

Recipe of the Week

Kohlrabi Carrot Fritters with Avocado Cream Sauce

-adapted from acouplecooks.com

2 kohlrabi	1 finely chopped jalapeno pepper (seeds and veins removed)	1/4 cup plain yogurt
1 carrot	1/2 c grapeseed or vegetable oil (enough for 1/4-inch depth in a large skillet)	Juice of 1/2 lemon or lime
1 egg	For the avocado cream:	1/4 tsp Florida Keys Sea Salt (FKSS)
1/4 tsp Florida Keys Sea Salt (FKSS)	1/4-1/2 avocado	Sliced scallions (for garnish)

Cut the leaves off the kohlrabi—reserve for another dish. If needed, peel the bulb. Scrub or peel 1 carrot. Shred the vegetables in a food processor, or by hand using a grater. Squeeze the shredded vegetables in a lint-free dish cloth cloth (or with your hands) to remove excess moisture, then add to a medium bowl with 1 egg, 1/4 teaspoon FKSS, and chopped jalapeno. Mix to combine.

Pour oil into skillet to 1/4-in depth. Heat the oil over medium high heat. Place small patties of the fritter mixture into the oil. Fry on one side until browned, then flip and fry on the other side. Remove and place on a plate lined with a paper towel to drain excess oil.


Blend the avocado, plain yogurt, lemon juice, and FKSS together in a food processor to make the avocado cream.

Serve fritters while still warm, with avocado cram. Garnish with sliced scallions.

EGG CORNER

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.beeheavenfarm.com, click on CSA, then Newsletters Archive. Use the search box to search 12+ years of information on crops & recipes.

Share your recipes! Email your recipes to: recipes@beeheavenfarm.com

Visit the Redland Rambles blog, where you can get a sneak peek of your share boxes late Friday night: www.redlandrambles.com

Farm News

13 years!

Gee, it's hard to believe that this is the start of our 13th CSA season. It seems like just a few years ago that we started this journey.

Many of you have been with us since the very beginning. We have grown together, exploring and expanding the organic community in South Florida. With your steadfast support, we've grown from a couple of farms and a pickup truck offering a handful of shares to a cohesive group of local organic and pesticide-free growers, with 2 refrigerated trucks, working together to service 3 counties, from Pompano Beach down to Key West!

I remember the days when we'd drop off a giant ice chest and a bunch of big boxes containing all the share items. Then you'd arrive,

grab a newsletter and use it to assemble your own share. It was fun, and many lasting friendships were forged over the contents of the coolers. However, some folks treated it as a free-for-all shopping spree, leaving later arrivals short-handed or with mass quantities of some unpopular veggie.

Once we grew past 200 shares, it quickly became obvious that life would be easier for everyone if we simply packed the shares ourselves into the 2 different box sizes. They stacked neatly in the truck, the boxes all contained the same items, and folks could just arrive, sign in, grab their newsletter and their box, and run. Funny, though—the increase in efficiency had an unintended side effect—folks no longer lingered as much at the pickup sites to socialize.

Over the years we've forged win-win relationships with small family businesses whose customers are people who appreciate supporting local farmers and local businesses. It's great, because the businesses are generally more easily accessible than private homes. We drive more customers to them, who in turn shop there, refer their friends, and keep more dollars circulating in the local economy.

**There is no share delivery
NEXT WEEK
(November 29-30)
Shares resume
December 6-7**

Greenhouse is OPEN!

Although it's not yet finished, our new greenhouse is in use! The nursery is now open on Tuesdays and Thursdays from 1-4 pm, and on Saturdays from 10 am.-2 pm.

Swing by and pick up some seedlings for your garden or balcony. We have an extensive selection of heirloom tomatoes and other veggies and herbs.



Farmers Market
Schedule

Sundays 9am-2pm
Pinecrest Gardens
SW 110th St & 57th Ave
December 7, 14
Then every Sunday starting
January 4 thru April 26



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



Featured Items

Lemongrass Make yourself a great hot or iced tea drink using the leafy tops of lemongrass, and save the white fleshy part to impart an Asian flair to cooked dishes and lemony soups.

Green beans One of the first vegetables to be ready here in our winter growing season, green beans are harvested and shipped all over the country for folks to enjoy in their Thanksgiving casseroles and veggie dishes. They can't get fresher than this, and we give you an extra generous portion to feed everyone at your Thanksgiving table.

Kohlrabi Better known in Europe than in the U.S., kohlrabi is a delicious, mild, crunchy member of the kale family. The crisp white flesh is great eaten raw, on its own, in a salad or served with a dip. It's also great steamed, curried, or roasted. The leaves, like the leaves of broccoli, kale, cabbage, cauliflower and other cole crops, are completely edible and full of nutrients. Check out the recipe on the back page of this newsletter and look up additional recipes in our newsletter archive, at www.beeheavenfarm.com in the CSA tab. Just type "kohlrabi" in the search box.



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. Can't remember what you're supposed to take? It's all listed on the sign-in sheet. Add-on options and special orders have YOUR NAME on them.

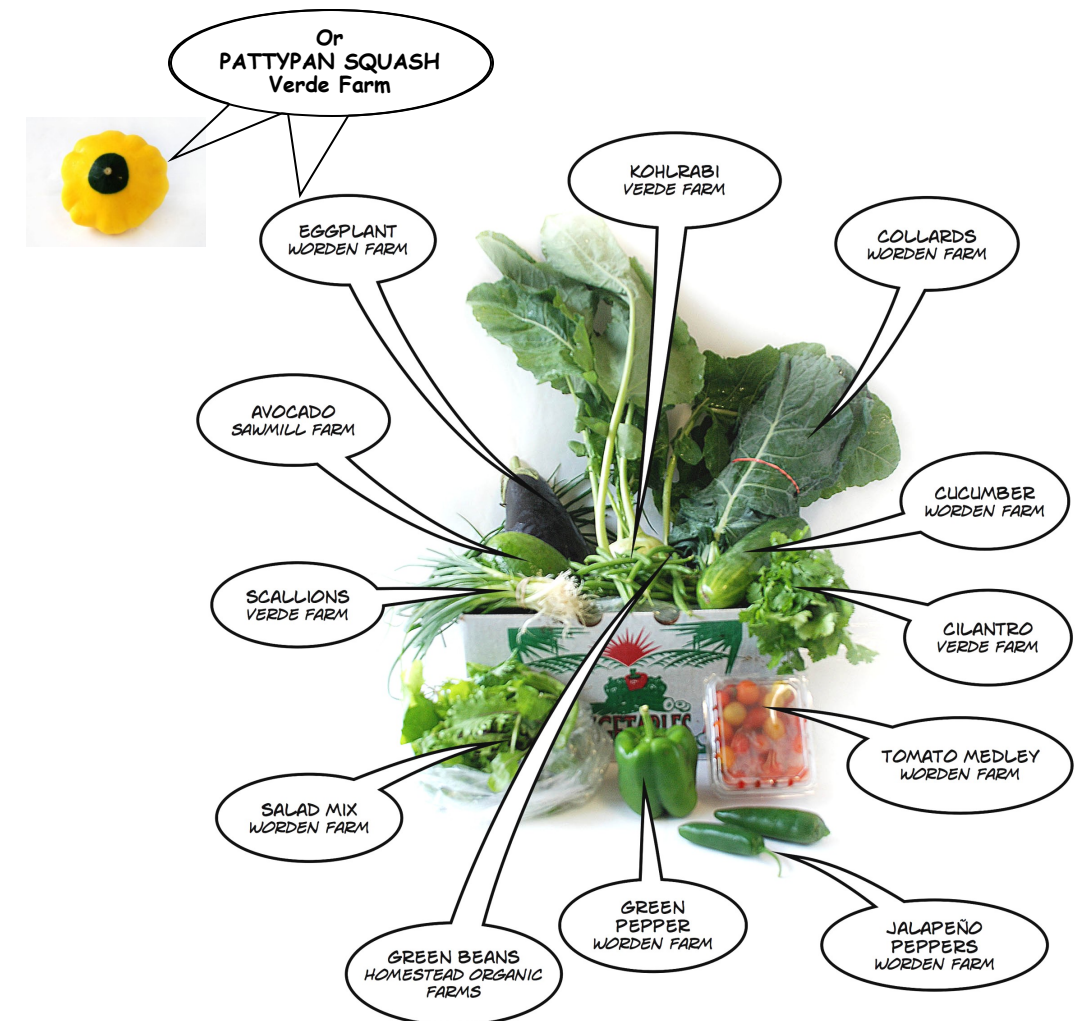
INTRODUCING—NEW this season: Goat Milk shares. We have a few shares still available. This is raw (unpasteurized) milk. Please note, since Florida is NOT a raw milk state, this milk is labeled and sold for PET USE ONLY – not for human consumption.



Mediterranean Share
Spiced jackfruit curry



Cheese Share
Hani's Cheese



Small Share

Please note: There is no share delivery NEXT WEEK.

Shares resume December 7-8.