



## Recipe of the Week

### Garlicky Broccoli Raab (rabe)

-adapted from *wholefoodsmarket.com*

|                                      |                                 |
|--------------------------------------|---------------------------------|
| 1 bunch broccoli raab (rapini/rabe)  | 1/4 tsp crushed red pepper      |
| 1 Tbsp extra virgin olive oil        | Freshly-ground black pepper     |
| 3-4 cloves garlic, peeled and minced | Florida Keys Sea Salt, to taste |

Bring several quarts of water in a large pot to a boil. Remove any tough or damaged outer leaves of broccoli rabe. Peel any thick, lower stems and coarsely chop. Tear broccoli rabe into large pieces. Fill your sink with cold water (add some ice to get it chilled). Swirl broccoli rabe in the water until all dirt is removed.

When water is boiling, place broccoli rabe pieces in a colander and pour boiling water over them to scald. Drain well and set aside. Meanwhile, heat extra-virgin olive oil in a sauté pan over medium heat. Add garlic and crushed red pepper. Sauté garlic until browned. Be careful not to burn garlic! Add broccoli rabe to the pan. toss to coat with garlic/pepper mixture and heat through, around 2 to 3 minutes. Season to taste with salt and freshly ground black pepper.

Check out other Broccoli Raab/Rapini recipes features in past seasons' newsletters. Go to [www.redlandorganics.com/newsletter-search.htm](http://www.redlandorganics.com/newsletter-search.htm) then enter "raab" in the search box to find them.

2012-2013 season: Caramelized Onion and Broccoli Raab pizza:

<http://www.redlandorganics.com/newsletter/20130302.pdf>

2010-2011 season: Broccoli Raab Polenta:

<http://www.redlandorganics.com/newsletter/20100130.pdf>

2004-2005 season: Broccoli Raab (Rapini) Quick Stir-fry:

<http://www.redlandorganics.com/newsletter/20041218.pdf>

**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

### Annual Open House FARM DAY 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, awesome cookbooks featuring local Florida produce and farmers, and score some fresh veggies for your holiday table, while having fun! We'll also have some seedlings for sale, and strawberry plants!

Robert, our Cantankerous Chef, will be roasting corn on the campfire, while Caryl Zook, local organic chef and friend of the farm, will be preparing delectable dishes using all local produce. Food will be served buffet-style. Iced drinks

will be self-serve. Bring \$10 for food and a raffle ticket. If also you plan on participating in the yoga class, bring an additional \$10.

And, of course, bring cash/credit/debit/SNAP to shop at our market stand.

Directions to the farm: we're on Bauer Drive (SW 264th St), 1/3 mile west of Redland Road (187th Ave). Look for the farm sign and the flags. Please angle park on the swale and walk on in!



Farm Volunteer Alex (in the gloves) and Jorge (seated on the right) training the crew in proper spray application safety and techniques for controlling whitefly using fatty-acid soaps approved for use in organic production.

#### Farmers Market

Sundays 9am-2pm

#### Pinecrest Gardens

SW 110th St & 57th Ave

Dec 8, 15, 2013

Then every Sunday starting

Jan 5 thru Apr 27, 2014

#### Farm Volunteers

We welcome new farm volunteers Jorge and Alex. They will be implementing a vermicomposting

project on the farm. Jorge did an internship at Will Allen's Growing Power Farm in Milwaukee earlier this year, and will be sharing his expertise with us. They are planning to have the first set of worm beds ready to show on Farm Day.

#### Family Yoga on Farm Day

*Bring grandma!*

*Bring grandpa!*

*Mommy, daddy, and kids too!*

The whole family is invited to this multi-level 45 minute yoga class.

No prior yoga experience needed.

Just a playful spirit and ready to have some farm yoga fun!

**Class time: 1130am-1215pm**

*Taught by certified yoga teacher*

*Meldy Hernandez, RN, MPH*

[www.meldyhernandezyoga.weebly.com](http://www.meldyhernandezyoga.weebly.com)

*\$10 suggested donation per family.*

**Bring your own yoga mat or a large towel.**

### Holiday Schedule

**No shares**

**December 28-29**

**Shares resume**

**January 4-5**

*Community Supported Agriculture*

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



## Featured Items

**Raab (Rapini)** Not to be confused with broccolini, this member of the mustard family, closely related to turnips, is also known as broccoli raab (or rabe), because the flower buds look like small broccoli heads (they ARE related). You'll find rapini, as it is more commonly known in Italy, in a classic pasta dish like orechiette with sausage and garlic. It pairs very well with creamy, salty cheeses—think pizza topping! This week's recipe uses olive oil and lots of garlic.

**Red Bell Peppers** The common green bell pepper is an unripe fruit (yes, pepper is a fruiting vegetable, just like eggplant and tomatoes, to which they are related). Although there are yellow, orange, purple and even brown peppers, most green peppers you see at the store would ripen to red if left to mature before harvesting. Ripe peppers are sweeter, because there are more sugars in a ripe fruit.



Family Share



Mediterranean Share  
Stuffed grape leaves



Cheese Share



**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>



Small 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!...

**Holiday CSA schedule:** Please note there will be no share delivery over the holiday weekend (December 28-29). Shares will resume January 4-5.