



Recipe of the Week

No-Pasta Veggie Lasagna with Betel Leaf

-by Margie, Bee Heaven Farm

1 large eggplant, sliced lengthwise into long strips	2-3 cloves garlic, finely diced
1-4 tomatoes, sliced thickly	1 small can tomato paste
1 squash or zucchini, sliced lengthwise into strips	Generous dashes of oregano, cumin, salt & pepper
1-2 carrots, sliced at an angle for elongated slices	2-3 betel leaves, split in half to spread across the pan
1/2 bunch of any kind of greens—kale, chard, spinach, Yukina savoy, raab (rapini), dandelion, coarsely chopped	3 cups assorted cheeses—provolone, cheddar, ricotta, gruyere, parmesan and romano are all good, in any combination, coarsely grated (reserve some for the final topping)
1 large onion, diced	Olive Oil

Wash and slice the vegetables as directed.

Mix diced onion and garlic and spices with tomato paste, adding 1 can water. Mix well to make a thick sauce. Add more water if needed.

Oil the bottom and sides of a deep lasagna dish.

Begin assembling the lasagna layers, using the eggplant like lasagna noodles—one layer of eggplant, a smear of tomato sauce, a layer of greens, another layer of eggplant, a layer of grated cheeses, another layer of eggplant, more sauce, a layer of squash and carrots, etc, alternating greens and other vegetables each time. Lay the betel leaves, evenly spread out in as a layer in the top half of the lasagna. Continue until all ingredients except the reserved cheese are used up. Finish with the reserved cheese.

Cover with foil and bake in a 350°F oven until bubbly and veggies are cooked through. Remove foil and finish baking until cheese is golden brown on top—a quick run under the broiler will give a nice finish. Let sit for 10 minutes before eating.

Who are my farmers this week?

This week Verde Farm (Redland), Worden Farm (Punta Gorda), Three Sisters Farm (Redland), Little Cypress Organics/C&B (Devil's Garden/Clewiston), and Possum Trot Nursery (Redland) were the growers who produced the items in your shares. The add-on shares were produced by Bee Heaven Farm (Redland), Flair's Fayre (Redland), Abigail Farm (Redland), PNS Farms (Redland), and 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



Farm News

This week you will find some very familiar vegetables in your share box. But don't be lulled into thinking they're just the same old blah versions you get at the grocery store!

The amazing big conical carrots are not the kind you're likely to see at any store. They are sweet and at the same time earthy, giving your dishes or snacks a depth of flavor you won't get from those carrots in a bag.



Harvesting your carrots at Worden Farm

Celery is a big winter crop in South Florida, mostly grown around the wet mucky or sandy soils around Lake Okeechobee. But many growers hill up the plants, covering part of the stalks on either side of the row with soil to blanch the stalks. When they harvest, they trim off all the leaves to make a neat package that fits in a standard plastic sleeve bag. To get to that point, half of the plant is cut and thrown away.

The celery in the shares, from Worden Farm, is like no celery you've ever had before. If you're a veteran CSA member, you know what we're talking about. It has surprisingly salty overtones and a delicious celery flavor. Try chewing on a piece—you'll see what I mean.



Celery is a good source of potassium, Vitamins C, K and folate, and provides a number of phytonutrients. Considered a very low calorie food, it is high in fiber, and often incorporated into juicing and weight-loss regimens. Celery is one of the quintessential snack foods, and along with carrots, can probably be identified by almost anyone, unlike many of the veggies commonly found in our shares!



Celery harvesting at Worden Farm

Young corn...The folks at C&B/Little Cypress Organics have been planting blocks of corn for several months. We had a nice run in late December/early January, then there were none. Turns out raccoons have been eating up about 60% of each planting! We got lucky on this round and managed to score 10 cases to include in the shares. This corn is very young and tender. Try cutting the kernels off the cob and use them as a salsa ingredient.



Farmers Market Schedule

Sundays 9 am-2 pm
Pinecrest Gardens
SW 110th St & 57th Ave
Every Sunday
January 4 thru April 26

Community Supported Agriculture

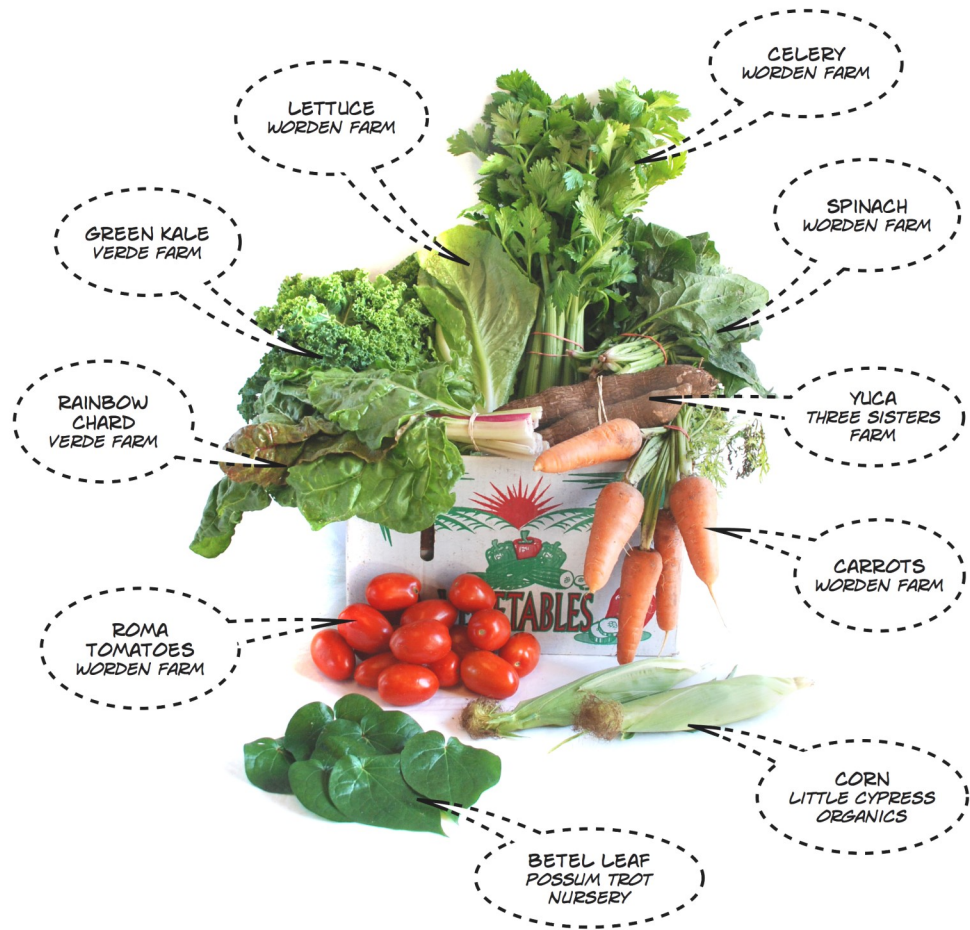
It's rich, "organic", down-to-earth, user-friendly, and nourishing!



Featured Items

Carrots are so versatile, so delicious, and packed full of nutrition. You don't normally see these conical biggies at any store. Cook them, shred them for carrot salad, cut into julienne for snacks—YUM! And don't forget to eat the tops — use just like parsley. Try a carrot top pesto.

Yuca aka cassava This is a starchy root that is an important part of the daily diet in many tropical countries around the world. It's the source of tapioca starch (tapioca pudding, anyone?). Yuca contains small amounts of cyanide, but since it's water soluble, it's easy to remove. Peel your yuca, cut it into chunks or long strips, and bring to a boil in a pot of water. Throw out the water, refill the pot, bring to a boil again and continue cooking until just fork-tender. It's ready to eat at this point. Drizzle some mojito on it (not the bar drink!) and enjoy. Or, for delicious and amazingly addictive yuca fries, lightly oil and season the chunks and roast them in a 365°F oven until they're golden and crispy.



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!...



Mediterranean Share
green beans w/tomato



Cheese Share
Hani's cheese



Small Share

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

Betel Leaf This pepper relative imparts a distinct sausage flavor to your food. You don't need much to flavor an entire lasagna—a couple of leaves layered inside will flavor the entire pan. Or try just a few very thin slivers mixed into scrambled eggs—the flavor is strong, so err on the side of caution with this leaf. We have an amazing Tempura-fried Betel Leaf w/coconut crab sauce in the Week 3 (2009/2010 season) newsletter, and a recipe for meat wraps in the Week 9 (2010/2011 season) newsletter.

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.