



Recipe of the Week

Dandelion Greens Fettuccini

-courtesy of Worden Farm, adapted from *The Cook's Garden catalog*

This fresh, homemade pasta recipe does not require a pasta machine.

2 cups dandelion greens, washed	1 1/2 cups flour (semolina or other flours can be used)
2 farm eggs	1/2 tsp Florida Keys Sea Salt

Whirl dandelion greens and eggs in a blender until smooth. Transfer to a bowl, add salt and start adding flour while beating with a spoon. Keep adding until dough is stiff.

Turn out onto a floured surface and knead until smooth (about 5 minutes). Roll out with a rolling pin to 1/8"-1/4" thickness or thinner. Allow to stand and dry 1 hour, then cut into strips.

Drop into boiling water and cook 1-2 minutes.

Red Turnip Salad

-adapted from Molly Gilbert, *Dunk & Crumble*

Red turnips are a type of salad turnip, creamier and a bit spicier than the white Asian salad turnip, but less strongly-flavored than traditional purple-top turnips. Their beautiful color makes them perfect for holiday plates and displays. They are lovely used raw in salads and also good cooked. The tops are also great for cooking and in soups.

1/2-1 bunch red turnips, depending on size (radishes or thinly-sliced Chioggia beets also work well)	1/4 cup crumbled feta cheese
1/2 med cucumber, diced into 1/2" cubes	Florida Keys Sea Salt & freshly ground black pepper to taste
3 scallions, sliced thinly into rounds	Juice of 1 lemon (or lime)
1/2 cup shelled pistachios	3 Tbsp extra virgin olive oil (EVOO)

Cut off the turnip tops and reserve for another dish. Wash and slice the turnips into 1/4" rounds. If the roots are large, cut the rounds in half.

In a medium salad bowl, combine the turnips, cucumber, scallion, and pistachios. Sprinkle feta cheese on top, as well as a big pinch each of salt and black pepper. Drizzle lemon juice and olive oil over salad, and toss gently to combine.

Serve immediately (if you need to make the salad ahead of time, combine everything but the feta, salt, pepper, lemon juice and olive oil — add these ingredients just before serving).

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 beeheavenfarm.com, click on CSA, then Newsletters. Use the search box to search 10 years of information on crops & recipes.

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

Visit our **blogs:** www.redlandrambles.com, and beeheavenfarm.wordpress.com. In those blogs, you'll find links to other interesting CSA member blogs. Tell us about yours, so we can include it.



Farm News

What's In My Box?
Look inside on page 2 & 3 →

Keeping it fresh—what should I do when I get my veggies home?

- A) Vegetables, and especially salad greens, stay fresher if you DO NOT wash them until you're ready to use them. And then, only wash what you need.
- B) NEVER put unbagged greens in the refrigerator. They will wilt instantly!
- C) Place greens into a plastic bag that you can close. If they seem very dry, add a spritz of water to them. Store them in your vegetable crisper.
- D) If you're not going to use a root veggie right away (today), cut off the tops and bag them separately—leaving the tops on will cause the root to 'wilt' and get soft. DO NOT throw out the greens—they're good to eat too!
- E) What if something wilted? You can usually revive a veggie by placing it in a pan of ice cold water for an hour or so. Drain well and bag as in (A). This works for slightly soft roots too.
- F) NEVER put unripe fruit or tomatoes (they're a fruit too!) in the fridge. This includes avocados. You can put fully ripe fruit or tomatoes in the fridge, but it's not recommended, as they immediately start losing flavor in the cold environment.
- G) Basil and oregano will turn black wherever the leaves touch ice or water. Keep basil in a plastic bag on the counter, away from heat or sunlight. If the basil is bunched, cut off about 1/2" and place the bunch in a glass of water on the kitchen counter. Change the water daily and use quickly. You can also dry it, make pesto, or chop up and freeze in an ice cube tray in water or broth. When frozen, pop them out and store in a Ziploc bag in the freezer.
- H) Want to know more about your veggies, including more tips and recipes? We have 13 past seasons online in our newsletter archive. Our handy search function lets you enter any search term and finds all mentions of it in the archive. Start your search: here: beeheavenfarm.com/csa/archives/

Mark Your Calendar

11th Annual Farm Day
celebration
Sunday, December 20th
11:30-3:00pm

**Come to the country
Fun for everyone!**

* **Activities** * **Hay Rides** *
* **Farm Food** *
* **Live Music** *

* **Farm Market & Nursery***
Locally-grown seasonal organic produce, dried fruit, raw farm honey, artisan gifts, heirloom tomato and veggie plants, nursery supplies

Farmers Market Schedule

Sundays 9am-2pm
Pincrest Gardens
SW 110th St & 57th Ave
Dec 6 & 13
Then every Sunday starting
Jan 10 thru May 1



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

Featured Items

Turmeric Freshly-harvested turmeric is nothing like the dry bitter spice, or even the ‘fresh’ roots at the grocery store. They’re juicy with a fruity aroma, and keep very well on the counter. If you don’t use it up fast, you can freeze it. Take it out as needed and shave off what you want, keeping it frozen—works with ginger too! Add this anti-inflammatory and anti-oxidant powerhouse to your diet and reap the benefits. It’s great any way you use it, but since its active compound curcumin is fat soluble, it’s best when included in a fatty meal.

Curryleaf This flavorful leaf has a distinct “curry” flavor. Fry in oil to flavor it, then use it to impart a mild curry flavor to your dish. Or throw a handful of leaves in your stew or stock pot (if whole, treat them like bay leaves and remove when serving. You can also fry until crisp and crush or chop up the fresh leaves, and they’ll disappear into the finished dish)

Dandelion Greens Not the “real” wild weed, this is a nutritious Italian bitter green in the chicory family. Check out the simple homemade pasta recipe on the back page.

About the shares... There are two sizes of box, labeled FAMILY & SMALL. Please make sure you’ve taken the correct size. Weekly and bi-weekly shares are the same. Take ONLY what belongs to you. Options and special orders have YOUR NAME on them.



Welcome new CSA member Yorkys, of Bodhi’s Garden Delights. She will be photographing the shares this season!



Featured Farmer: Health & Happiness Farm

Health & Happiness Farm is one of the founding members of Redland Organics. Producing mamey Sapote, longans, avocados, jaboticaba and other tropical fruit, over the years they have added baby greens (similar to sprouts), assorted vegetables and this year, turmeric to their organic offerings.



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!...

This week is the first of 5 monthly share distributions:

Honey, Pollen,
Salt, Sampler, Gomasio
Soap
Fish



Mediterranean Share
Moudardara



Cheese Share
Hani's Cheese



Small Share

Plan ahead for holiday break!
No shares December 26-27 & Jan 2-3. Shares resume January 9-10.