



Recipe of the Week

Lemon Rosemary Roasted Beets

-adapted from *eatingwell.com*

1 bunch beets (cut off and reserve greens for another dish)	1/2 tsp Florida Keys Sea Salt
4 tsp EVOO (extra-virgin olive oil)	1/4 tsp freshly ground pepper
2 Tbsp chopped fresh rosemary	1 Tbsp lemon juice
1 tsp freshly grated lemon zest	

Position rack in lower third of oven; preheat to 450°F.

Wash beets. Trim and cut into 1-inch pieces or wedges.

Combine oil, herbs, lemon zest, salt and pepper in a large bowl. Add beets; toss to coat with the seasoning mixture.

Spread the beets evenly on a rimmed baking sheet.

Roast, stirring once or twice, until the beets are tender and browned, 20 to 25 minutes. Toss the roasted vegetables with lemon juice. Serve.

Variations: Use other herbs alone or in combination, such as oregano, tarragon, sage

Slow Cooker Variation (adapted from *Cooking Light*): Put all ingredients except lemon zest together in a slow cooker, along with 1 Tbsp honey, 1/2 Tbsp vinegar. Cover and cook on LOW setting 8 hours or until beets are tender. Stir in lemon zest. Serve.

NO
SHARES
NEXT
WEEK
Dec 27-28

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HAPPY
HOLIDAYS!

|

NEXT
SHARE
pickup
is
JAN 3-4

Who are my farmers this week?

This week: Verde Farm (Redland), Worden Farm (Punta Gorda), Bee Heaven Farm (Redland), Little Cypress Organics/C&B Farms (Devil's Garden/Clewiston), Health & Happiness Farms (Redland) were the growers who produced the items in your shares. For the add-on shares: Bee Heaven Farm (Redland), Flair's Fayre (Redland), Abigail Farm (Redland), PNS Farms (Redland), Hani's Mediterranean Organics (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



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). Drooling is free!

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

Beets w/tops Delicious beets, and edible tops. If you have a family share you also got a bunch of red chard. Combine the beet tops with the chard. Did you know? They're actually the exact same vegetable! The difference is, over the centuries, people made two different selections—one group favored the bulbous root, while the other group favored the big leaves and broad stalks. So, very naturally, over time, saving seeds from the kind your ancestors favored, the two selections diverged and created two different forms of the very same species. Store the beets with the tops separated (cut off) from the roots. Put the tops in a plastic bag to keep them fresh, and store both in the vegetable crisper drawer of your fridge (yes, that's what those drawers are for, folks!)

White (Asian) Turnip w/tops Another great root with awesome tops. This particular variety of turnip is crispy, mild, and great raw in salads. The tops are best cooked, you can cube the roots and cook them all together, Southern-style, with a bit of smoked turkey or pork thrown in for extra flavor. But don't pass up the chance to slice or shred some of the raw turnip in your salad—you'll love it.

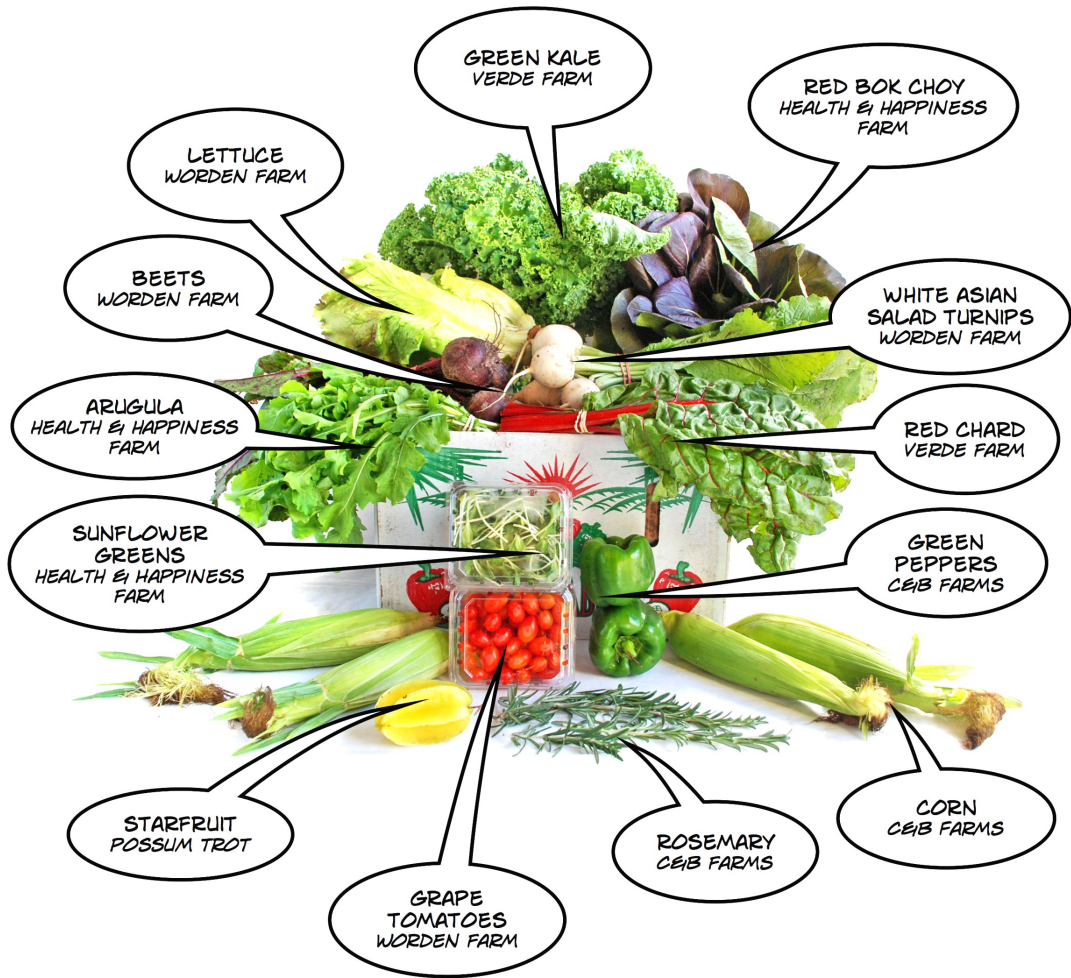


About the shares... There are two sizes of box, labeled FAMILY & SMALL.

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

Rosemary This aromatic herb has many uses. It's popular in cooking and it's great in sachets (remember those? Make your lingerie or sock drawer smell wonderful). It's a plant adapted to dry scrub/desert-like climates, and part of what makes it so hardy is the oil content of the leaves. The woody stems can be used as skewers, infusing the skewered items (shrimp, chicken, veggie chunks) with a delicate rosemary aroma.



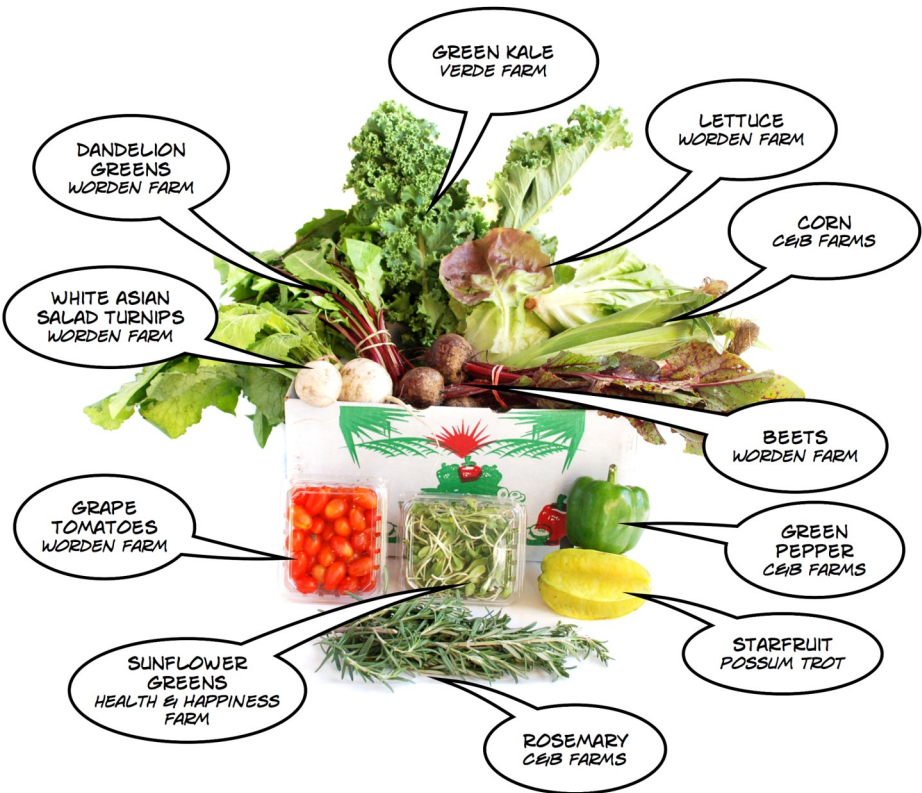
Family Share



Mediterranean Share Ratatouille



Cheese Share Hani's Cheese



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!...

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.