

Recipe of the Week

Indian Spiced Chickpeas

-adapted from god-dess.com

3 cups cooked chickpeas (or 2 15oz cans, drained & rinsed)	1 tsp turmeric (or 1/2 inch fresh piece finely minced)	1 15oz canned diced tomatoes, drained, or 1 cup chopped cherry/grape tomatoes
1/4 cup fat (butter, ghee, oil or a combination)	1 tsp ground coriander (or 1tbsp freshly ground seed)	Juice of 1 lemon or lime 1/2 cup water
1 cup finely-diced onion	1 tsp ground cumin (or 1 tbsp freshly ground seed)	3 cup coarsely chopped Mizuna (or other greens)
1 inch piece finely minced ginger root	1 tsp Florida Keys sea salt	1 cup plain yogurt (or coconut cream)
4 cloves minced garlic	1 jalapeno, seeded and diced (or 1 tsp cayenne pepper)	1/2 bunch fresh cilantro, coarsely chopped

Add the fat to a large skillet over medium heat and sauté the onions until softened and slightly caramelized. Add the ginger, garlic, turmeric, coriander, cumin, salt, and jalapeno, and cook, mixing well, for about 1 minute. Add the chickpeas, tomatoes, lemon juice and water. Cover and simmer for 15 minutes. Add the mizuna and cook until wilted—it doesn’t take long! Lastly stir in the yogurt and chopped cilantro. Serve as a main course over cooked rice or as a side dish. If you have any leftovers, use them to top a green salad or use a dollop in an omelet.

Variations: Use any greens in this recipe—kale, turnip greens, spinach, beet greens, cabbage, arugula, mustard greens, bok choy, collards, chard... Or use potatoes in place of, or in addition, to the chickpeas.

Who are my farmers this week?

This week: Verde Farm (Redland), Worden Farm (Punta Gorda), Bee Heaven Farm (Redland), Health & Happiness Farm (Redland), Sawmill Farm (Redland), Sailfish Sur (Vero Beach) and Uncle Matt’s (Clermont) were the growers who produced the items in your shares. For the add-on shares: Flair’s Fayre (Redland), Abigail Farm (Redland), PNS Farms (Redland), Hani’s Mediterranean Organics (Redland), Florida Keys Sea Salt (Summerland Key), Sem-Chi Rice (South Bay), Miguel Bode Honey (Miami/Redland), Rochelois (Redland), Ocean Garden Nursery (Redland)

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

10th annual
Farm Day

Mark your calendars!

Sunday, December 21 is our annual open house celebration. Come join us from 11:30-3:00 for a day in the country. Enjoy hayrides and other fun activities, while listening to great music and eating locally-grown food lovingly prepared for you (admission and drooling is free—food is \$10).

Shop at our farm market for fresh veggies, seasonal fruit, honey and artisanal products. Pick up some great holiday gifts—goat milk soaps, honey, dried fruit, herbal teas, Florida Keys sea salt and other 100% local products.

Grab some plants for your garden—this is the best time to plant veggies—grow some of your own!

SNAP customers—we’ll match the first \$20 of your fresh fruit and veggie purchase (plants, too!), to help you stretch those benefit dollars with great, healthy veggies.

Bring your kids and your friends. This is for everyone!



The weather has been awesome—the crops are thriving, hurricane season is over. The holiday season has begun, and the snowbirds are arriving.

Market season has arrived. Summer crops, like lychee, longan, mango, avocado and okra, are long finished or wrapping up. In its stead, we see more of the mainstream veggies folks are familiar with in temperate zones. Squashes, cukes, beans and tomatoes are in full force or ramping up. Greens are hitting their stride. They’ll continue for five more months, until the heat and humidity kills them off and the tropicals thrive again.

Your CSA share boxes reflect these changes as the season progresses. Our boxes are usually stuffed to the gills with awesome greens, veggies, herbs and other goodies like fruit, sprouts, mushrooms—depending on what’s harvesting that week.

If we have a bad freeze, you may see a sudden glut followed by a scarcity of tender, heat-loving veggies, like tomatoes and beans. Why does this happen? If inclement weather is predicted with enough advance notice, farmers will try to harvest everything they can that will be killed by the frost.

So, for example, you may see a whole lot of zucchini or yellow squash, ripe tomatoes, green tomatoes, and everything in-between, as farmers try to rescue some income from the sure losses to follow.

We start our market season this week. If you didn’t place a webstore order to supplement your share, but would like to pick up a few extra goodies, swing by our market booth this Sunday (information below). You’ll find more of the items in your share, plus other delicious, fresh harvest items. Not sure about the soaps? Come smell them! Wondering which honey to choose? You can taste them and decide. Need more lettuce? Beans? Tomatoes? Jalapeños? Kale? We’ll have it!

**Farmers Market
Schedule**

Sundays 9a m-2 pm

Pinecrest Gardens

SW 110th St & 57th Ave
December 7 and 14
Then every Sunday starting
January 4 thru April 26



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



Featured Items

Sunflower greens They're not exactly sprouts. Sprouts are usually contained in a jar or bucket, rinsed several times a day, and used whole. These sunflower greens are sowed in a bed of soil, like other greens crops. Once the seeds have sprouted and are a couple of inches tall, the greens are harvested by cutting them near the soil line. These harvested 'sprouts' do not pose the risk that sprouts do, since they are not exposed to water and enclosed conditions where bacteria can grow easily. Because of that, they do not need to be bleached or otherwise disinfected. Enjoy your 'sprouts'!

Garlic chives Think of these as something in between scallions and chives, but with a garlic flavor. They mix well in a chopped tomato salad (use those cherries or grape tomatoes, cut in half), or in a chunky guacamole. They're also good in stir-fry dishes and soups.

Red Turnips Red turnips are white inside, with a creamy texture. They're great chunked and roasted with a bit of olive oil, salt and pepper. The greens are great cooked, stems and all. Just start cooking the chopped up stems a few minutes before adding the rest of the greens. You can include diced turnips in the greens dish, a la Southern Soul food style. When serving, set out some hot pepper vinegar to sprinkle on the greens. It brightens up the flavor.



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.



Small Share

Remember to bring back your empty boxes each week. Please be careful not to tear them. You don't need to pull or yank—gently squeeze the “hinged” part of the lid and the bottom flaps and they'll pull right out without ripping.