



## Recipe of the Week

### Beet, Citrus and Avocado Salad

-adapted from *New York Times Recipes for Health*

For the dressing:

2 Tbsp lemon or lime juice	1/2 tsp Dijon mustard
1 tsp cumin seeds, lightly toasted and ground	1 Tbsp walnut oil
Salt and freshly ground pepper	2 Tbsp canola oil

Mix together the lemon or lime juice, ground cumin seeds, salt, pepper, and Dijon mustard. Whisk in the walnut and canola oils. Set aside.

1 bunch beets (about 1 lb), scrubbed and roasted	1 small-medium ripe Florida avocado, sliced
1 pink grapefruit	2 Tbsp slivered fresh basil

Preheat oven to 425°F. Scrub the beets (but don't trim the ends) and place in a baking dish. Add 1/4" water to the dish. Cover tightly. Place in the oven and roast (small beets for 30-40 minutes, medium beets for 40-45 minutes and large beets for 50-60 minutes). They're done when the tip of a knife goes in easily. Remove from the oven and allow to cool in the covered baking dish. Cut away the ends and slip off the skins.

Peel the roasted beets, and slice or cut in wedges. Toss with 2 tablespoons of the dressing.

Cut away both ends of the grapefruit so that it sits flat on your work surface. Cut the skin and pith completely away from the fruit, following the natural curve of the fruit from top to bottom. Hold the grapefruit in your hand over a bowl to catch the juice, and cut away each segment from between the membranes.

Arrange the beets in the center of a platter, and surround with the grapefruit and avocado slices. Drizzle on the remaining dressing, and drizzle any grapefruit juice in the bowl over the grapefruit and avocado. Top with the basil and serve.

**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

### Our Annual Open House

**FARM DAY**  
**is THIS Sunday!**  
**11:30am-3pm**

**Family yoga class time:**  
**11:30am-12:15pm**

Join us for music, family yoga, hay rides, great food and kids activities, plus a farm market.

Haven't finished your holiday shopping? No worries—our Redland-raised honey, dried fruit, goat milk soaps, herbal teas, luffas, strawberry hanging baskets, and cookbooks featuring local Florida produce and farmers all make great stocking stuffers.

And forget about hitting the supermarket—the farm will be your one-stop shop to prepare for your holiday table while having fun!

Enjoy local roasted corn and delectable dishes using a lot of the items in your shares. You'll go home with some great recipe ideas.

Food will be served buffet-style. Iced drinks will be self-serve. Bring \$10 for food and a raffle ticket. Just want corn? \$2 an ear

will do. And for 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!

### FUNDRAISER

Cesar Contreras, husband of farmers market organizer and Urban Oasis Project founder Melissa Contreras, was recently diagnosed with a serious illness. They are going through a rough patch right now, as Cesar has been unable to work for the past few months. Both are self-employed, and without health insurance, their medical bills have been escalating. A mutual friend, Extension agent Dr. Mary Lamberts, suggested we have a fundraiser to help them. Mary has donated her delightful collection of vegetable-themed tchotchkes that she has acquired over the course of her career. They'll be set up on a table with a donations jar. Choose your favorite collectible, and please be generous!

### VERMICOMPOSTING

Our newest farm project has launched, just in time for Farm Day! A shipment of 10,000 worms arrived yesterday, and are now happily ensconced in their new homes. (No, they're not running around loose!)

Check out Jorge and Alex's worm bins and learn how easy it is to set up your own worm casting factory! Jorge and Alex will be giving demos of the operation on Farm Day, so be sure to stop by and say "Hello" to the worms!

**Holiday Schedule**  
**No shares**  
**December 28-29**  
**Shares resume**  
**January 4-5**

**HAPPY NEW YEAR!**



*Community Supported Agriculture*

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



## Featured Items

**Chard and Beets** Beets and chard are the same vegetable. However, over the centuries, as some people preferred the roots, they kept saving seed from the ones with the thicker bottoms. Others really liked the leafy tops, and saved seed from the ones that produced the largest or the most leaves. And within all this, everyone had their color preference, some selecting for the darkest red, others for the more golden, while others preferred the whiter ones. The result: chard, which comes in a rainbow of colors; and beets, which come in deep red, zoned red and white, gold, and white. Yep, genetic manipulation, but by naturally selecting the desired characteristic, NOT by forcibly inserting a foreign gene into the tissue... Did you know? The first gene splitters were, literally, guns? Big ones, almost like small cannons. There's a museum in Louisiana (or was it Mississippi? or perhaps Tennessee) housed in an old Cotton Exchange building, that shows the history of modern genetic engineering methods, including the gene gun.



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>

## **What's in my share today?**

Hey, where did the names of the fruits and veggies go?? They all fell out of the bubbles, and landed below. Make a copy of the newsletter page corresponding with the picture of your share, or print out the [Red-land Rambles blog page](#) and fill in the bubbles legibly with the right answers. Bring it to Farm Day. Everyone with correct answers wins a prize!

All the answers are hidden in this list: kale, black sapote, rainbow chard, cucumber, curryleaf, onions, green peppers, parsley, beets, basil, turnips, cilantro, bay leaf, collards, oyster mushrooms, pattypan squash, endive, zucchini, arugula, callaloo, yukina savoy, guava, caimito, bok choy, shiitake mushrooms, lettuce.



Mediterranean Share  
Tan 'n Black



Cheese Share



Small Share

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