply habitat restoration projects. Fish shares are not available at all pickup sites, and are currently sold out for the season.



Mediterranean Share



Cheese Share



Small Share

