



## Recipe of the Week

### Yukina Savoy Two Ways

-by Farmer Margie

My favorite way to eat this vegetable results in two completely different dishes.

First I separate the leafy tops from the juicy stalks. Rinse off any sand or dirt and drain. Set aside the stalks for the second dish.

I prepare the tops just like spinach—lightly sautéed or steamed. I like to give it an Asian twist and add a splash of toasted sesame oil. Instead of salt, I use a dash of Shoyu (This is a naturally fermented soy sauce. Feel free to substitute a low-sodium soy sauce, tamari, liquid aminos or similar).

Wash and trim the bottoms from the stalks. Cut at an angle into one-inch chunks. Cook these using your favorite curry recipe. It works well with a commercial curry powder, curry paste, or your own freshly made mix. Regardless of which one you use, add more flavor by throwing in a generous bunch of fresh curry leaves, and some chopped scallions. Remember to use both the green and the white parts, and reserve a table-spoon or two to use as a garnish on the plate. To make the curry more colorful, add one or two carrots, also sliced 1/4" thick at an angle for a pretty presentation. You can also add bell peppers cut into wide slices, a few cherry tomatoes cut in half, and add chicken, beef, tofu or scallops for a complete meal. Cook all together until desired tenderness. I like my cooked veggies on the crunchy side and my curries spicy hot, so I throw in a generous helping of hot pepper flakes, or a chopped hot pepper.

Enjoy!

### Who are my farmers this week?

This week: Verde Farm (Redland), Worden Farm (Punta Gorda), Bee Heaven Farm (Redland), Sawmill Farm (Redland), Little Cypress Organics (Devil's Garden/Clewiston) 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), Sem-Chi Rice (South Bay), Miguel Bode Honey (Miami/Redland), Rochelois (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](http://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](mailto: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](http://www.redlandrambles.com)



## 10th Annual Farm Day



at Bee Heaven Farm

**Come to the country \* Fun for the whole family! \* Bring friends!**

**Sunday, December 21st \* 11:30 am - 3:00 pm**

**\* Farm Food \* Activities \* Hay Rides \* Farm Market & Nursery\***

**\* Live Music \*** with local singers Jennings & Keller: Fusion Folk Americana

**\*Yoga in the Corral\*** with CSA member Shelah Davis of Om Brew Yoga at 1:30 pm

**Free admission - Food \$10; Yoga \$5 donation (bring cash).**

**We accept credit/debit/SNAP for purchases**

*Directions to the farm:* from southbound on US1, turn west (right) on Bauer Drive (SW 264th St), & go approx 5 miles.

*The farm is about 1/3mile west of Redland Road (SW 187th Ave). Look for the farm sign & flags. Please angle park on the swale and walk on in.*

Community Supported Agriculture

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



## Featured Items

**Escarole** A nutritious mild chicory, with very little of the bitterness for which the family is renowned. Great in a salad with a gorgonzola or blue cheese as a counterpoint, served with a simple olive oil and vinegar (or try lemon juice) drizzle.

**Daikon** This mild radish is good served grated on your salad. Combine it with some grated carrot, and (optional) currants or raisins. Dress with miso dressing, or your personal favorite. If the tops aren't yellow, chop them up and add them to a stir fry dish or a soup.

**Corn** Need I say more? If you haven't tried corn raw, give it a whirl. It's awesome. Organic corn is very difficult to produce in South Florida due to the intense pest pressure, so it's great when we can get our hands on some. Enjoy!



## 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.

\*\*\*

## Herb Corner

**Bay Leaf** It's really hard to find fresh bay laurel here, as it thrives in a Mediterranean climate with acidic soil. Sawmill Farm has several trees which have flourished for many years under Holly's care. Now they may be threatened by the laurel wilt disease which is killing avocado trees and the native bays. Use fresh and hang them in your kitchen where they can dry slowly. DO NOT PUT THEM AWAY WHILE THEY ARE MOIST-they will get moldy. Once they're dry and brittle, store them in a dark and dry place. They're great in a pot of beans, a soup, a curry, even a pot of rice.

**Curry Leaf** A staple in Sri Lanka and in Indian cooking, curry leaf will add 'curry' flavor to a dish. Remember, curry is actually a mix of several spices, but this leaf does it all on its own. Use generously when cooking a dish—throw in a 'fistful'. This is an herb that loses most of its flavor when dried, but it will keep for a couple of weeks. DO NOT ZIP THE BAG SHUT-it needs to ventilate.



Mediterranean Share  
Hommos



Cheese Share  
Hani's Cheese  
(some have oregano)



## 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.